



PRACTICAL SESSION – 18

Preparation of -

POTATO BONDA

PAKORA

DAHIWADA

UPPAMA

Objective:- After the practical session students should be able to prepare POTATO BONDA, PAKORA, DAHI WADA AND UPPAMA.

Instructor's Activity:-

Arrange for demonstration of POTATO BONDA, PAKORA, DAHI WADA AND UPPAMA.

Potato Bonda

Ingredients	Quantity
Potatoes	1 kg
Onions	250 g
Ginger	25 g
Green Chillies	6-7
Turmeric	1/2 tsp
Mustard seeds	1/2 tsp
Lime	1
Curry leaves	2 sprigs
Bengal gram flour	250 g
Soda bicarbonate	¼ tsp
Salt	50-80 g
Water	750 ml
Oil to fry	200 ml



Method

1. Boil and peel potatoes and mash
2. Chop onions, ginger and green chillies finely
3. Heat 30 ml of oil. Add mustard seeds and curry leaves.
4. When mustard seeds crackle, add chopped spices potatoes, turmeric and salt. Add lime juice. Mix well & remove
5. Divide into equal portions to the size of a large lime
6. Dip in prepared batter made with besan, soda, salt and water
7. Deep fry till golden brown. Remove and serve hot.

Pakoda

Ingredients	Quantity
Bengal gram flour (Besan)	215 g
Rice flour (optional for crispiness)	30 g
Salt	to taste
Onions	150 g
Green Chillies	3 or 4
Soda Bicarbonate	a pinch
Fat	1 tsp
Oil for frying	As required
Ajwain seeds	1/4 th tea spoon

Method

1. Chop chillies and slice onions. Add salt and soda bicarbonate to besan and the mix it well. Add ajwain.



2. Add all the ingredients and mix to a thick batter adding enough water. 4. Heat the oil. Pour spoonfuls of the batter into the hot oil and deep fry till golden brown.
3. Drain on absorbent paper and serve hot.

Dahi Wada

Ingredients	Quantity
Dhuli Urad dal	200 g
Curds	450 g
Coriander leaves	1/4 th bunch
Green Chillies	5 g
Chilli powder	1/4 th tea spoon
Jeera	2 tea spoons
Peppercorns	5 g
Coriander seeds	10 g
Oil	100 ml (Absorption)

Method :

1. Soak dal for 4 hours. Grind to a fine paste. Add chopped coriander leaves and green chillies, add salt.
2. Heat oil Make small balls with the dal paste using water. Fry on a slow fire
3. When the pakodas are golden brown, take them out the dip them in cold water for 15 minutes.
4. Pass the curds.
5. Take out the pakodas from water; squeeze out extra soaked water between the palms and dip in curds.
6. Garnish with powdered, roasted coriander seeds, jeera and peppercorns and coriander leaves.



Uppuma

Ingredients	Quantity
Semolina	225 g
Fat	30 g
Onions	60 g
Green chillies	5 g
Ginger	5 g
Coriander leaves	a few sprigs
Peanuts/Cashewnuts	10 g
Bengal gram	10 g
Split black gram	10 g
Mustard seeds	5 g
Curry leaves	2 sprigs
Water	As required
Lime	½ no
Salt	To taste

Method

1. Heat fat. Add mustard seeds, peanuts, split black gram and bengal gram and brown lightly.
2. Add chopped onions, ginger, green chillies and curry leaves.
3. Add semolina. Roast till light brown . Add boiling water and salt. Allow to cook till dry.
4. Add a dash of lime juice and garnish with chopped coriander leaves.