

Ingredients

Quantity	Measure	Ingredients	Description
1	units	Banana	Elchi variety
10	Nos	Cardamoms	powdered
1	Tablespoon	Coconut	Made into pieces
A	Little	Ghee	for frying
1	Teacup	Jaggery	
1	Teacup	Rice, Raw	to be soaked

Method

Grind, rice, jaggery and banana to a very fine paste. Add cardamom powder and coconut pieces. Fill oil in the 'Nelyappam' frying pan, and fill the depressions with a little oil, and pour the batter in the depressions. Fry till done. This recipe was taken contributed by Mrs D. Noronha.