RECIPE

Fenugreek whole-wheat flatbreads (methi thepla)

A Gujarati breakfast of soft whole-wheat flatbreads with fresh fenugreek leaves, yogurt and spices, griddled with a measured brush of oil, about 340 mg sodium a serving.

MAKES

4 servings US Metric

TOTAL

1 h 10 min

Ingredients

- [ ] 2 cups fresh fenugreek (methi) leaves, finely chopped
- [ ] ½ tsp salt
- [ ] 2 tsp grated fresh ginger
- [ ] 1 tbsp finely chopped green chili
- [ ] 1 tsp cumin seeds
- [ ] 1 tsp ground coriander
- [ ] ½ tsp ground turmeric
- [ ] ½ tsp cayenne pepper
- [ ] ⅓ cup chickpea flour (besan)
- [ ] ½ cup plain nonfat yogurt
- [ ] 1 tbsp olive oil, for the dough
- [ ] 2 cups whole-wheat flour
- [ ] 3 tbsp water
- [ ] ¼ cup whole-wheat flour, for rolling

Method

1. Put the chopped fenugreek leaves in a large bowl with the salt. Rub them between your fingers for 1 minute, until they wilt, darken and turn wet.

2. Stir in the ginger, green chili, cumin seeds, coriander, turmeric, cayenne and chickpea flour. Add the yogurt and the 1 tbsp of oil for the dough.

3. Add the 2 cups of whole-wheat flour and the 3 tbsp of water. Knead for 5 to 6 minutes into a soft dough that is a little tacky but does not stick to clean hands. Do not add any more water. Cover the bowl and rest the dough for 30 minutes.

- [ ] 2 tsp olive oil, for the griddle

4. Divide the dough into 8 balls, about 67 g each. Keep them covered. Use the ¼ cup of flour in a shallow dish for rolling and dust each ball in it, so all 30 g is used up. Roll each ball into a round about 7 inches across and a little thicker than a tortilla.

5. Heat a heavy skillet or griddle over medium-high heat, with no oil, until a drop of water skitters off it. Lay one round on the hot pan. Cook 40 to 60 seconds, until small bubbles rise and the top looks dry, then flip.

6. Brush the cooked-side-up face with about ¼ tsp of the 2 tsp griddle oil (2 tsp covers all 8 rounds). Press lightly with a spatula and cook 40 seconds, until brown freckles show underneath. Flip once more for 15 seconds, then lift out.

7. Stack the cooked thepla in a clean towel and fold it over to keep them soft. Serve warm, two a person, with plain yogurt or a pickle if you like (neither is counted in the numbers).

8. Cool leftovers and refrigerate within 2 hours, or within 1 hour if it is above 90 °F (CDC). Reheat in a dry skillet for 30 seconds a side. For the freezer, wrap cooled thepla in foil, then a freezer bag.