

## Recipe

### UKDICHE MODAK

## By

**Bhaktivedanta Hospital – Diet department**



## Ingredients

Rice..... 2 cups  
Pure *ghee*..... 1 tbsp  
Salt..... a pinch

### For stuffing

Coconut (scraped)..... 1 ½ cups  
Jaggery (grated)..... ¾ cup  
Green cardamom powder..... ½ tsp

## Preparation

1. Clean, wash and drain rice thoroughly. Dry complete by spreading on an absorbent sheet of cloth. Grind to a fine powder. Pass it through a fine sieve.
2. Bring one and a quarter cups of water to boil in a pan, add salt and *ghee* to it.
3. Add rice flour in a flow, stirring continuously to prevent lumps from forming. Remove the pan from heat and keep it covered for ten to fifteen minutes.
4. Grease your palms with a little oil and knead the cooked rice mixture to a soft dough. Keep covered with a moist cloth.
5. Combine coconut with jaggery in a pan and cook on medium heat for one or two minutes or till light golden brown. Ensure that it is not overcooked. Add green cardamom powder and remove from heat and cool it slightly. Divide coconut mixture into ten to twelve equal portions.
6. Divide dough into ten to twelve lemon sized balls. With greased palms flatten each ball to form discs of three inches diameter. Press edges of the discs further to reduce the thickness.
7. Place a portion of coconut-jaggery mixture in the centre, form eight to ten pleats with fingers, gather them together to form a bundle and seal the edges at the top.
8. Steam them in a steamer (you may use idli steamer) for ten to twelve minutes. Serve hot *modak* with pure *ghee*.

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