

Recipe

Sabudana

By

Bhaktivedanta Hospital – Diet department



Ingredients

Sago (Sabudana/Saggubiyam) - 1/2 cup
Curd - 1 1/2 cup approximately
Salt - acc to taste
Baking soda - a pinch
All purpose flour (Maida) - 2 cups
Cumin seeds - 1/2 tsp
Curry leaves - few
Green chilies - 4, 5 chopped
Oil - for deep frying

Preparation

Soak sago in water and drain the water and keep aside. In a bowl combine the yogurt (see that yogurt is little sour in taste) salt, soda, maida, cumin seeds, curry leaves, green chili pieces, and sago. Mix all the ingredients thoroughly into a thick batter. Now heat oil for deep frying . When the oil is hot, drop a little mixture (about a tsp) and fry the fritters until golden brown. Serve hot with coconut chutney or ginger pickle.

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**