

Recipe Name: Goan Style Sando Recipe (Steamed Rice Cakes Filled With Sweet Coconut)

Diet Type:

Course: Dessert

Cuisine: Goan Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 1/2 cup Red matta rice - parboiled	4
• 3/4 cup Basmati rice	
• 1/4 cup White Urad Dal (Split)	
• 1 cup Coconut milk - or toddy	
• 3 tablespoon Sugar	
• 1 teaspoon Active dry yeast	
• Salt - to taste	
• 1/2 cup Fresh coconut - Grated	
• 1/2 cup Jaggery	
• 1 Cardamom (Elaichi) Pods/Seeds	

Preparation

- To begin making the Goan Style Sando Recipe (Steamed Rice Cakes Filled With Sweet Coconut) soak parboiled matta rice, basmati rice and urad dal in water for atleast 4 hours.
- After 4 hours, grind the rice and urad dal to a smooth paste.
- The batter must be sm.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	4	60	15	2	20