



Pani Walalu

Ingredients

- g White Ulundu
- 1/2 1/2 cups Rice
- tbsp MAGGI coconut milk powder
- cup Oil
- g Salt
- cups Sugar
- cup Water
- g Rose Essence

Instructions

1. Grind the Ulundu with 1/4th the amount of MAGGI Coconut Milk.
2. Mix the ground Ulundu, rice flour and the remaining MAGGI Coconut Milk to make the thick batter.
3. Leave to rise for 1 hour.
4. Heat the coconut oil till medium hot.
5. Using the hole in the cloth as a nozzle squeeze the batter to the oil in circular motions to make a coiled pattern.
6. Fry until golden brown.
7. Meanwhile boil water and add sugar and rose essence until small bubbles can be seen erupting out of the liquid. Do not overheat.
8. Dip the coils in hot sugar syrup after draining the oil and allow it to soak for a few minutes.
9. Take out the Pani Walalu coils and store in a pot filled with treacle for up to a week.

Nutrition

Carbohydrates	33.85 g
Energy	252.58 kcal
Fats	11.95 g
Fiber	0.91 g
Protein	2.15 g
Sodium	42.47 mg
Sugars	21.52 g

120 Minutes

20 Portions