

NEPAL FOOD: SEL ROTI

Ingredients:

- 10 cups rice
- 4 tablespoons ghee (or 2 blocks of butter)
- 2 cups sugar
- 1 teaspoon baking soda
- 1 liter Oil

Directions:

1. Rinse the rice for couple of times; soak the rice in water overnight (10-12 hours).
2. The next morning, drain the rice.
3. Blend the drained rice and pour this into a bowl.
4. Add ghee (or butter), baking soda, and water in a mixing bowl until the mixture reaches to the consistency in-between of pancake and churros batter.
5. Meanwhile, heat 1 liter of sunflower oil in a deep cast iron pan.
6. Place a metal bowl in the middle of pan (This is to make it easier to create the ring-shape. Pass the batter through a funnel around the corners of the pan making it round shape while frying.
7. Take the sel-roti out when the batter turns golden.
8. Enjoy!

