

Recipe Name: Malabar Kaai Curry Recipe With Nenthra Pazham

Diet Type:

Course: Dessert

Cuisine: Kerala Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 2 Banana flower (Vazhaipoo) - ripe	4
• 1 cup Coconut milk - thick	
• 3 cups Coconut milk - thin	
• 1/2 cup Rice - raw	
• 1/2 cup Chana dal (Bengal Gram Dal)	
• 1/4 Onion	
• 2 Cardamom (Elaichi) Pods/Seeds	
• 1 cup Sugar	
• 3/4 teaspoon Salt - and some more for cooking the chana dal	
• Water - as required	

Preparation

- To begin making the Malabar Kaai Curry, first wash and soak chana dal and raw rice separately in two different bowls for about an hour.
- After that cook chana dal with little salt in water and once done, drain the water and keep it aside.
- Slice the bananas,.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	10	60	20	8	10