

Ingredients

Rosted Rice powder -2cup (can use puttupodi or idiyappam podi available in market)
Maida-1/4cup
Jaggery-2 to 3 big piece
Banana(cheru pazham/palayam thodan)-1/2kg
Sugar -opt (u can reduce the amount of jaggery and add sugar if u want)
Sesame(ellu)-1/2tsp
Grated coconut or small coconut pieces-handful of
Grated coconut -1/4 of a coconut
Cardamom powder-1/4tsp (opt)
Salt-one pinch
Cooking soda- a pinch (opt)
Ghee-2tsp
Milk or water-1cup
Oil-for frying

Method

- 1-Grind the grated coconut into fine paste and keep aside.
 - 2.Melt jaggery in 1/4cup of hot water and keep aside
 - 3.In a blender add banana and make a fine paste
 - 3.Fry the coconut pieces or grated coconut in 2 tsp of ghee till it become light brown in colour and now add sesame and fry till it splutters.Keep these also a side
 - 4.In a vessel add rice flour,maida,sugar,salt , cooking soda,coconut paste,jaggery,fried coconut and sesame,cardamom powder ,banana paste and mix well.Then add water or milk and mix well .The batter should be like idly batter .
- If u feel the batter is thick u can add water or milk to make the right consistency .Sweetness is also depends up on u ..U can reduce or increase the sugar or jaggery according to ur taste.So keep this batter for minimum 2 to 3 hours in a tight container .

After 3 hours take a kuzhiyappam pan as shown in the picture .

This is a non stick pan ,so u can easily make unniyappam without the fear of sticking :)
Pour oil(Coconut oil is more good to get the authentic taste) in each rounds and heat the pan .

When hot simmer the flame and pour 1tbsp of batter into each rounds .

Now slightly increase the fire and allow the appams to cook .After 2 minutes turn the appam to upside down and cook that side also .When both sides become brown colour remove from the oil .

Repeat the same process to make the rest of the appams .

Note :

Pour oil in the rounds whenever needed. Appam should be cooked inside also ..Check this by inserting a fork or small stump .Don` t burn the appam by cooking in high flame .

So the tasty unniyappams are ready for unnikutties and unnikuttans .. :) Enjoy making and eating ..

Love

:)

veena