Appendix III Method Of Preparation Of The Recipes With Fresh Radish Leaves

Muthia

Radish leaves were washed, excess water was drained, and the leaves were ground to a paste using a blender. They were mixed with 100 gm of coarse cereal-pulse mix along with all the other ingredients and without using any water made into a dough. Rolls of one inch diameter were made and they were steamed for 10 min in a pressure cooker. When cool, they were cut to pieces and seasoned using oil, mustard seeds, gingerly seeds and curry leaves and after removing from fire lime juice was added.

Dhebra

Radish leaves were washed, excess water was drained and ground to a paste using a blender. They were mixed with 100 gm of wheat flour-bajra mix, all the other ingredients were then added and without using any water made into a dough. Two balls were rolled out using some dry flour and shallow fried on a flat Tava using groundnut oil.

Handwa

To the 100 gm cereal-pulse 100 ml of water and salt was added and fermented for 10 hours. Radish leaves were washed, excess water drained, finely chopped and added to the batter along with other ingredients. The batter was mixed thoroughly and poured into the vessel, and the seasoning were poured on the top.

Traditional method of baking was used. For baking, heat the sand bath with a 150 ml aluminum bowl for 10 min. Pour the batter, bake on a high flame for 10 min and on a low flame for 60 min. when cool, cut into medium sized pieces.