

# Appam

Recipe Courtesy: Shalini Tony Alapatt



## Ingredients

Cooked Rice -1/2 cup\*  
Rice Powder -1.5 cup\*  
Coconut milk powder -10  
tbsps  
active dried yeast - 1/4 tsp + a  
pinch  
water - 2 cups\* + 1/2 cup\*  
sugar - 4tbsp  
salt - 1 tsp or to taste

(\*1 cup =250ml)

For queries:

[mayasLABrecipes@gmail.com](mailto:mayasLABrecipes@gmail.com)

Appam is a pretty intimidating dish to many. It's fragile & temperamental. But this is one breakfast recipe that I am completely at ease, thanks to Shalini Tony Alapatt!!

Her recipes are not just simple but tasty too. I've had to make a few tweaks to the recipe as freshly squeezed coconut milk is not easily accessible to me.

The original recipe is made with fresh coconut milk from one coconut.

- The ratio of cooked rice to rice flour is 1:3. So you can consider each cup of cooked rice as 1 measure.
- The coconut milk powder can be substituted with actual coconut milk or desiccated coconut. When you make the substitution, just follow the same method, smooth mix of cooked rice with the thick milk or desiccated coconut and the rice flour with the thin milk.



## Method

1. Take a dry grinder ( the smallest mixer jar). Grind 5 tbsp of coconut milk powder with the cooked rice to make a smooth paste.
2. Take the blender jar, add 2 cups of water ( room temperature/ lukewarm). Add 5 Tbsps of coconut milk powder to make a thin coconut milk.
3. Add rice powder, 2tbsp sugar and yeast . Add the rice-coconut milk powder mix. Blend till you get a smooth mix. Pour into a container , cover and set aside in a warm place for fermenting.
4. Once fermented, add approx. 1/2 cup of water , 2tbsp of sugar and salt to taste. The right pouring consistency is slightly thicker than milk. You could add less water initially; check whether it is the right amount to make the appam and add more if needed.
5. First heat the appam chatti or pan on medium flame . Keep it covered. Once the pan is heated, pour one spoonful batter in the centre. It would sizzle a little but wouldn't bubble. Now tilt the pan to get the desired radius and swirl it around the pan. Keep it covered and on medium flame. In 2 minutes your appam will be ready to serve. The pan could be wiped with a slightly oiled cloth in between 2-3 appams .

For queries:

[mayasLABrecipes@gmail.com](mailto:mayasLABrecipes@gmail.com)