

Warm, spiced, and bursting with flavour, *Kara Kadubu* is a traditional steamed delicacy that makes festive mornings and sacred offerings all the more special. With a savory filling wrapped in soft rice flour dough, each bite is a nostalgic reminder of grandmothers' hands and temple kitchens. Often prepared during *Ganesh Chaturthi*, this is the savoury cousin of the beloved sweet modak.

What Is Kara Kadubu?

***Kara Kadubu* (also called *Uppu Kozhukattai* in Tamil) is a South Indian steamed dumpling filled with a spicy lentil-coconut mixture. “Kara” means spicy, and “kadubu” refers to dumplings. It is traditionally made during Ganesh Chaturthi as a savoury offering to Lord Ganesha and is also a wholesome, protein-rich snack or breakfast.**

How to Make Kara Kadubu: The Traditional Way

□ Ingredients:

For the outer dough

- **1 cup rice flour**
- **1¼ cups water**
- **1 tsp oil or ghee**
- **A pinch of salt**

For the kara filling

- **½ cup moong dal**
- **1 tsp oil**
- **1 tsp mustard seeds**
- **1 tsp urad dal**
- **1-2 green chilies (finely chopped)**
- **1 sprig curry leaves**
- **2 tbsp fresh coconut (grated)**
- **A pinch of asafoetida (hing)**

- Salt to taste

□ Method:

1. Prepare the dough

- Boil water with salt and oil.
- Reduce the flame and add rice flour slowly, stirring until it forms a soft dough.
- Cover and let rest. Once cool, knead it gently into a smooth dough.

2. Make the filling

- Soak and cook moong dal until soft but not mushy. Drain well and mash slightly.
- Heat oil, splutter mustard seeds and urad dal. Add green chilies, curry leaves, hing, and sauté.
- Add the cooked dal, coconut, salt, and mix well. Let it cool.

3. Shape and steam

- Take small portions of the dough, flatten into discs.
- Place a spoonful of filling in the center and fold into half-moon or modak shape, sealing the edges.
- Steam for 10-12 minutes or until the kadubus are glossy and firm. Serve hot.

□ Ayurvedic Benefits

1. The steamed method keeps Agni strong and digestion smooth.
2. Moong dal provides madhura rasa (sweet taste) and balya (strength-giving) qualities.
3. Coconut is nourishing, cooling, and boosts ojas.
4. Hing, mustard, and curry leaves pacify [Vata](#) and prevent bloating.
5. Rice flour is easy to digest and tridosha-friendly in steamed form.

□ Pro Tips from the Indian Kitchen

- For soft kadubus, always knead the dough while warm.
- Don't overcook the moong dal—it should retain texture.
- Use fresh coconut for a juicy, sweet contrast to the spices.
- Add a pinch of jeera (cumin) or grated ginger for extra aroma in the filling.

- **Cover shaped kadubus with a damp cloth before steaming to prevent drying out.**

♥ Why We Love Kara Kadubu

- **A festival food with a spicy twist—perfect balance of tradition and taste.**
- **Makes a wholesome snack, breakfast, or naivedyam.**
- **Steamed, oil-light, and gut-friendly.**
- **Fills the house with temple-like aromas.**
- **A chance to get creative with the filling—add greens, grated veggies, or sprouts!**

□ Ideal For

- **Ganesh Chaturthi or other festival offerings**
- **Breakfast or evening tiffin with chutney or rasam**
- **Kids' tiffin boxes—fun to shape and eat**
- **Ayurvedic meal plans seeking light, warm, nourishing foods**
- **Anyone wanting steamed snacks over fried treats**

