

Recipe Name: Ukadpendi Recipe - Maharashtrian Style Spiced Rice Flour Porridge

Diet Type:

Course: North Indian Breakfast

Cuisine: Maharashtrian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1-1/2 cups Water	4
• 1/4 cup Buttermilk	
• 3-4 tablespoon Rice flour	
• 2 teaspoons Sunflower Oil	
• 2-3 Green Chillies - chopped	
• 1 teaspoon Cumin seeds (Jeera)	
• 1/2 teaspoon Mustard seeds	
• 1/4 teaspoon Asafoetida (hing)	
• 1 sprig Curry leaves	
• 1 teaspoon Sugar	
• Salt - to taste	
• 2 tablespoon Roasted Peanuts (Moongphali) - crushed to garnish	
• 1 teaspoon Peanut oil - to garnish	

Preparation

- To begin making Ukadpendi, first whisk the buttermilk with the rice flour till there are no lumps.
- Heat oil in a wok/pan and add the mustard seeds and cumin seeds.
- and let them splutter.
- Once they splutter add the curry leaves, green chillies and hing and carefully add the water.
- Add salt and sugar, and let the water boil.
- Now add the rice flour slurry, stirring constantly so that lumps are not formed.
- Cook on low flame, stirring continuously, till the mixture thickens and the rice flour is cooked.
- You can top it with some peanut oil if you like before serving it.



Macronutrients

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

