

fun stuff

SEL ROTI

Sel Roti is a traditional Nepali homemade, sweet, ring-shaped rice doughnut prepared during festival seasons like Dashain and Tihar.

INGREDIENTS

- 2 cups uncooked rice
- 3 tbsp. sugar
- 3 tbsp. ghee [clarified butter]
- 1/2 cup milk
- 1 Tbsp. rice flour if the batter is thin [too liquid]

DIRECTIONS

- Soak rice overnight in water
- Drain water and put rice in mixer/grinder along with sugar and ghee
- Grind for about 3-4 minutes until it becomes paste
- If the batter is too liquid, add 1 tbsp. of rice flour
- Cut a plastic bottle and use the top portion as a funnel through which to drop the batter into the pan
- Add 1/2 inch of oil in a pan and heat
- Drop the batter in oil making round circles
- Fry until it looks golden brown
- Enjoy!

SOURCE:

Anup Kitchen, <http://www.anupkitchen.com/recipe/sel-roti-nepali-food-recipe/>

VISIT

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