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Bean Sprout Rolls



Ingredients

Refined flour-1.5 cup
Corn flour-1/4 cup
Cooking oil-3 tbsp
Lemon juice-5 drops
Baking powder-1/4 tsp
Salt-1 tsp
For stuffing:
Bean(moong) sprouts-3 cups
Boiled potato-1 cup *
Green chilies-1 tbsp
Chopped ginger-1.5 tsp
Mint leaves-15
Mango powder-1 tsp
Chili powder-1 tsp
Salt-1 tsp
Garam masala-1/3 tsp
Oil-2.5 tbsp
Cumin seeds-1 tsp
Asafoetida-1/2 tsp

Preparation

- 1 Stuffing:
- 2 Wash the bean sprouts well to remove any smell.
- 3 Take 1 cup water, 1/2 tsp sugar and bean sprouts in the pressure cooker and cook for 1 whistle on medium heat.
- 4 Remove the cooker from the flame and then lift the whistle slightly with the help of a spoon and release the steam.
- 5 Drain the sprouts in a colander (place a dish under the colander to collect the water, can use this water to make chapati dough or in any curry)
- 6 Heat oil in a pan and add cumin, asafoetida and chopped green chilies.
- 7 When cumin becomes golden, add sprouts and sauté on medium heat to remove the extra moisture.
- 8 Now add all the spices, finely chopped potato and chopped mint and sauté for a while.
- 9 Take out in a bowl and let it come to room temperature.

- 10 Dough–take a bowl and add refined flour,corn flour,salt and baking powder.
- 11 Mix and then add oil and rub well.
- 12 Add just enough water and make a medium stiff dough.
- 13 Cover and keep aside for 10 minutes.
- 14 Make medium size balls from the dough and roll them into medium thin discs(poori)
- 15 Place approx. 2 tbsp of filling in the center and fold from both the sides(apply little water on the sides before folding)
- 16 Fold the roll as shown in the pics and gently press the joints.
- 17 Heat oil in a pan and fry the rolls on medium heat till half done and then lower the flame and fry till golden in colour.
- 18 Drain on a paper napkin and serve hot.
- 19 *you can substitute potato with boiled banana or cottage cheese.

Cooks Note

Homemade crispy rolls made with refined flour and stuffed with mildly spiced bean sprout filling

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