DietCloud – Recipe

Recipe Name: Cashew Bunch Recipe

Diet Type:

Course: Dessert

Cuisine: Tamil Nadu

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 cup Green Moong Dal (Whole)	5
• 1/3 cup Jaggery	
• 1/3 cup Water	
• 1/2 cup Fresh coconut - grated	
• 1 teaspoon Cardamom Powder (Elaichi)	
• Sunflower Oil - for frying	
• 3 tablespoons Corn flour	
• 2 tablespoons Rice flour	
• 1/4 teaspoon Turmeric powder (Haldi)	
• Salt - as required	
• Water - as required	

Preparation

• To begin making the Munthiri Kothu, dry roast green gram in medium flame until it changes golden brown.
• Allow it to cool and transfer into mixer.
• Grind into coarse powder and keep it aside.
• Dry roast coconut until it changes color.
• I have used dessicated coconut.
• Now add jaggery to a pan and add water.
• Stir and boil until jaggery dissolves and add cardamom powder and mix.
• No need to check for any consistency.
• Once the jaggery syrup starts boiling, add powdered green gram and roasted coconut.
• Mix everything together until combined.
• Once it is warm enough to touch, take small portion and roll into balls.
• Keep aside.

- Heat oil in a heavy bottomed pan.
- Meanwhile, take corn flour, rice flour, turmeric powder and salt in a bowl.
- Add water little by little and mix without lumps into a smooth batter.
- The consistency has to be slightly thinner than dosa batter.
- Dip the balls into batter and roll so that it gets well coated by batter on all sides.
- Drop the coated balls one by one into oil and fry in medium flame turning often until it turns golden on all sides.
- Remove from oil and drain excess oil in kitchen tissues.

- It stays good for about a week at room temperature.

Macronutrients

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