

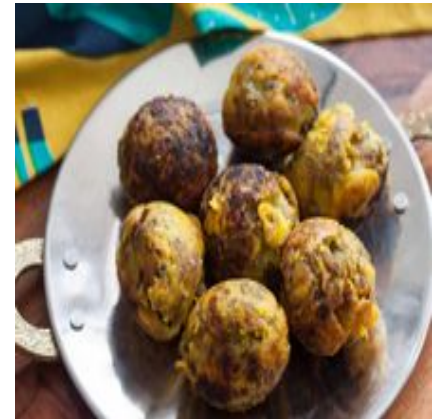
Recipe Name: Kerala Style Sugiyan Recipe (Sweet Moong Dal Bondas)

Diet Type: Vegetarian

Course: Snack

Cuisine: Kerala Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Green Moong Dal (Whole) - soaked for 2 hours	4
• 1/2 cup Jaggery	
• 1 Cardamom Powder (Elaichi)	
• 1/2 cup Fresh coconut	
• 1/4 cup Gram flour (besan)	
• 1/2 cup Rice flour	
• 1 teaspoon Turmeric powder (Haldi)	
• Salt - Pinch	

Preparation

- To begin making the Kerala Style Sugiyan Recipe, soak the mung dal and keep it ready.
- Pressure cook the green mung bean with water for about 4 whistle till it is just cooked.
- Once the pressure has released naturally, take them out.
- Heat a saucepan, add jaggery and little bit of water for the jaggery to melt.
- Once it is completely melted you can add cardamom pods.
- Leave it to boil for 10 minutes and add cooked green mung bean and coconut and mix well.
- Make sure the mixture becomes dry.
- Keep it on a medium heat and allow it to boil so that the water is all evaporated.
- Cool it down and mix besan flour into the mixture and combine them together.
- Take little mixture and shape them into small balls.
- In a mixing bowl, add rice flour, turmeric powder and little water to create a smooth slightly thick batter.
- Heat a kuzi paniyaram pan with oil, dip the round shaped filling into the rice flour batter and carefully place them in the kuzi paniyaram pan.
- After 5 minutes flip it over the other side and cook for few minutes until it is evenly crisped on all sides.



Macronutrients

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