

Recipe Name: Andhra Style Cucumbers / Caramel Undalu
Recipe (Rice Flour Chochonuth Fritters)

Diet Type:

Course: Dessert

Cuisine: Andhra

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 cup Rice - soaked overnight and ground	4
• 1/4 cup Jaggery	
• 1/2 cup Fresh coconut	
• 1 teaspoon Cardamom Powder (Elaichi)	
• Ghee - or oil for cooking	

Preparation

- To begin making the Andhra Style Paakundalu by soaking the rice in water for overnight.
- Add rice and little bit of water and grind it into a smooth batter.
- Keep it aside.
- Heat a sauce pan with jaggery, allow the jaggery to melt and add the cardamom powder and freshly grated coconut and mix well.
- Add this into the rice batter and mix.
- You can add little water to create thick batter to pour it into a kuzhi paniyaram pan.
- Heat a paniyaram pan, add ghee or oil in each depression and pour some batter into it.
- Cook the Sweet Paniyarams till they turn light brown from one side, then flip each paniyaram using a skewer and cook them the other side.
- Add ghee or oil as needed.
- Once cooked and they light brown from both sides, transfer them to a plate and serve hot.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	4	40	10	3	2