

Recipe Name: Watalappan Recipe - Steamed Egg Pudding With Jaggery

Diet Type:

Course: Dessert

Cuisine: Sri Lankan

Quantity:



Ingredients

Ingredient	Quantity
• 300 ml Coconut milk	5
• 200 grams Jaggery - (Kithul Jaggery/ Goan Jaggery)	
• 5 Whole Eggs	
• 1 tablespoon Cardamom Powder (Elaichi)	
• 1 tablespoon Cinnamon Powder (Dalchini)	
• 8 Pistachios - finely chopped	
• 6 Cashew nuts - finely chopped	
• 10 Raisins	

Preparation

- To begin making Watalappan Recipe, grate the jaggery and keep aside.
- Crack the eggs and add them in a big bowl.
- Beat the eggs until frothy.
- In a blender, add the beaten frothed up eggs, coconut milk, grated Goan jaggery, cardamom powder and cinnamon powder.
- Blend until it becomes fluffy without any lumps.
- Strain the mixture using a cloth or strainer and pour into a steaming bowl.
- Cover it with a foil and steam for 30 minutes in a steamer or pressure cooker on a medium heat.
- Turn off the heat once it is cooked well.
- Remove the Watalappan from the steamer, sprinkle the remaining chopped nuts over the Watalappan and serve it chilled.



Macronutrients

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