

Ingredients

Quantity	Measure	Ingredients
1	Tablespoon	Cardamom Powder
1	Nos	Coconut - Grated /Desiccated
2	Nos	Coconuts - fresh.
200	Grammes	Jaggery
1	Kilogram	Rice, Boiled
1/2	Kilogram	Rice, Raw
	As Required	Salt
	As Required	Yeast - dry

Method

Wash and soak the rice. Scrape and grind the coconut. Take out juice. Grind the rice fine in this coconut juice. Mix the batter in a vessel large enough to contain the batter, with enough space for it to ferment and rise, with salt and yeast. Tie the mouth of the vessel with a thick cloth and allow it to ferment. Note that the ambient temperature in Mangalore is around 30 degrees Celsius. Make allowance for local temperature.

When the batter has risen, make Sannas as follows. Keep water to boil in a [thondor](#) to the level of the middle perforated plate. When the water is boiling, pour batter into Sanna moulds, and place them on the perforated tray. close the lid. In 15 minutes, check if Sannas are cooked. When done remove the moulds and place them on the table over a cloth soaked in cold water, up-side down. When cooled remove the Sannas and place them in a lined wicker basket. Finish rest of the batter in this way.

To make these into "Purna Sannas" make a mixture of 1 scraped coconut, 200 grammes jaggery and cardamom powder and sprinkle it on the moist batter in the Sanna moulds, before steaming them.