

Recipe Name: Goan Style Sana Recipe (Soft Steamed Rice Cakes)

Diet Type:

Course: South Indian Breakfast

Cuisine: Goan Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 1/2 cup Red matta rice - parboiled	4
• 3/4 cup Basmati rice	
• 1/4 cup White Urad Dal (Split)	
• 1 cup Coconut milk - or toddy	
• 3 tablespoon Sugar	
• 1 teaspoon Active dry yeast	
• Salt - to taste	

Preparation

- To begin making the Goan Style Sana Recipe, soak parboiled matta rice, basmati rice and urad dal in water for at least 4 hours.
- After 4 hours, grind the rice and urad dal to a smooth paste.
- The batter must be smooth and not grainy.
- You will now mix toddy, yeast, sugar and leave it to ferment for atleast 4 hours which will make the batter to rise well.
- Make sure you keep this in a warmer place.
- Once the batter is risen well.
- You can keep your idli steamer on with enough water below to steam.
- Take a cylindrical shapped vessel or a katori, apply oil and grease well.
- You can use about as many katoris that can fit in your idli steamer.
- Traditionally they use a ramkin mould called tondor to do so.
- Mix the risen batter with salt and keep stirring until the salt is evenly distributed.
- Add the batter carefully inside the katoris or moulds just till the brim.
- Keep these katoris carefully inside the vegetable steamer and steam the sanas for atleast 15 minutes.
- When you place your finger on the batter after 15 minutes, if it is not found sticky then it is done.



- Switch off the heat, take out the moulds or ramekins and keep it aside to cool down.
- By using a knife go around the edges and flip the sanas onto a serving plate and do the same for rest.

Macronutrients

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