

# Navaratri Special Recipe

## Coconut Poli

Coconut Poli is a Mangalore style dessert very popular in Mangalore-Udupi region of Karnataka.

Mangalore style Coconut Poli is prepared using Desiccated Coconut Powder. The outer layer is made with Maida flour, which is thin & stiff yet very soft in texture. This sweet dish may look very dry, but it just melts in the mouth.

The recipe we are looking at is a South Indian - Mangalore speciality and is known as **Kayi Holige** in local language.

**Course:** Dessert

**Cuisine:** South Indian

**Preparation Time:** 30 Mins

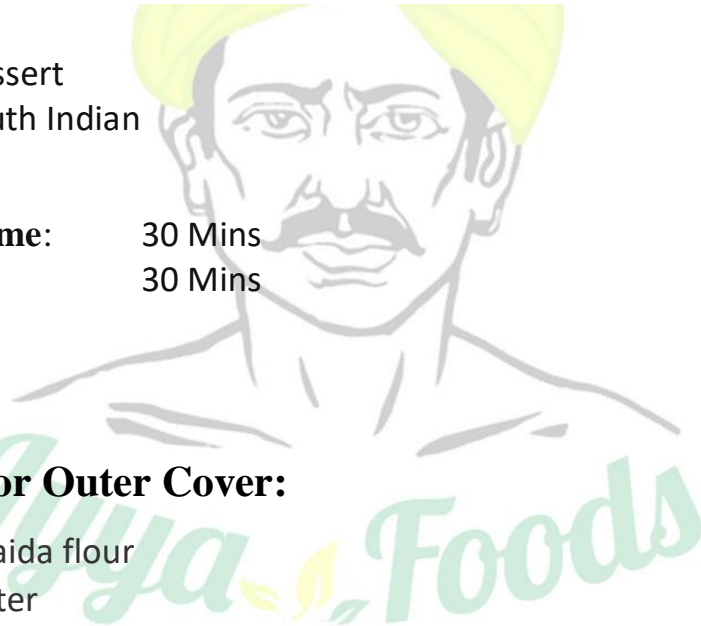
**Cooking Time:** 30 Mins

### Ingredients for Outer Cover:

- 2 cups Maida flour
- $\frac{3}{4}$  cup water
- 6 tbsp Coconut oil or Cooking oil
- A pinch of food colour or turmeric powder
- Salt as per your taste

### Ingredients for Inner Stuffing:

- 4 cups Desiccated Coconut Powder
- 2 cups powdered Jaggery
- 2 Cardamoms



## Instructions:

- To begin with let us prepare dough for the outer cover. Take 2 cups of Maida flour in a wide bowl. Add in salt and food colour (you can replace it with turmeric powder).
- Now add in water little by little and prepare soft dough using  $\frac{3}{4}$  cup of water.
- Now pour in Coconut oil or any other cooking oil. Spread the oil all over the dough and rest it for 30 minutes.
- Meantime let us prepare inner stuffing. Grind 4 cups Desiccated Coconut Powder, 2 cups jaggery and cardamom until smooth without adding any water. First you can dry grind the Desiccated Coconut and then grind it along with the jaggery and cardamom. Transfer it to a frying pan.
- Then switch on the stove and start stirring the stuffing (Desiccated Coconut and Jaggery mixture) under medium flame.
- Continue stirring until the excess water content is dried. Wait until stuffing is warm. And make small lemon sized balls. The stuffing balls should be soft but stiff.
- Finish making all the balls and set it aside.
- Now make small lemon sized balls from the dough for the outer cover.
- Next dust your fingers and take the dough and place the stuffing ball over it.
- Slowly push the stuffing inside and cover it evenly with the dough.
- Apply the flour generously and roll it into a very thin Poli.
- Heat an Iron pan and transfer the rolled Poli on to the pan carefully.
- Wait until you see bubbles here and there. And then flip it and cook on the other side as well. When you see slightly brown patches here and there it is done. Enjoy Kayi Holige or Coconut Poli with ghee.

This tasty Coconut Poli is a great homemade dessert which can be made for any festive occasion. This dish will be loved by all age groups.

Happy Celebrations !!!