

How to: Cook Around the World



Fenugreek (methi) pancakes – India

Delicious on their own or served as a side dish for mopping up a curry, these travel and re-heat well and can be eaten as a handy snack!

Method

1. Mix the chapatti flour and the cornflour with the spices, salt, sugar, oil and yoghurt
2. Add the water and stir well until all the lumps have disappeared. It should make a smooth runny batter
3. Heat the oil until just smoking, then ladle small portions of the batter into the centre of the pan, allowing it to spread into a small pancake shape
4. Cook for 2 minutes on each side, turning with a spatula or knife, until golden brown. Keep warm, wrapped in a clean tea towel while you cook the rest. Eat warm or cold

Recipe courtesy of 'Sowing New Seeds: A guide to growing unusual crops in the UK' by Garden Organic.

For instructions on growing fenugreek visit:

www.sowingnewseeds.org.uk



Picture Credit: Garden Organic/SowingNewSeeds

Makes: 8-10 pancakes

Time: 15-20 minutes

Difficulty: Easy

Ingredients

- ½ bunch (approx 50g) fresh fenugreek leaves
- 125g chapatti flour – if you can't get this, use equal parts of wholemeal and plain flour
- 60g yellow cornflour
- 1 ½ tablespoons plain yoghurt
- 1 teaspoon crushed green chillis (optional)
- Half teaspoon each of grated ginger, crushed garlic, turmeric, sugar
- Pinch of salt
- 2 glasses (approx 400ml) water
- ½ tablespoon cooking oil for rubbing into the flour and extra for frying them

Equipment list

- Mixing bowl
- Wooden spoon
- Measuring jug/glass
- Grater
- Shallow frying pan or pancake pan
- Ladle
- Spatula or knife
- Clean tea towel
- Tablespoon
- Teaspoon

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024 7621 7747 | fgslondon@gardenorganic.org.uk |  @foodgrowingschools |  @foodgrowschools