

Easy Uppu Urundai recipe / Kara Kollukattai

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Easy Uppu urundai recipe / kara kozhukattai are tasty and healthy snack for kids and adults. My mom used to prepare and give me this uppu urundai when I come back from school. This easy uppu urundai recipe is quick to make snack from rice flour. There are two versions [sweet kollukattai](#) and savory kollukattai. Sweet are made with coconut and jaggery filling. Savory / kara kozhukattai are made with rice flour and tempered with spices.

Ingredients for easy uppu urundai

recipe

- 1 and 1/2 Cup of Rice Flour
- 1 Cup of Water (The amount of water depends on the quality of rice flour so adjust accordingly)
- 2 Tbsp of Coconut Flakes
- Salt to taste

To Temper

- 2 Tsp of Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- 1 Tbsp of Bengal Gram Dal
- 3 Red Chillies
- Pinch of Asafoetida
- Few Curry Leaves
- 1/4 Cup of Chopped Red Onion

Other Ingredients

- Few Cilantro Leaves

Method to make kara kozhukattai recipe

- Heat oil in a pan, add all the ingredients listed under " To Temper" After they splutter, switch off the stove and transfer all the tempering items to a bowl containing rice flour, salt, cilantro and coconut flakes.
- In the meantime, boil the water to 100 degree C.
- Pour this to a bowl containing rice flour and tempering items. Mix well with a wooden spoon or a fork. Let this cool down for 5 mins.

- Knead well and make a soft and smooth dough.



- Heat idly pan in a stove. Meanwhile, make a equally sized balls out of the dough. Place this in a idly plate and steam it for 10 mins. Switch off the stove.



- Check it by inserting a tooth prick if it comes out clean then your rice balls are ready.
- Serve hot with [peanut chutney](#) or any chutney of your choice.



Uppu Urundai

Tips

- You can also make rice dumplings with rice batter instead of using rice flour.
- You can add nuts of your choice.
- You can also do this dumplings with fillings like you do for [sweet kollukattai](#).



Health Benefits of Rice Flour

- Rice are great source of carbohydrates, it acts as a fuel to the body and normal functional of brain.
- Excellent source of vitamins and minerals.
- Low in sodium, good for high blood pressure people.



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