DietCloud – Recipe

Recipe Name: Andhra Style Pulses Recipes

Diet Type:

Course: Dessert

Cuisine: Andhra

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 cup Rice flour • 3 tablespoons Jaggery • 1 cup Water • 1/2 cup Yellow Moong Dal (Split) - cooked • 1 cup Milk • 3/4 cup Jaggery • 1 teaspoon Cardamom Powder (Elaichi) • 1/2 cup Coconut milk • 1 tablespoon Ghee • 12 Cashew nuts	4

Preparation

• Once it is cool, mash and keep aside.
• Next, we need to prepare the rice flour dumplings.
• Heat 1 cup of water in a saucepan along with jaggery in medium heat, bring it to a boil.
• Slowly mix in the rice flour into the jaggery water and whisk well till it forms a uniform lump.
• Switch off the flame, let it cool for a while.
• Knead the dough well and roll it into mini balls and keep aside.
• Heat 1/2 cup of water along with 3/4 cup jaggery in medium heat and let it dissolve well.
• Add the boiled mashed moong dal into the jaggery syrup, enough water and mix well till you attain a smooth mixture.
• Simmer for 3 minutes.
• Add the rice dumplings into the mixture and simmer for 5 to 7 minutes till the mini rice balls are cooked well.
• Add the milk, cardamom powder and mix well.

- Simmer for another 5 minutes.
- Switch off the flame and mix in the coconut milk into the mixture.
- This is to avoid the curdling of the coconut milk.
- Heat ghee in a small tadka pan, add in the cashew nuts and fry until they turn golden brown.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)