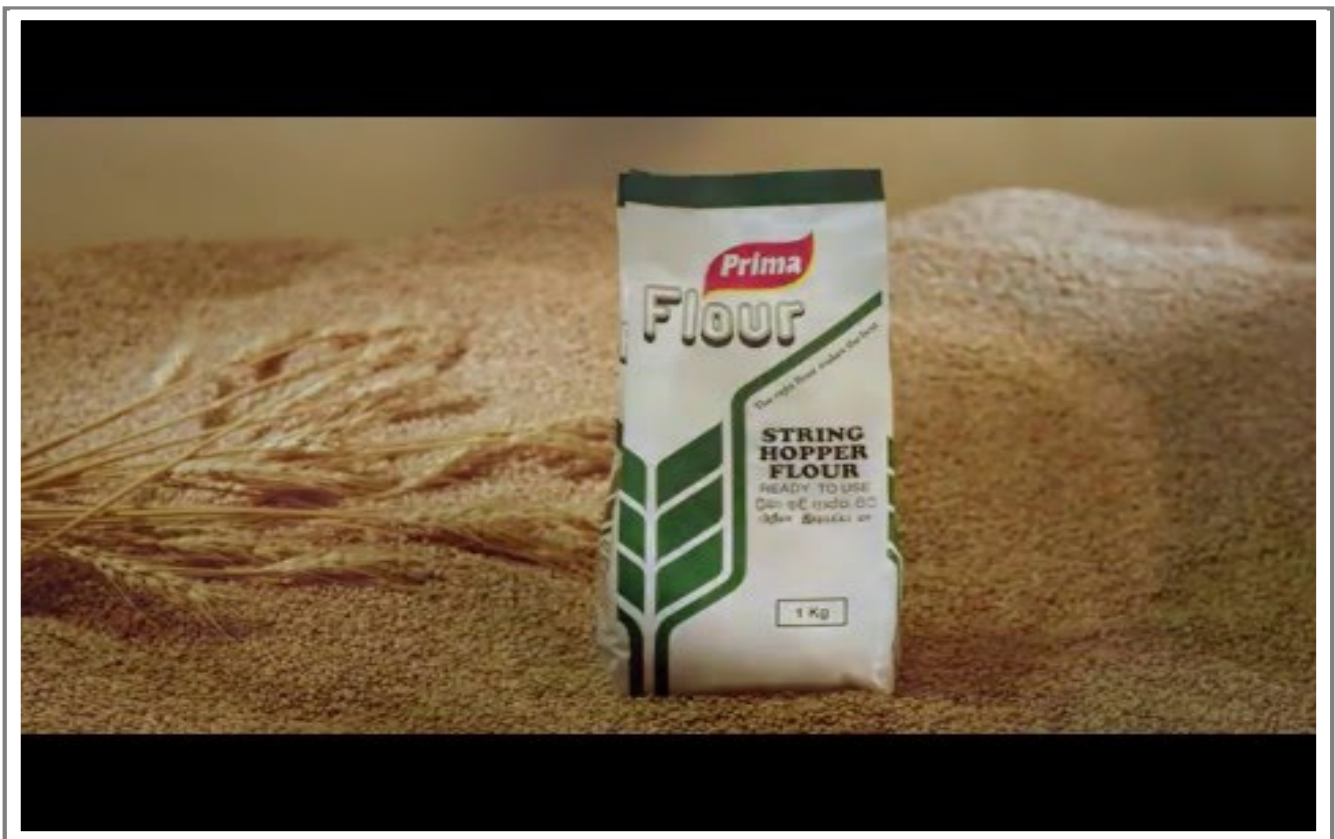




COCONUT PITTU



- Referred to as “Puttu” specially in the Northern and Eastern areas of Sri Lanka and most areas in India.
- Pittu consists of steamed wheat flour / Scraped coconut, salt and hot water.
- Pittu is frequently served with various breakfast dishes and some prefer to have it with coconut milk and sugar.

Utensils / Equipment

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- Stove - Heating
 - Bamboo Steamer - Steaming

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 scraped coconut into the mixture and slowly mix for two minutes
3. Add water into the mixture gradually and mix slowly until develop small lumps
4. Put the lumps into the mould and steam till the steam appear from the top of the mould
5. Cover the top of the mould and steaming continue for another two minutes
6. Press and lay the pittu on a plate.

Garnish

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1. If necessary use coconut layering.
 2. Thick coconut milk, jaggery & banana leaf for garnish.
 3. Color the coconut slight if pittu white.

Critical Points

1. How to make lumps
2. Placing the lumps into the Bamboo steamer
3. Steam appearing on top of the bamboo steamer
4. Laying the pittu on a tray