DietCloud – Recipe

Recipe Name: Patishapta Recipe (Rice Crepe)

Diet Type:

Course: Dessert

Cuisine: Bengali Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup All Purpose Flour (Maida) • 1/2 cup Sooji (Semolina/ Rava) • 1/2 cup Rice flour • 1-1/2 cups Milk • 1 teaspoon Cardamom Powder (Elaichi) • 1 cup Fresh coconut - grated • 1/4 cup Jaggery - broken • Ghee - or refined sunflower oil to roast the crepes • 2 tablespoon Mixed dry fruits - chopped • 2-4 tablespoon Condensed Milk - optional	3

Preparation

• To begin with the Patishapta Recipe (Rice Crepe), in a large bowl mix both the flours, semolina and cardamom powder.

• Break lumps if formed and keep the batter till flowing consistency.

• Keep aside and allow it to rest for 10 mins.

• Meanwhile in a wok, heat jaggery in low flame to avoid getting burnt.

• Heat a non stick tawa and grease it with ghee or oil.

• Pour a large scoop of batter in the center of the tawa and spread it in a circular motion like we do for dosa.

• Make a thin crepe and add few drops of ghee or oil from all sides and roast it till light golden in color.

• You may now flip it and lightly roast from the other side as well.

• Flip back and drop a tablespoon of coconut mix from one end to the other making two divisions of the crepe.
• Spread it in a line.

• You can line them on the serving tray and pour condensed milk all over.

Macronutrients

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