HEALTHY STRING HOPPERS



- String hopper is a very favourite food item in Sri Lanka as well as India, for breakfast and dinner. Once the processing method is mastered, it is one of the easiest food items to prepare at
- home.Using superfine wholegrain string hopper flour is ideal for those who are health conscious.
- This flour contains lots of fibre particles and is high in nutrition.
- Water absorption of wheat based string hopper flour is much higher compared to other varieties and the fibre particles in the flour which absorbs more water will further enhance the keeping quality of the string hopper (Freshness).

Utensils / Equipment

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

INGREDIENTS

	Ingredients	Weight (g)	Steps	Remarks
	SFWG String Hopper Flour	500	1	
	Salt	8	2	
	Boiling Water	650	3	Gradually

PREPARATION

Process

1. Add salt into SFWG 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. Put a piece of dough into the mould, press and lay the strings on to the string hopper trays.
4. Steam it for 4 to 7 minutes.

Garnish

1. Coconut shell, sambo & 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.