

## RECREATING RECIPES



### **Naikolor Fita**

Steamed rice flour dumplings with desiccated coconut flavoured with date molasses

### **Instructions**



1. In a small pan, heat the date molasses until liquid like, add the desiccated coconut and mix well, leave to cool in a bowl whilst making the dough



2. In a large deep pan, over a high heat add your boiled water and vegetable oil, 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
3. Once your mix resembles something like large breadcrumbs, put the lid on and leave for 10-15 minutes on a low heat
4. 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



### **Ingredients**

- 1 ½ Cups Ground Rice
- 1 ½ Cups Rice Flour
- 1 tsp Vegetable Oil
- 3 Cups Boiled Water
- 1 Cup Desiccated Coconut
- ½ Cup Date Molasses

*Makes 20 -24*



5. Taking a small fistful of dough, roll out thinly and using a large cookie cutter, cut out your circle, fill with the coconut mix.



6. The dough should give you 20 – 24 Naikolor Fitas. Once completed, steam, leave to cool and serve with tea



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ask@recreatingrecipes.com