

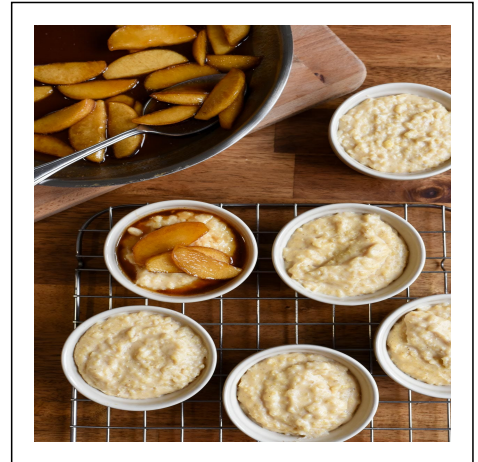
Recipe Name: Postal Millet Salt Pudding Recipe

Diet Type:

Course: Snack

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Foxtail Millet	2
• 1 cup Water	
• 2 Dry Red Chillies	
• 1 teaspoon Gingelly oil	
• 1/4 teaspoon Mustard seeds	
• 1/4 teaspoon White Urad Dal (Split)	
• Curry leaves - handful	
• Coriander (Dhania) Leaves - handful	
• 1 Onion - finely chopped	
• 2 Green Chillies - finely chopped	
• Salt - as required	

Preparation

- To begin making the Foxtail Millet Uppu Kozhukattai Recipe, soak foxtail millet in water for about 4 hours or overnight.
- Drain the excess water and add the foxtail millet along with red chillies to a mixer grinder.
- Add a cup of water and grind to a coarse paste.
- Ensure not to add more water as it will make batter watery.
- The water amount has to be added accurately as adding more water make it watery and makes the dumplings gummy.
- Keep the batter aside.
- In a medium Kadai, add oil and heat it over medium heat.
- Once the oil is hot, add mustard seeds and urad dal.
- Let it splutter.
- Once done add curry leaves, coriander leaves, and chopped chilies.



- Once the onions have turned translucent reduce the heat and add grounded batter to the pan.
- Stir continuously and mix well to combine.
- The mixture will thicken immediately.
- After the mixture thickens turn off the heat.
- While the mixture is hot, scoop out the batter using a spoon and roll them into small rounds.
- Repeat the same with the remaining batter.
- Steam the balls in the idli cooker or in pressure cooker for about 10 minutes till the dumplings turn shiny.

Macronutrients

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