

UP Style Fara Recipe | Traditional Rice Flour & Lentil Fara

Make traditional UP Style Fara with soft rice flour dough and spicy urad-chana dal filling. Steam them first and optionally fry in ghee before serving with roasted tomato chutney.



Prep time
30 minutes

Cook time
30 minutes

Total time
60 minutes

Servings
6

Calories
330 kcal

Ingredients

Urad Dal	200 g
Chana Dal	150 g
Rice Flour	500 g
Garlic	10–12 cloves
Green Chilies	5-6
Fresh Coriander	As required
Asafoetida	½ tsp
Salt	To taste
Oil	For greasing
Ghee	2 tbsp

Cumin seeds	¼ tsp
Tomatoes	2
Water	As required

Method

1. Soak Lentils

Mix urad and chana dal. Soak for 7–8 hours.

2. Wash

Wash the soaked lentils three or four times.

3. Grind

Grind the lentils without adding water.

4. Make Spice Paste

Grind garlic, green chilies and coriander.

5. Prepare Dough

Sift the rice flour. Add water gradually and make a soft dough.

6. Prepare Filling

Mix the spice paste, salt, asafoetida and coriander into the ground lentils.

7. Shape

Make small dough portions and flatten them.

8. Fill

Add lentil filling. Fold and seal the edges.

9. Prepare Steamer

Boil water and grease the perforated steaming plate.

10. Steam

Steam the Fara for 5–7 minutes.

11. Check

Cut one piece. Steam another 2–3 minutes if required.

12. Make Chutney

Grind roasted tomatoes with chilies, garlic, coriander and salt.

13. Prepare Tempering

Heat ghee. Add cumin, chilies and salt.

14. Fry

Add the steamed Fara and fry gently for 3–4 minutes.

15. Serve

Serve hot with roasted tomato chutney.

Chef tips

- Keep the lentil filling thick. Do not add water while grinding the dal. Make a soft rice flour dough. Seal the edges properly. Grease the steaming plate before adding Fara. Leave space between the pieces. Check the filling before removing them from the steamer.

Full recipe: <https://meenrazcooking.com/en/recipe/up-style-fara-recipe/>

Watch the video: youtube.com/watch?v=tHV_sZ6BuPE