



STRING HOPPERS FLOUR



- The String hopper is a very favourite food item in Sri Lanka and India particularly for breakfast and dinner. Once the processing method is mastered, it is one of the easiest food items to prepared at home.
- Water absorption of wheat based string hopper flour is much higher compared to other varieties and this will increase the keeping quality of the string hopper (Freshness).

Utensils / Equipment

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- Steamer -Steaming
 - String Hopper Trays -Laying the Strings
 - String Hopper Press -Making Strings

INGREDIENTS

	Ingredients	Weight (g)	Steps	Remarks
	String Hopper Flour	500	1	
	Salt	10	2	
	Scraped Coconut	400	3	
	Water	150	4	Gradually

PREPARATION

Process

1. Add salt into string hopper flour and mix for 1 minute
2. Add boiling water gradually into the mixture and mix well until develop a soft dough (3 to 5 minutes)
3. Put a piece of dough into the String hopper mould
4. Press and lay the strings on to the string hopper trays
5. Steam it for 4 to 7 minutes

Garnish

1. Coconut shell, sambol & potato gravy for garnish.
2. Scraped coconut, banana and coriander leaf.

Critical Points

1. How you develop the string hopper mix
2. How you press the strings on to the string hopper tray
3. Opening the steamer to take check the string hoppers properly steamed or not