

KERALA APPAM RECIPE

Ingredients

- Raw rice- 3cups
- Cooked rice-1cup
- Fresh Grated coconut-1cup
- Dry Yeast-1tsp
- Coconut water-1/4 cup
- Sugar-1tsp

Method

Soak rice for 3-4 hrs. Soak yeast in ¼ cup of lukewarm coconut water for 30 minutes, and add 1tsp of sugar. Set it to rise.



Grind soaked rice, cooked rice, and coconut gratings to a fine paste by adding little by little water. Add raised yeast and mix well and keep it to rest for 3 to 4 hrs. By then it will ferment and become double its quantity. Add salt. Take a nonstick kadai and pour a ladle full of batter and rotate the kadai in such a way that the batter spreads in a circular motion to form a dosa shape. You can even use dosa pan also to make appam.



1. This dosa will be very soft, porous and white in color. The dosa should not turn into brown color.



2. The dosa should be little bulged in the middle and thinner it should be at the edge.

3. It will remain soft even if it cools down. So you can add this dosa in your "Yatra Bhojan" carrier.

Serve hot with your favorite curry.



OM SHANTI

