DietCloud – Recipe

Recipe Name: Porridge Bread Recipe

Diet Type:

Course: Indian Breakfast

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Khichdi/Pongal • 1/4 cup Rice flour - or as needed • Sunflower Oil - as needed • 1/4 cup Onion - finely diced (optional) • Salt - to taste	4

Preparation

• To begin making the Khichdi Roti recipe, cut out a large baking paper to the size of your tava and smear it with some oil.
• In a mixing bowl add khichdi (use room temperature or cold, hot kichdi will get messy), enough rice flour, very little salt to adjust the seasoning and chopped onions.
• Mix them all together, you should get a well combined mixture and not very moist, if you still find it very moist add in an extra tablespoon of rice flour at a time.
• Meanwhile, heat the tava on low flame.
• Place a golf ball sized mixture on the baking sheet and smear some oil on your palm and pat it on the baking sheet to resemble a round roti.
• You can pat it as thin or as thick as you like.
• Now transfer the sheet onto the hot tava and let it sit for 15-20 seconds and then peel off the baking paper gently.
• Drizzle some oil around it and cook until golden brown and flip onto the other side.
• Adding the rice flour totally depends on the consistency of your khichdi, needs a bit of eye balling in the measurement of rice flour.

Macronutrients

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

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