

Recipe Name: Karantaka Style Seke Undlaka/ Undlige Recipe (Mini steamed sweet dumplings Recipe)

Diet Type:

Course: Dessert

Cuisine: Karnataka

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Rice flour	4
• 1 pinch Salt	
• 2 tablespoon Jaggery	
• 4 tablespoon Fresh coconut	
• 1 Cardamom (Elaichi) Pods/Seeds	

Preparation

- We begin making the Karnataka Style Seke Undlaka/ Undlige Recipe (Mini steamed sweet dumplings Recipe) by boiling water over a sauce.
- About 1/2 cup.
- Once it comes to a boil, add the rice flour with a pinch of salt.
- Then keep mixing till it combines.
- Once done switch it off, and by using ghee start making small dumpling when it is hot itself.
- Heat an idli or dhokla steamer and steam these dumplings for about 10 minutes.
- Keep it aside.
- Heat a pan, add the jaggery, coconut and cardamom.
- Leave the jaggery to melt and combine.
- Add these steamed dumplings and coat it nicely with this sweet mixture.

Macronutrients

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