

Recipes from kerala

Kheer Puli

Ingredients: Rice flour, jaggery, coconut, cardamom, ghee.

Steps:

1. Prepare a dough using rice flour and water.
2. Make a filling of jaggery, coconut, and cardamom.
3. Shape dough into small pouches, stuff with the filling, and steam.

Background: Kheer Puli is a popular sweet from the coastal regions of India, especially in Kerala. It is made during Onam and other special occasions.