HEALTHY COCONUT PITTU

- Pittu referred to as “Puttu” especially in the Northern and Eastern areas of Sri Lanka and most areas in India.Superfine wholegrain string hopper flour is brown
- in colour and ideally suited for Pittu, is healthier due to the high ratio of bran particles and high in nutritional value.
- Health Pittu consists of superfine wholegrain 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

- Stove -Heating
- Bamboo Steamer -Steaming

INGREDIENTS

	Ingredient	Weight (g)	Steps	Remarks
	SFWG String Hopper Flour	500	1	

	Salt	10	2	
	Scraped Coconut	400	3	
	Water	180	4	Gradually

PREPARATION

Process

1. Add salt into SFWG 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 and mix slowly until develop small lumps
4. Put the lumps into the mould and put some coconut layering in between the lumps.
5. Steam it for few minutes (4 to 5) till the stream appear from the top of the mould
6. Cover the top of the mould and continue the steaming for another two minutes
7. Press and lay the pittu on a plate

Garnish

1. Rename as Jafna Healthy pittu.
2. Place some curry leaves on the plate.
3. Thick coconut milk, jaggery & banana leaf for garnish.

Critical Points

1. How making the 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