DietCloud – Recipe

Recipe Name: Sugarpare Recipe (Shankarpali)
Diet Type:
Course: Snack
Cuisine: North Indian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Water • 1/4 cup Sugar • 2-1/2 cup Vivatta Maida - or use whole wheat flour • 1/4 teaspoon Salt - to taste • 1/4 cup Ghee • Sunflower Oil - for deep frying • 4 tablespoons Sugar - powdered • 1 teaspoon Cinnamon Powder (Dalchini)	2

Preparation

• Take off the heat and cool it slightly.

• Gradually add the water-sugar mixture into the flour.
• Mix and knead the flour into a firm but pliable dough.
• Keep it covered in a cool place for 30 minutes.
• Heat oil in a wok and divide the dough into 3-4 portions.
• Roll out each portion into a thin (about 7-8 inches) circle or depending on the thickness you want.
• Cut squares or diamonds using a pizza cutter, knife or a special Shankarpali cutter.
• Deep fry on low-medium flame in a deep fry pan till the Shankarpali turn golden and crisp.
• Mix the cinnamon and powder sugar in a small bowl.
• While the Shankarpali is still hot, dust it with the cinnamon sugar.
• Cool completely and store in an airtight container.
• Serve Shakkarpara as a tea time snack or you can even pack these in your kids snack box.

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Macronutrients

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