

Recipe

Punugulu

By

Bhaktivedanta Hospital – Diet department



Ingredients

Urad dal-1 cup
Rice-2 cups
Salt-1 tsp
Cumin seeds-1 tsp
Green chili- 2 chopped
Curry leaves- 9-10
Cilantro- ½ cup
Oil for deep frying

Preparation

Soak urad dal and rice separately in water for 6-7 hrs. Grind urad dal and rice separately in a blender and make a thick batter and mix it well along with salt and cumin seeds and ferment it overnight. Add green chili, curry leaves and cilantro and mix well. Heat plenty of oil for deep frying. Once oil is heated drop the batter like small balls and deep fry them until they turn golden in color. Serve hot with sweet ginger pickle or sweet chili sauce.

** Punugulu can be served as an appetizer or as a breakfast item.

For further details please contact

vaidehi_nawathe@sify.com, indrayani.h@gmail.com

www.iskcondesiretree.com

**Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Hare Rama Hare Rama Rama Rama Hare Hare**