

Stuffed Dumplings

Written by Our Family

Ingredients

Quantity:	Measure:	Ingredients:	Description:
1	Kilogram	Rice, Boiled (ukda chawal)	Ukda chawal
100	Grams	Plums	Filling
100	Grams	Almonds	Filling
200	Grams	Sugar, White	Filling
1	Nos	Coconut scraped (fresh)	Filling
3	Pods (whole)	Cardamoms	Filling
1	Tablespoon	Vanilla Essence	Filling
1	Tablespoon	Rose Water	Filling
0.5	Teaspoon	Nutmeg	Filling

Method

Wash and soak boiled rice for an hour. Then, grind fine, with water and salt to taste. Knead it into a dough which should be sufficiently dry. Keep the dough in a vessel and place it on a lit stove. Stir the dough till it is dry. Keep the vessel down, from the fire. Make small disks of even size.

Prepare a filling with the ingredients kept for that purpose.

Scrape the coconut, pick and clean the plums, blanch and chop the almonds, powder the cardamoms or use cardamom powder and nutmeg or nutmeg powder

Start cooking the scraped coconut and sugar on slow fire, stir and brown it well. Add to it plums, almonds, rose water and vanilla essence as well as the two powders of cardamom and nutmeg. Stir well and cook for five minutes. Keep down and cool.

Make small balls and shape the dough into cups and by making a depression with your thumb in the middle and fill them with filling and cover the stuffing with the same dough. Form

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small balls and steam them.

Place the dumplings in a pressure cooker or Thondor and cook them on steam for about half an hour till they are cooked.