

INGREDIENTS

For Dhokla Batter

Chana dal (soaked 4–5 hrs, drained) – 1 cup
 Moong dal (soaked & drained) – ¼ cup
 Curd (yogurt) – ½ cup
 Ginger (chopped) – ½ inch
 Green chillies – 2 no.
 Salt – As per taste
 Turmeric powder – ½ tsp
 Asafoetida (hing) – A pinch
 Lemon juice – 1 tbsp
 Water – 3-4 tbsp.
 Oil – 1 tsp
 Eno fruit salt – 1 tsp

For Tempering

Oil – 1 tsp
 Mustard seeds – ½ tsp
 Cumin seeds – ½ tsp
 Sesame seeds – 1 tsp
 Asafoetida (hing) – A pinch
 Green chillies (slit) – 2-3 no.
 Curry leaves – 1 sprig
 Water – ¾ cup
 Salt – ½ tsp
 Lemon juice – 2 tsp.

Chana Dal Dhokla

 2 servings

DIRECTIONS

1. Add soaked **chana dal and moong dal** to a mixer jar. Add **ginger, green chillies and 3–4 tbsp water**. Grind to a **smooth, thick batter**.
2. Transfer the batter to a bowl. Add **curd, salt, turmeric, hing, sugar, lemon juice and 1 tbsp oil**. Mix well. Batter should be thick but pourable.
3. Just before steaming, add **Eno fruit salt** and mix gently.
4. Grease a dhokla plate or steel bowl with oil. Pour the batter evenly.
5. Steam in a preheated steamer for **15–20 minutes** on medium flame. Check with a toothpick — it should come out clean.
6. Let it cool slightly, then cut into squares.
7. Heat **1 tbsp oil** in a pan. Add **mustard seeds** and let them crackle.
8. Add **cumin seeds, sesame seeds, hing, curry leaves and slit green chillies**. Sauté briefly.
9. Add **¾ cup water, sugar, salt and lemon juice**. Let it boil for **1–2 minutes**.
10. Pour the hot tempering evenly over the steamed dhokla so it absorbs the flavours.
11. Sprinkle **fresh coriander leaves** on top.
12. Serve warm with **green chutney**.

*1 cup = 200 ml, 1 tbsp = 15 ml, 1 tsp = 5 ml

NOTES

This dhokla is a **high-protein, fiber-rich snack** that supports digestion, satiety, and overall health. Its **lent/complex carbs help manage blood glucose levels**, while fermentation improves gut health and nutrient absorption.

