

# *Know your* **Flours**

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## Dear friends,

A couple of months ago, I dined with my friends at a nearby restaurant. A friend of mine, who is very fussy about her food, asked the waiter, as always, “*Roti gehun ka hein ki maida ka?*” I could not help but exclaim that she had not changed one bit! To that she replied, “Well, these are the only two flours I use regularly, so I am very particular about how my *rotis* are made.”

This made me ask her whether she had ever tried making *rotis* with *nachni ka atta*. It tastes wonderful. She gave me a quizzing look as if to convey, “Can *rotis* be made of this *atta* too?”

Flours are very commonly used in our kitchen in our day-to-day cooking, whether for making *rotis*, *pakodas*, or thickening *kadhis*. It is indeed a very versatile ingredient, which one cannot do without.

More so, nowadays, due to long working hours and oodles of stress, it has become extremely important for people to take care of their daily diet and include foods which are not only tasty and easy-to-cook but also nutritious. In such a context, I think flours can indeed serve as the magic ingredient that patches up gaps in one's nutritional requirements since they are

rich in nutrients like proteins, iron, zinc etc.

However, there are many of us who don't go beyond the basic flours like wheat, *jowar* and *bajra*. In fact, many wouldn't even know the difference between *chola dal ka atta* and *nachni atta*. That is what led me to wonder whether people actually know that these *attas* are available in the market! Some such as *jowar*, *bajra* and *maida* are readily available while some like *moong dal flour* and *matki flour* need to be prepared.

In this book, *Know Your Flours*, I have attempted to share with you the facts about various flours and their goodness, while also presenting recipes using them. I have tried to utilise different forms of cooking such as steaming, baking, deep-frying, braising etc to demonstrate the versatility of flours!

I am sure you will not only enjoy the delectability but also appreciate the goodness of each of these flours as you devour the recipes, that range from Instant Jalebis (page 28) and Amani Kozhakatai (page 33) to Sweet Corn Soup (page 65) and Soya Nankhatai (page 68) etc!

Bon Appetit!

Warm regards,

*Terha Dada*

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Self Raising Flour

# Double Layered Chocolate Truffle Gateau

This eggless recipe is a good workaround for those caught between staunch vegetarianism and the lure of chocolate! If you are just preparing the basic chocolate sponge, you can serve it with chocolate and raspberry sauce or plain chocolate sauce.

Preparation Time: 10 minutes.

Cooking Time: Nil.

Makes 1 cake (7" diameter).

Baking Temperature and Time: 200°C (400°F) for 15 minutes.  
180°C (360°F) for 15 minutes.

For the basic chocolate sponge cake

125 gm plain flour (*maida*)

1 tbsp cocoa powder

1 tbsp chocolate powder

1½ level tsp baking powder

½ tsp soda bi-carb

¾ cup condensed milk

4 tbsp melted butter or margarine

1 tsp vanilla essence

For the dark chocolate truffle icing

½ cup cream

1 cup chopped dark chocolate



For the white chocolate truffle icing

¼ cup cream

½ cup chopped white chocolate

To be mixed into a soaking syrup

2 tbsp sugar

¼ cup water

¼ tsp vanilla essence

For the basic chocolate sponge cake

1. Sieve the flour, cocoa powder, chocolate powder, baking powder and soda bi-carb together.
2. Add the condensed milk, melted butter, vanilla essence and 75 ml. of water and mix well. The batter should be of dropping consistency.
3. Pour the batter into a greased and dusted 175 mm. (7") diameter tin.
4. Bake in a pre-heated oven at 200°C (400°F) for 10 minutes. Then reduce the temperature to 180°C (360°F) and bake for further 15 minutes.
5. The cake is baked when it leaves the sides of the tin and is spongy to touch.
6. When ready, remove from the oven and leave aside for 1 minute. Invert the tin over a rack and tap to unmould the cake.
7. Keep aside to cool.

