DietCloud – Recipe

Recipe Name: Surti Obbattu Recipe - Fruit & Nut Pooris In Saffron Milk

Diet Type:

Course: Dessert

Cuisine: Karnataka

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Sooji (Semolina/ Rava) - fine • 1/4 cup All Purpose Flour (Maida) • 2 tablespoon Ghee • Sunflower Oil - for frying • Rose Petals - for garnish • 100 grams Badam (Almond) - roughly chopped • 25 grams Cashew nuts - roughly chopped • 25 grams Sultanas • 1 tablespoon Gulkand - as required (optional) • 1/2 teaspoon Cardamom Powder (Elaichi) • 1-1/2 cup Fresh coconut - grated • 2 tablespoons Sugar • 3 cups Milk • 8 tablespoons Sugar • 16 Saffron strands • 1 cup Milk • 4 tablespoons Sugar • 12 Saffron strands • 70 grams Badam (Almond) - (soaked overnight and peeled)	4

Preparation

• To prepare Surti Obbattu, mix semolina, maida, 1 tablespoon of ghee and enough water to make a soft dough, cover and set it aside for 30 minutes to rest.
• Add the remaining ghee in a pan and roast the almond, cashews, sultanas and coconut on a low flame and toss in the sugar and cardamom and cook until any water evaporates.
• Dish it into a bowl.
• In a pan, add all the ingredients for soaking surti obbattu and bring it to a boil and let it cool until use.

- This is to warm when needed.
- In a mixer jar, add the soaked and peeled almonds and grind coarsely.
- Add this along with the other ingredients for the badam milk to be spooned on top of soaked surti obbattu and bring it to a boil in a pan and turn off the flame and set aside until needed, to cool it as well.
- Divide the dough into 8 portions and roll it out into pooris and deep fry in hot oil.
- This must be done quickly and must not sit in the oil for too long.
- These pooris need not be crispy.
- Now dip this one at a time into the soaking milk and let it sit for 30 seconds to 1 minute, take it on to a plate, center the dry fruit mixture and roll it into cylindrical rolls.
- You can also use Rose gulkand along with the dry fruit mixture into the rolls.
- Spoon the thick Badam milk on top and garnish with Rose petals.

Macronutrients

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