


TOMATO UTTAPAMS WITH MINT CHUTNEY

These spongy pancakes topped with tomato from South India are frequently eaten as a snack but they work equally well as a starter. You can top them with a little grated cheese for what's sometimes referred to as the Indian version of pizza!

Prep 10 mins	Cook 25 mins
Heat 	Serves 4 as a starter or snack

3 tomatoes - thinly sliced
10g bunch of mint - leaves
picked and roughly chopped
½ lemon or lime
100g natural yogurt (full fat is best)
125g self-raising flour
1 tsp dried yeast (½ a standard-size sachet)
½ tsp sugar
30g desiccated coconut

1/2 tsp



METHI BLEND

1 tsp



JEERA BLEND

- 1 Cover the desiccated coconut with 100ml freshly boiled water from the kettle
- 2 Whisk 200ml warm water with the flour and yeast to make a smooth, thick batter. Leave to stand in a warm place for 10 minutes
- 3 Mix the tomatoes with 1 tsp oil and a pinch of salt
- 4 Heat a frying pan and wipe with a little oil
- 5 Whisk 50g yogurt and ¼ tsp salt into the batter
- 6 Ladle the batter into the pan to make small pancakes about 8cm in diameter (you'll have to do this in a few batches)
- 7 Cook for 1 minute or until holes just begin to appear on the top (but the batter is not quite set) and the bottom turns golden brown
- 8 Place a slice of tomato onto each pancake, sprinkle with a small pinch of **JEERA BLEND** then flip the pancakes over and cook for 30 seconds or until cooked through. Wipe the pan with oil then repeat with the remaining batter
- 9 Blend the soaked desiccated coconut (including all the soaking liquid) with the mint, juice of the ½ lemon, sugar, ½ tsp **METHI BLEND** and a big pinch of salt to a coarse sauce, then stir in the remaining 50g yogurt
- 10 Serve the uttapam with the mint chutney on the side

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EXTRAS
#28

ALSO WORKS A TREAT WITH...

- Thinly sliced onion or peppers in place of the tomato

RAISE YOUR GAME BY...

Adding a sprinkling of grated cheese!