For the dark chocolate truffle icing

1. Heat the cream in a deep pan, add the dark chocolate and melt on a medium flame till it resembles a smooth sauce / truffle, while stirring continuously.
2. Remove and place the pan over a bowl of ice to cool the truffle, while stirring continuously. Keep aside.

For the white chocolate truffle icing

Repeat the same procedure as for dark chocolate truffle icing and keep aside.

How to proceed

1. Slice the chocolate sponge cake horizontally into three equal parts.
2. Place one layer of the cake on a serving plate and sprinkle ⅓rd of the soaking syrup in order to make the cake moist.
3. Spread half of the dark chocolate truffle icing evenly over the cake layer, and place the second layer of the cake on it.
4. Moisten this cake layer ⅓rd of the soaking syrup.
5. Spread the white chocolate truffle icing evenly over it and place the third layer of cake over it.
6. Moisten this cake layer with the remaining soaking syrup and spread the remaining dark chocolate truffle icing on the top of the cake. Refrigerate till use. Serve chilled.



Soya Flour

# Mexican Parathas

The mild tinge of sweet corn and cheese along with the salsa combination gives these *parathas* an undeniable Mexican character.

Preparation Time: 15 minutes.

Cooking Time: 35 minutes.

Makes 4 *parathas*.

For the *parathas*

$\frac{3}{4}$  cup whole wheat flour (*gehun ka atta*)

2 tbsps soya flour

Salt to taste

$\frac{1}{4}$  tsp oil for kneading

To be mixed into a stuffing

$\frac{1}{2}$  cup boiled and crushed sweet corn kernels  
(*makai ke dane*)

$\frac{1}{4}$  cup chopped capsicum (red, yellow and green)

$\frac{1}{4}$  cup deseeded and chopped tomatoes

$\frac{1}{4}$  cup grated cheese

1 tsp finely chopped green chillies

1 tsp finely chopped garlic (*lehsun*)

2 tbsps chopped coriander (*dhania*)

Salt to taste

### Other ingredients

Whole wheat flour (*gehun ka atta*) for rolling

Oil for cooking

### For the *rotis*

1. Combine all the ingredients in a bowl and knead it into a semi-stiff dough using water as required.
2. Cover the dough with a wet muslin cloth and keep aside for 10 minutes.
3. Knead again using  $\frac{1}{4}$  tsp of oil till smooth and divide it into 8 equal portions.
4. Roll out one portion of the dough into a 125 mm. (5") diameter circle using a little flour for rolling.
5. Cook the *roti* lightly on a *tava* (griddle) on a medium flame using little oil.
6. Repeat with the remaining dough to make 7 more *rotis*. Keep aside.

### How to proceed

1. Divide the stuffing into 4 equal portions and keep aside.
2. Place a *roti* on a flat dry surface, place one portion of the stuffing in the centre and spread it evenly.
3. Place another *roti* on top and press it lightly.
4. Cook the stuffed *parathas* on a *tava* (griddle) on a medium flame using a little oil till both sides turn golden brown in colour.
5. Repeat with the remaining *rotis* and stuffing to make 3 more *parathas*.  
Serve hot.





Bajra Methi Khakhras

**W**hile the humble flours found in our kitchen can serve as a magic ingredient to patch up the gaps in one's nutritional requirements, many of us don't go beyond the basic flours like wheat, *jowar* and *bajra*! In this book, **Know Your Flours**, I have attempted to share with you the facts about various popular as well as lesser-known flours and their goodness, while also presenting recipes using them.

I am sure you will not only enjoy the delectability but also appreciate the nutritive value and versatility of each of these flours as you devour the recipes, that range from Instant Jalebis (using Self Raising flour) and Ami Kozhakattai (using Rice flour) to Singhada Sheera (using Water Chestnut flour) and Soya Nankhatai (using Soya flour).

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**"Padma Shri"** awardee, **Mrs Tarla Dalal** is India's best selling author in any field, with over 4 million cookbooks sold to date. She is the first to launch a bi-monthly food magazine, **'Cooking & More'**, which is the best selling cookery magazine in India, under her own name.

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