

**EBSB Club of N.S.S Training College, Changanacherry, Kottayam (Dist),
Kerala presents,**

THE AUTHENTIC HIMACHALI DISH: SIDDU

Siddu, a "Himachali dish," is one of the most loved dishes in Himachal Pradesh, particularly in Mandi, Kullu, Manali, Rohru, and Shimla. It's just a type of wheat-flour-based bread. Siddu dough is a yeast-based dough made with wheat flour in particular. And there's stuffing in this steamed bread.

Ingredients

- 2 cup wheat flour
- 1 teaspoon ghee
- 1 cup warm water
- 1 teaspoon yeast
- 2 cup lentil
- 1 small finely chopped onion
- 3 finely chopped chilies
- 1 teaspoon chili powder
- ½ teaspoon turmeric powder
- ½ teaspoon pepper powder
- Salt per taste



To proceed:

1 teaspoon yeast, dissolved in a cup of warm water, set aside for 10 minutes. Combine 2 cups wheat flour, 1 teaspoon ghee, and a pinch of salt in a mixing bowl. Add the yeast water gradually and knead it into a fine dough. The dough should have a texture similar to that of chappati dough. Allow the dough to rise for a few minutes.

2 cups lentils, soaked in water for 2 hours and ground into a fine paste with salt to taste for the filling. Add chopped onion, chilies, chili powder, turmeric powder, pepper powder, and salt to taste to this paste and mix well.

Make small balls out of the dough and roll them out like chappatis. With 1 tablespoon of lentil filling in the center, carefully close the ball by pressing the dough ends together. Place the ball in the steamer for 15 to 20 minutes after lightly pressing it. Repeat with the remaining dough and filling. Siddu is ready.