

RECREATING RECIPES



Fita Biran

Steamed rice flour dumplings fried with onions, coriander and chillies



Ingredients

For the Fita

1 ½ Cups Ground Rice
1 ½ Cups Rice Flour
Salt to Taste
1 tsp Vegetable Oil
2 ¾ Cups boiled Water

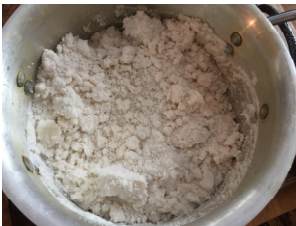


For the Biran

2 Onions, Quartered and Sliced
¼ Cup Coriander, Chopped
Salt to Taste
2 tbsp Vegetable Oil
4-6 Chillies, Halved (Optional)

Serves 4

Instructions



1. In a large deep pan, over a high heat add your boiled water, vegetable oil and salt, wait for it to start bubbling and at this point you want to add both rice flour and ground rice to the boiling mix, when the flour mix begins to bubble, reduce the heat to low and give everything a good mix with a wooden spoon
2. Once your mix resembles something like large breadcrumbs, put the lid on and leave for 10-15 minutes on a low heat
3. Transfer the mix to a large bowl and let it cool for 5-10 minutes if you feel the mix is too hot to handle. By hand start to mix until it forms a firm dough ball



4. Divide the dough into 20-24 equal pieces and mould into your desired shape by hand
5. Place the shaped dough balls into a steamer or colander and steam for 30-40 minutes and then leave to cool



6. Once they have cooled down, slice all your dough balls, (2-3mm in thickness)
7. In a large pan, heat the vegetable oil over medium to high heat, add the onions and salt, stir and wait for the onions to caramelize and then add the sliced Fita



8. Once the Fita has heated up well add the chillies and coriander and mix well, when everything is combined it is ready to be served



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