

## Recipe

### Upma Kozhakattai

## By

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## Ingredients

- Plain rice - 1 cups
- Toor dal - 2 Tbsp
- Pepper seeds - 1 tbsp
- Grated coconut - 1 cup
- Mustard Seeds - 1 tsp
- Split urad dal - 1 tsp
- Red chilies - 3-4
- Salt as required
- Curry Leaves – 4-5
- Asafetida a pinch
- Oil - 2 tsp

## Preparation

1. Soak Plain rice and Toor dal for about 20 minutes wash clean and spread it out to dry on a towel.
2. Grind the dried rice and dal coarsely.
3. Measure 2 cups of water for each cup of the mixture and add to the kadai.
4. Add asafetida to the water and let it boil.
5. When it starts to boil, add the coconut.
6. After a minute, add the dry mixture.
7. Cook on medium heat. When the rice and dal mixture is cooked well, off the gas.
8. Cool it a little and then take small portions of the mixture and roll into small balls.
9. Steam the balls in the cooker, same as we do for idlis.
10. After steam starts to come out of the cooker, reduce the flame to medium and cook on for about 4 minutes.
11. Hot Upma Kozhakattai's are ready.

## Serves

4 Persons

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Hare Rama Hare Rama Rama Rama Hare Hare**