

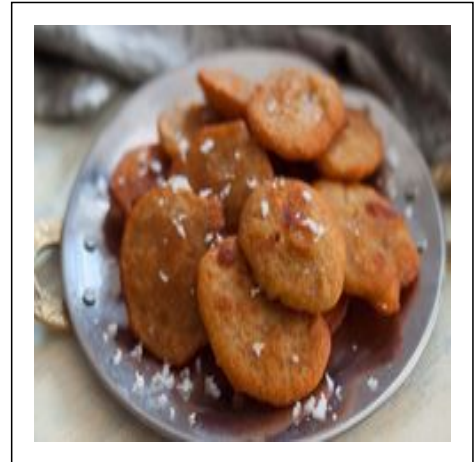
Recipe Name: Assamese Style Ghila Pitha Recipe
(Sweetened Rice Fritters Recipe)

Diet Type:

Course: Snack

Cuisine: Assamese

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Rice - soaked in water	4
• 2 tablespoons Cooked rice - to help bind	
• 1/2 cup Jaggery	
• 1 teaspoon Cardamom Powder (Elaichi)	
• 1 teaspoon Lemon zest	
• 1/2 teaspoon Baking powder	
• Sunflower Oil - for cooking	

Preparation

- To begin making Assamese Style Ghila Pitha Recipe, soak the rice in water for 2 to 3 hours.
- Once soaked, drain the water completely and pat dry.
- Grind the rice into a flour like mixture, it will be a little coarse.
- Melt the jaggery in 1/4 cup of water and keep aside.
- In a large mixing bowl, combine the ground rice flour along with the cooked rice, jaggery water, baking powder, cardamom powder, lemon zest and baking powder.
- Form a dough like consistency to make Ghila Pitha.
- The dough should not be too hard not too soft, just enough to hold and put in a kuzhi paniyaram pan.
- Heat a Kuzhi Paniyaram pan and add a few drops of oil into each one of the cavities.
- Fry on both sides initially on medium flame until cooked through and also golden brown from all sides.
- Serve the Ghila Pitha as a tea time snack or as a dessert after a good lunch.



Macronutrients

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

