

Rice Modak (savoury)

Ingredients for outer layer:

- 1 cup rice flour
- 1.5 cups water
- 1-2 teaspoon A2 cow ghee
- 1 pinch salt

For the filling:

- Grated coconut 4 tsp
- Pre-soaked and cooked whole moong dal /steamed sprouts 1/2 cup
- A2 cow ghee 3 tsp
- Jeera/Cumin powder 1/4 tsp
- Salt for taste

Method:

For the stuffing:

1. Heat ghee in a pan. Add grated coconut.
2. It takes about 10 to 15 minutes for the mixture to dry on low flame.
3. Add the cooked dal and mix well. (sprouted and boiled whole moong or steamed sprouts).
4. Add salt and jeera powder.
5. Stir every 2 to 3 minutes.
6. You can add more ghee if the stuffing becomes too dry.

Making the modaks:

1. In the same pan, heat the water along with ghee and pinch of salt.
2. Bring to a boil, reduce heat, and add the rice flour in a steady flow, stirring continuously to prevent lumps from forming.
3. Now cook this mixture on very low heat for about 2 to 3 minutes.
4. Now switch off the flame and cover this pan with a lid for 4 to 5 minutes.
5. Now take this dough in a big bowl or plate.
6. Allow to cool till the temperature you can handle to knead.
7. Dip your palm in cool water and knead the hot dough very well.
8. If dough looks hard or dry, then add a little warm water and continue to knead dough till completely smooth.
9. Rest the dough covered with a damp cloth.



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Steaming modaks:

1. Take a small ball of dough and roll thinly between hands, stretching the dough with fingers to a disc of about 3-4 inches diameter.
2. Keep the dough disc on you palm and add the sprouts filling in the centre.
3. Pinch the edges of the circular dough disc to make protruded edges.
4. Bring together all the folds in the centre shaping like a momo.
5. Use a steamer to steam the modaks for 10-15 minutes or till done.
6. Drizzle a few drops of ghee on the modaks and serve them hot.

Variations

- To make colourful modaks, add pureed spinach or beetroot puree to the rice flour.

Notes:

- Vary the stuffing of your choice by adding few dry fruits, sesame seeds too.
- Knead the dough well adding required amount of water and ghee till it forms smooth dough.
- If the modaks break while you are pressing and creating cup, do not worry. Sprinkle water and ghee and knead well.
- Wet your hands with water before you start preparing modaks, else it will stick to your hand.
- Rice flour is rich in amino acids, fibre, vitamins (B-vitamins) and nutrients such as calcium and zinc.
- Coconut helps to improve digestion and absorption of nutrients, vitamins, and minerals.
- Sprouts rich in protein, antioxidants, phytochemicals, bioflavonoids, vitamins and minerals.
- Enjoy the savoury/sweet delicacy of the nutrients rich modak this festive season.

Want to try the sweet version, click here :

<https://lukecouthinho.com/blog/recipe-corner/rice-modak/>

