

Recipe Name: Ari Pathiri Recipe | Malabar Rice Flatbread Recipe

Diet Type:

Course: Indian Breakfast

Cuisine: Malabar

Quantity:



Ingredients

Ingredient	Quantity
• 1-1/2 cups Rice flour - roasted or pathiri podi	3
• 1-1/2 cups Water	
• Salt - to taste	
• 1 teaspoon Coconut Oil	

Preparation

- To prepare Ari Pathiri Recipe | Malabar Rice Flatbread Recipe, in a wide pan, bring the water to rolling boil.
- Add the salt and oil.
- Now turn the heat to low and slowly add the rice flour, while continuously stirring with a wooden spoon till the dough comes together.
- Cover the pan and let the dough cook for about 10 seconds.
- Turn the heat off and continue to knead the dough with wooden spoon or spatula.
- Make sure you do not add more water or flour while kneading the dough.
- Divide the dough into equal lime sized balls and press it between your palm and on a slightly floured (rice flour) surface roll each ball into thin circle or you can use a pathiri press/roti press.
- Heat a griddle pan/flat pan over medium heat.
- When the pan is heated through, dust the excess flour off and cook each pathiri for 20-30 seconds on each sides while pressing gently with back of a flat ladle till it puffs up.
- Pathiri should not change the colour (off white-ish) so make sure that your pan is not over heated.
- Serve Ari Pathiri Recipe | Malabar Rice Flatbread Recipe with Kerala Chicken Curry Recipe With Freshly Ground Spice.

Macronutrients



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

