

I'm human



This article showcases the various types of Indian flours commonly used in cooking. The list includes popular and lesser-known flour names in English, Hindi, and several regional languages, such as Tamil, Telugu, Kannada, Malayalam, Gujarati, and Marathi. It covers flours made from grains, seeds, beans, and lentils, along with their gluten-free status. The article highlights the use of these flours in everyday Indian dishes like flatbreads (roti, paratha, poori), as well as other popular and unique choices. Some examples include: * Whole wheat flour (atta) for making roti, chapati, and parathas * Refined flour (maida) for naan, bhatura, and cakes * Gram flour (besan) for pakoras, laddoos, and dhokla * Rice flour (chawal ka atta) for kozhakatai and rice rotis * Maize flour (makai ka atta) for makkhi ki roti and corn-based dishes Additionally, the article notes that some flours are gluten-free, including: * Finger millet flour (ragi or nachni) * Pearl millet flour (bajra) * Sorghum flour (jowar) * Corn starch * Soybean flour * Roasted bengal gram flour (sattu ka atta) The article concludes by mentioning the versatility of these flours in Indian cooking, with many being used to make a variety of dishes beyond traditional flatbreads. In Indian cuisine, various types of flours are used to make different dishes during fasting periods. Some of these include: * Sattu drink: made from ground pulses and cereals * Roasted gram powder: can be used to make laddus, chillas, parathas, etc. * Soya flour: mixed with whole wheat flour to make rotis, parathas, or pancakes (gluten-free) * Water chestnut flour (Singhare ka atta): can be used to make pooris, parathas, pakoras, halwa (gluten-free) * Buckwheat flour (Kuttu ka atta): can be used to make parathas, pakoras, pooris, halwa (gluten-free) * Amaranth flour (Rajgira ka atta) and amaranth: can be used to make pooris, vrat ke uttapam, idli, dosa (gluten-free) These flours are not only used during fasting periods but also as a thickening agent or binding ingredient in various recipes.

Rye flour in hindi name. What is rye flour called in india. What is rye flour in india. What is rye called in gujarati. What is rye flour in gujarati.