

Ingredients

Quantity:	Measure:	Ingredients:	Description:
500	Grams	Rice, Boiled (ukda chawal)	To prepare shevio
	As Required	Cooking Oil	To fry the shevio
A	Little	Salt	To prepare shevio

Method

Wash the rice, and strain it well. Pour on it very hot but not boiling water sufficient to soak the rice. Close the vessel and let it soak well.

Then grind in the same water, making a thick dough. Keep water to boil in a thondor till near the separator plate. When the water is boiling spread a clean cloth or a plantain leaf on the separator plate and place the dough on it and close it. Boil for half an hour until sufficiently cooked. This may be ascertained by piercing the fork into the dough, which should come out clean, without any dough adhering to it. Do not overcook the dough in which case Shevio can not be pressed. Apply a little butter to the Shevio form, to lubricate it from within. Fill the form with the boiled dough and press down the form. Collect the full Shevio bunch in a long dish. During this process, the other dough should be kept closed in the thondor, for it must remain hot till all the dough is pressed. If cooled, it will be very hard to press.

Shevio form, comes on a three legged platform, and it has a cylindrical lower form, which has removable plates with holes. It is generally made of brass. The upper form has a piston, which goes into the lower form. The piston is lowered by means of a screwed spindle, and as the horizontal bar of the spindle is turned, it goes down into the lower form, and when the dough is placed into the lower form, the piston pushes it out of the perforated plate, and comes out. Generally, a second person collects the Shevio, which come out as strings, in a long dish, which the first one presses - screws the piston down

How to dry:

Spread a thin muslin cloth over a basket or thali, and spread shevios in rows, over the same, and then cover it with another thin muslin cloth to prevent dust or dirt falling over it.

Dry these for two to three consecutive days, in the sun. After the shevios are dried, they can be stored for a long time, and used when you want them.

How to fry:

In a deep frying pan, heat sufficient oil, and fry the dired shevios, a few at a time, broken into smaller size to fit the pan, and when they are swollen, remove them with a perforated ladle, and spread them on a basket, lined with kitchen towel, to absorb the excess oil.

These can be served with sugar or jaggery and coconut, with a pinch of cardomom powder, as a sweet dish.