

Recipe Name: Mullu Murukku Recipe - Mullu Murukku Recipe

Diet Type:

Course: Snack

Cuisine: Tamil Nadu

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 2 cups rice flour	4
• 1/2 cup urad dal flour	
• 1/2 tsp asafoetida	
• 1 tsp sesame (white)	
• 1 tsp red chilli powder	
• 1/2 tsp turmeric powder	
• 1/2 cup butter	
• Water - as per use	
• salt - as per taste	
• oil - as per use	

Preparation

- To make Mullu Murukku recipe, firstly add rice flour, urad dal flour, asafoetida, sesame seeds, red chili powder, turmeric powder, butter and mix it well.
- Grease the save press with oil.
- Keep this oil in a pan for heating.
- Add Murukku mixture to the save press.
- Now make 2 inch pieces of 20 square aluminum foil.
- Grease them with oil and store them in 2 lines.
- Now press save press and make spiral murukku on this aluminum foil.
- Now take the foil and gently pour Murukku into the oil.
- Make the rest of the murukku in the same way.
- Cook until the murukku turns golden brown and then remove it separately.
- Let cool and serve.
- Serve the Mullu Murukku recipe for an evening snack with a cup of hot ginger tea.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	5	35	12	3	1

