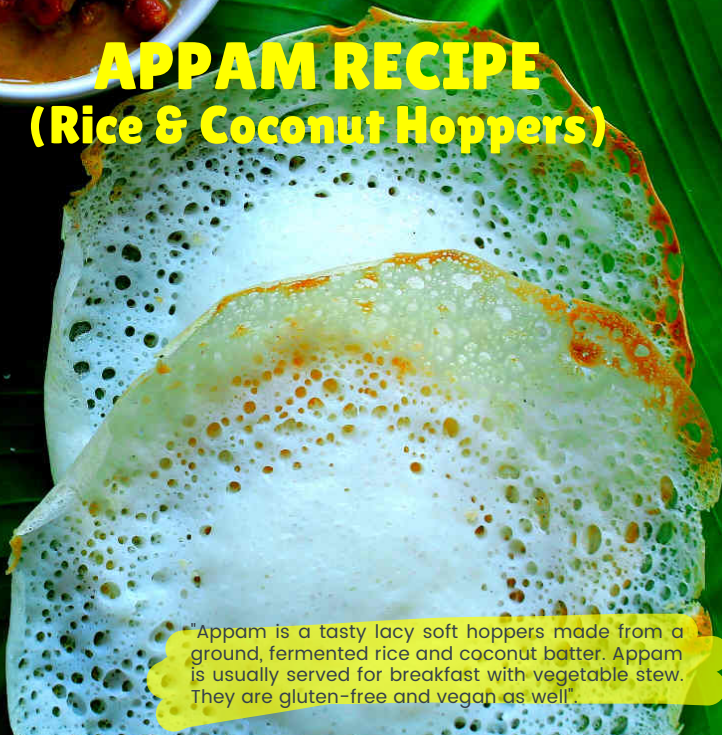
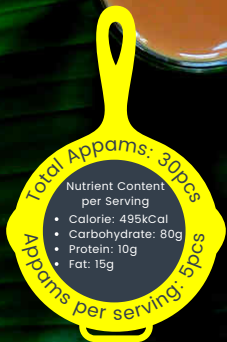




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# APPAM RECIPE (Rice & Coconut Hoppers)



Appam is a tasty lacy soft hoppers made from a ground, fermented rice and coconut batter. Appam is usually served for breakfast with vegetable stew. They are gluten-free and vegan as well.

## INGREDIENTS:

- 2 cups regular rice
- 1 cup parboiled rice
- 1 to 1.5 cups grated coconut
- A fistful of cooked rice or poha (flattened rice)
- ½ tsp dry active yeast
- 1 tsp salt
- 2 tbsp sugar
- Water and oil as required



### NOTES:

- If the batter becomes too thin, then add some rice flour to it.
- Kadai is a bowl-shaped frying pan with two handles used in Indian cooking.

## INSTRUCTIONS:

- Rinse both the rice varieties together a couple of times.
- Soak both regular rice and parboiled rice in water for 4 to 5 hours.
- Drain and then add them to the grinder. Add grated coconut, cooked rice or poha, dry active yeast, salt, and sugar.
- Add the required amount of water and grind all the ingredients to a smooth flowing batter.
- Pour the batter into a large bowl or pan. Cover and keep aside for fermenting for 8 to 11 hours, depending on the temperature conditions.
- The batter will rise and increase in volume on the next day.
- Heat a kadai or an appam pan. Smear some oil on the kadai. If using nonstick kadai, then skip smearing.
- Make all appam with the batter in a similar way.
- Serve the appams hot or warm with vegetable stew or sweetened coconut milk.



Prep Time: 10 hours • Cook Time: 30 Minutes • 6 Pax