

GLOSSARY

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- Chapati** : the Indian equivalent of unleavened bread. Whole wheat flour is kneaded into a firm pliable dough, shaped into balls, rolled out, partially cooked on a tava and puffed out directly over an open heat source.
- Dahi** : yogurt; fermented milk (curd).
- Dhal** : dehulled and split legumes.
- Dhokla** : steamed product prepared from fermented batters usually made of cereals and dhal.
- Dosa** : pan-fried product resembling pan cake usually prepared from fermented batter made of rice and blackgram dhal. Other batters are also used.
- Idli** : steamed bread prepared from fermented batter of rice and blackgram dhal.
- Khaman** : steamed product prepared from fermented batter made of bengalgram dhal.
- Roti or(Rotla)** : thick chapatis prepared from cereal or millet flour; also called rotla. Yeast breads are called pav roti (meaning leavened bread).
- Soyidli** : steamed bread prepared from fermented batter of rice and soybean dhal.