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)

PROFILE

	Stage 1	Stage 2
260 °C		
Chilled 4°C		
1 Portion		
Partially Cooked		
	00:25	00:40
	100 %	100 %
	100 %	0 %

RECIPE

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.

Note: Information emanating from Welbilt is given after exercise of all reasonable care and skills in its compilation, preparation and issue, but is provided without liability in its application and use. All cooking settings are guides only. Adjust cooking settings to allow for differing product weights and start temperatures. Always ensure that food save core temperature has been achieved prior to service.