

This dairy-free version of Sooji ka Cheela is perfect for those avoiding curd or following a sattvic or plant-based diet. The result? A crispy, golden cheela that's gentle on digestion and packed with flavour — all with basic pantry staples.

What Is Sooji Ka Cheela without Curd?

It's a thin, savory pancake made with semolina (sooji), spices, and water — no yogurt involved. Perfect as a quick tiffin or breakfast option, this version is easy to digest and can be loaded with herbs and vegetables for extra nutrition.

How to Make Sooji Ka Cheela without Curd : The Traditional Way

□ Ingredients:

- 1 cup **fine sooji / rava / semolina**
- 1 to 1¼ cups **water**
- 1 small **onion**, finely chopped
- 1 tsp **grated ginger**
- 1 green chili, finely chopped (optional)
- ¼ tsp **turmeric powder**
- A pinch of **asafoetida (hing)**
- Salt to taste
- 1 tbsp **chopped coriander leaves**
- ½ tsp **jeera (cumin seeds)**
- Ghee or cold-pressed oil for cooking

Optional veggies: Grated carrot

□ Method:

1. **Make the batter:** In a bowl, mix sooji with water, turmeric, hing, salt, and ginger. Let it sit for 10 minutes.
2. **Add veggies and herbs:** Mix in onion, green chili, coriander leaves, cumin seeds, and optional veggies. Adjust water to keep the batter pourable but not runny.
3. **Preheat tawa:** Grease with ghee or oil.

4. **Cook cheela:** Pour a ladleful of batter and spread gently in a circle.
5. **Flip & cook:** Cook on medium heat until golden on one side, then flip and cook the other side until crispy.
6. **Serve warm** with chutney or a side of vegetable curry.

▣ Ayurvedic Benefits

1. Semolina is **light and easy on digestion** (especially if roasted first).
2. Ginger and cumin aid **agni (digestive fire)**.
3. Completely **vata-pacifying** if prepared with ghee and warm spices.
4. Ideal for **pitta types avoiding dairy**.

▣ Pro Tips from the Indian Kitchen

- Let the batter rest to absorb water and soften the semolina.
- Use **hot water** while mixing for a smoother texture.
- Avoid overloading with raw vegetables — keep it light for crispiness.
- Always stir the batter before pouring each cheela, as sooji settles.
- Add a squeeze of lemon after cooking for tang, since there's no curd.

♥ Why We Love Sooji Ka Cheela without Curd

- Completely **dairy-free and sattvic**
- Quick, nourishing, and comforting
- Great vehicle for incorporating seasonal veggies
- Crisp outside, soft inside — **perfect texture balance**

▣ Ideal For

- **Dairy-free or sattvic diets**
- **Morning breakfast or light dinner**
- **Post-fasting or detox meals**
- Lunchboxes with mild chutney

