THE J.M. SMUCKER Co

Methi Thepla

Methi Theplas have staying power, literally! Filling and satisfying, these are great for a picnic or even when you travel.

Prep Time	Cook Time	Serves	Difficulty
15 mins	50 mins	16	N/A

Ingredients

- 1 1/2 cups (375 mL) **Golden Temple®** Durum Atta Flour Blend + extra for dusting

  Durum Atta Flour

- 1 1/2 cups (375 mL) chickpea flour
- 3/4 cup (175 mL) frozen fenugreek greens, thawed, excess liquid squeezed
- 1/2 cup (125 mL) yogurt
- 1 tsp (5mL) cumin seeds
- 1 tsp (5mL) turmeric
- 1 tsp (5mL) Thai green chilies, chopped
- 1 1/2 tsp (7 mL) salt or to taste
- 2 tsp (10 mL) ghee or Vegetable Oil + extra for pan frying
- 3/4 cup (175 mL) water

Directions

Combine first 8 ingredients in a mixing bowl. Add 2 tsp (10 mL) ghee or oil. Gradually add water. Use hands to bring ingredients together and knead into smooth dough.

Divide dough into 16-18 parts. Roll them into balls.

Heat tava or a thick bottom skillet on medium high heat.

Dust rolling board lightly with additional flour. Use rolling pin to roll balls into thin circles about 3 1/2” (8-9 cm) wide. Lightly dust dough while rolling to prevent sticking.

Heat skillet on medium high. Place rolled dough onto skillet. Cook for 18-20 seconds or until the dough turns darker and small bubbles break the surface. Flip. Cook for 12-15 seconds. Brush ghee/oil on surface. Flip. Cook for 15-18 seconds or until golden brown spots appear on surface, gently pressing thepla with the back of spatula. Flip. Repeat. Remove from skillet when both sides are cooked.

Wrap theplas in a clean dry cloth. Place in wide airtight container until served.

Images

