



HEALTHY INDIAN BITES

Eat Right, Live Right.



Fenugreek Katori Chat

Katori Chat

Recipes, Food Blog.

Katori Chat food recipe is new style Snack that is less oily, full of Nutrients and Savoury diet recipe. It takes 20-25 min to cook recipe. All Purpose Flour (Maida) and Wheat flour dough mixed and grilled on tandoor to form Katori. And after that, it is stuffed with mashed potatoes and Jaggery-Tamarind Chutney (Indian Sauce). Recipe is quite easy to cook, palatable to eat, can be cooked in each and every kitchen and can consume regularly.

In *HealthyIndianBites* food blogs, we put our best efforts to come up with food recipe that is combination of culinary art and science. Food Recipes, those are simple to cook, with good nutritional value and relish to eat. Hopefully, viewers like it. We look forward for your comments and suggestion. For latest and regular updates, enroll us on our *newsletter*. For live demo on cooking, please refer our cooking channel on *Social Media*.

Instagram ID: [Healthy.Indian.Bites](#)

Youtube and Facebook: [HealthyIndianBites](#)



Cooking Ingredients:

- 100 gm Gram Flour.
- 100 gm all-purpose Flour or Maida.
- 1 teaspoon Salt.
- 1 teaspoon Turmeric.
- 1 teaspoon cooking oil.

- 1 teaspoon Mustards.
- 1 teaspoon Sesame Seeds.
- 1 teaspoon Asfoetida.
- 2 teaspoon Mustard oil.
- 1 teaspoon Fenugreek seeds.
- 1 teaspoon Raw mango Powder.
- 1 teaspoon crushed Pepper.
- 1 teaspoon Curd.
- 1 chopped Onions.
- Chopped fresh coriander.
- 2-3 chopped green chilli.
- 150 gm fresh fenugreek leaves.
- 2-3 chopped boiled potatoes with peel.

Indian Spiced Mashed Potatoes:

1. Heat 1 teaspoon Mustard oil on low flame.
2. Add 1 teaspoon Mustard seeds.
3. Mix 1 teaspoon Turmeric.
4. Also add, 1 teaspoon Fenugreek seeds.
5. Mix 1 teaspoon Salt to a pool.
6. Add 1 teaspoon Sesame seeds to it as well.
7. Also, add 1 teaspoon Raw mango Powder, Asafoetida and crushed pepper to it as well.
8. Mix boiled potatoes with a peel and fresh fenugreek leaves. Toss for 2-3 minutes on a low flame.
9. Smash to form potato paste.

Tandoori Cooking Method:

1. Mix All Purpose Flour with Wheat Flour.
2. Add 1 teaspoon Curd to it.
3. Also add 1/2 teaspoon Salt to it.
4. Mix well to form a dough.
5. Freeze it for few more minutes.
6. After that, blend well to form a soft dough.
7. Make medium sized, round flat Roti, with rolling pin on rolling pad.
8. Put roti on a steel bowl, to form Katori shape.
9. Heat Tandoor on medium-high flame, on one side for > 1 minutes.
10. Remove steel bowl, flip and let it rest on tandoor. Cook other side as well.

Katori Chaat:



1. Stuff fenugreek flavored potatoes, in a Katori.
2. Add blended curd to it as well.
3. Also add *Tamarind-Jaggery Chutney*.
4. Add shredded onions on it.
5. Sprinkle coriander on it as well.
6. Add [*Indian namkeen Savoury snack*](#) to it as well. This is optional step. Can add some low-calorie value snacks as well.

Tamarind-Jaggery Chutney.

- Add 2-3 medium sized strands of Tamarind to a pan.
- Also, add 50 gm Jaggery to it as well.
- Add 1 teaspoon salt.

- Also, add 2-3 dried red chilli to it.
- Mix well. Add water and give a churn.
- Extract bigger pieces of Tamarind and Dried Red Chili.
- Boil for 1-2 minutes to get bit thicker texture.
- Cool it in a freeze for few more minutes.

Are Indian Street Foods Healthy.

No Indian Street foods are not at all healthy to eat now a days. This is the major cause of obesity and other health issues, Indian suffering with now a days.

1. Indian street foods are quite oily.
2. Oils used for cooking are of cheap quality and reused.
3. Whole focus is on taste. To earn money, people go to any extent, selling low quality and low nutrition foods.
4. Chutney and Indian Sauce not preserved right. People sell products that are freezed for long and are sufficiently stale at times.
5. It is less Hygienic, and no proper sanitization used at times.
6. Lot of Red-chilli powder added to foods, that is way bad for health. Affects strongly cholesterol levels and reason for heart disease.
7. It is our voluntary effort to suggest our viewers to avoid eating it outside and learn to Eat Right, Live Right.

EAT Right India Movement.

In care of Indian citizens, Indian Government is taking steps to educate people on foods. Railway food supply is kept under check. In schools' children, educated to eat right foods etc. Whole agenda behind this is, to help people understand and make them "[Eat Right, Live Right](#)".

In support of this, HealthyIndianBites food channel is working out to bring out best of our culinary art and share best of food recipes with you all. Hopefully, our viewers love it and enjoy cooking in their kitchen the food recipe.