

Ingredients

Quantity	Measure	Ingredients	Description
1	Teaspoon	Cardamom Powder	For Filling
2	Nos	Coconuts - fresh.	For Filling
1	Medium	Jack Fruit	For grinding
400	Grammes	Jaggery	For Filling
1	Kilogram	Rice, Boiled	For grinding
A	Little	Salt	For taste

Method

Cut the jackfruit and separate seeds, from the flesh around the jackfruit seed. You may dry the seeds in the sun, and use it for vegetable dish, if you want. You need about 25 seeds Cut the fleshy pulp ('ghare' in Konkani) of the fruit into thin strips.

Wash and soak the rice and grind it with a little salt and the jack fruit strips to a fine paste.

Scrape the coconuts and mix the powdered jaggery and cardamom powder for the filling.

Then clean almond or teak leaves, spread the dough thickly and evenly and place the coconut mixture, roll the leaves tight then steam them well for over an hour in a Thondor till cooked.

A Teak Leaf - gives a unique flavour

