

Recipe Name: Kerala Style Chakka Pal Kozhukattai
Recipe-Rice Dumpling In Jackfruit flavored
Coconut Milk

Diet Type: Vegetarian

Course: One Pot Dish

Cuisine: Kerala Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Jackfruit Ripe (Kathal) - chopped finely	4
• 1/2 cup Rice flour	
• 1 tablespoon Sunflower Oil	
• 1 teaspoon Salt	
• Lukewarm Water - to knead	
• 1 cup Fresh coconut - grated	
• 1 Cardamom (Elaichi) Pods/Seeds	

Preparation

- Now once the jackfruit is done, allow it to cool down.
- Keep it aside.
- Once you squeeze out all the water.
- Add the coconut back into the grinder and add some more water and grind it once again.
- Rest it for 20 minutes.



- Reduce the heat, and allow the coconut milk to simmer.
- Next, keep a small bowl of ghee by your side, grease your fingers with it and start making the rice dumplings by rolling small round shaped dumplings with the mixed rice flour dough and drop it into the boiling coconut milk.

Macronutrients

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

