

Steamed to soft, crumbly glory and layered with coconut, *Puttu* is more than just a South Indian or Sri Lankan breakfast—it's comfort in cylindrical form. Traditionally paired with kadala curry, banana, or ghee and sugar, this humble dish turns everyday ingredients into an extraordinary experience.

What Is Puttu?

Puttu is a traditional steamed rice cake made with coarsely ground rice flour and fresh grated coconut. Cooked in a special puttu steamer, it's layered to perfection—light, fluffy, and nourishing. Loved for its simplicity and texture, it's a staple in Kerala, Tamil Nadu, and parts of Sri Lanka.

How to Make Puttu: The Traditional Way

□ Ingredients:

- 1 cup coarsely ground rice flour (puttu flour)
- ½ to ¾ cup water (as needed)
- ½ tsp salt
- ½ to 1 cup freshly grated coconut

□ Method:

1. In a mixing bowl, combine rice flour and salt.
2. Slowly sprinkle water while mixing with fingers to form a moist, crumbly texture. The flour should hold shape when pressed but fall apart easily.
3. In a **puttu maker**, layer 1–2 tbsp grated coconut, then add 2–3 tbsp moist rice flour. Alternate layers until the cylinder is filled, finishing with coconut.
4. Steam for 6–8 minutes until you see steam escaping from the top holes.
5. Gently push the puttu onto a plate and serve hot.

□ Ayurvedic Benefits

1. Made from **rice**, a grounding grain that's **tridosha-friendly** in its steamed form.
2. Coconut offers **madhura rasa** (sweet taste) and promotes **ojas** (vital energy).

3. Ideal during **Pitta and Vata seasons**—cooling, nourishing, and easy to digest.
4. The absence of oil, spices, or heavy processing makes it suitable for **light fasting, illness recovery, and post-cleansing meals**.

▣ Pro Tips from the Indian Kitchen

- **Roast rice flour** lightly for a more aromatic and non-sticky puttu.
- The right moisture is key—flour should be **crumbly but moist**, not doughy.
- Use **fresh coconut** for authentic flavour and sweetness.
- Add **jeera** (cumin seeds) or **sesame seeds** to the flour for extra taste and digestion boost.
- If you don't have a puttu maker, you can use a **coconut shell or small cylindrical steel cup** in a steamer!

♥ Why We Love Idiyappam

- No oil, no frying—just pure steamed goodness.
- Its versatility is unmatched—from sweet to savoury pairings.
- Texture: crumbly, soft, and **soul-satisfying**.
- Feels like a warm hug from grandma's kitchen every time.
- Vegan, gluten-free, and deeply rooted in tradition.

▣ Ideal For

- Breakfast, brunch, or even early dinner
- Post-detox or light-digestive days in Ayurveda
- Festive mornings and traditional offerings
- Those on a **sattvic or minimalist diet**

