

## carrot kanji

### Prep time

15 mins

### Total time

15 mins

a fermented north indian probiotic drink made from carrots, beetroot and ground mustard and water

Author: dassana

Recipe type: beverage

Cuisine: north indian

Serves: 2 litres of kanji drink

### Ingredients

- 5-6 medium sized carrots/gajar
- 2 small beetroots
- 8 cups water - approx 2 litres of water (boiled & filtered or purified)
- 1 or 1.5 tsp red chili powder
- 3 tbsp mustard powder (dry grind 2 or 2.5 tbsp mustard)
- black salt as required

### Instructions

1. rinse and then peel the carrots and beetroots.
2. chop into long pieces.
3. mix all the ingredients in a glass or ceramic jars.
4. cover with a lid or muslin cloth and keep the jars in the sun for 3-4 days.
5. stir with a wooden spoon everyday before keeping the jars back in the sun.
6. when the kanji tastes sour, it means the drink is fermented.
7. serve carrot kanji straightway or refrigerate.

### Notes

**to make the vadas**, follow the recipe below.[br] [br]1. soak ½ cup urad dal/black gram in water overnight.[br]2. drain and grind the urad dal with 1 green chili, ½ tsp cumin, a pinch of asafoetida, ½ inch ginger and salt with very less water to a thick batter.[br]3. heat oil for deep or shallow frying. spoon the batter into the hot oil.[br]4. fry the vadas till they are golden brown.[br]5. drain on kitchen tissues.[br]6. soak the vadas in water for 20-25 mins.[br]7. press the vadas between the palms of your hands to squeeze out the water.[br]8. soak these vadas in the kanji overnight in the refrigerator.[br]9. serve the next day.

Recipe by Veg Recipes of India at <http://www.vegrecipesofindia.com/carrot-kanji-gajar-kanji-recipe/>

