

Besan Sev / Fried Noodles / Fried Spaghetti



INGREDIENTS:

These have to be individually calculated for each patient as per the calories and ratio being used for that patient

- ⦿ Besan (chick pea flour)
- ⦿ Soy powder
- ⦿ Ghee (clarified butter) / Oil – or Butter

PROCEDURE

- ⦿ Weigh all the ingredients.
- ⦿ Mix besan (chick pea flour), soy powder, salt to taste and enough water to form a soft dough.
- ⦿ Meanwhile, heat oil in a pan. Take a small quantity of the dough and pass through the spaghetti extrusion machine, to get the shape of sev & pour this directly into the pan containing heated oil.
- ⦿ Deep fry the sev, till golden brown and crisp.