

Sabudana Vada



eikon® e1s

01:05

This recipe is available for:

- eikon® e1s

Accessories:

e1s/e2s Full Size Cooking Tray 32Z4080 (Black), 32Z4100 (Red), 32Z4093 (Green), 32Z4101 (Blue)

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- 260 °C
- Chilled 4°C
- 1 Portion
- Partially Cooked

Stage 1

- 00:25
- 100 %
- 100 %

Stage 2

- 00:40
- 100 %
- 0 %

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Ingredients

- 1 cup Sago
- 500 ml Water
- 2 pcs Potatoes boiled
- 0.5 cup Peanuts crushed
- 1 tbs Ghee
- 1 tsp Cumin Seeds
- 1 tbs Raisins
- 3 pinch Sendha Namak (Rock Salt)
- 1 tsp Lemon Juice
- 2 pinch spicy Chilli Powder
- 1 tsp Sugar
- 1 tbs Oil

1. Food Preparation

Take a bowl and add sago and water in it. Soak for at least 2 hours or till it gets fluffy. Once it's done, drain the excess water and transfer the sago in a bowl. Keep it aside for 2-3 hours. Take another bowl and add 2 boiled potatoes in it. Peel and mash them well using hands. Meanwhile, roast 1/2 cup of ground nuts in a pan over medium flame. Once done, transfer the nuts in a bowl keep them aside. Now add ghee in the same pan and heat it over moderate flame. Add cumin and raisin in it. Sauté for few seconds and then turn off the flame. Mix the sago, boiled potatoes and crushed ground nuts together in a bowl. Add salt, lemon juice, chilli powder and sugar in the mixture. Pour the cumin-raisin mixture in this bowl and mix well. Take portions from the mixture and form Vada's with oiled hands. Heat an appam pan over low flame. Place the Vada's in the compartments of the pan and allow them to cook for 6 minutes on slow heat. Turn and cook to give it a nice golden-brown colour. Store the Vada's in a chiller. When required place 2 pieces on the tray.

2. Cooking Instruction

Cook as per oven profile.

3. Food Serving Instruction

Remove the cooked food from the tray and serve.