

Wheat Flour Vattayappam

Rice is ice, Wheat is heat for some

This vattayappam is dedicated for those who cannot have rice flour for health reasons. They can have wheat flour vattayappam this time.



Preparation Time: 10 minutes

Cooking Time: 20 minutes

We can prepare vattayappam using wheat flour. On Maundy Thursday, in Kerala, People prepare vattayappam with rice flour, to remember the last supper of Jesus with his disciples. If you cannot have rice vattayappam, why worry. Enjoy the equally tasty Wheat flour vattayappam.

Ingredients

- 1 Tumbler wheat flour
- 1 glass warm water
- 2-3tbsp warm milk
- ½ tsp dry Yeast
- 1 tumbler grated coconut

Method

Add the warm milk to the yeast and keep aside for half an hour. The yeast turns foamy. Fold in the wheat flour to the yeast and mix well. Add the fine paste of coconut grated with coconut milk. Now add the water slowly and make sure that no lumps are formed. Add enough water to get an idli batter consistency. Close and keep aside for 8 hours. After 8 hours, apply butter or ghee on a steel plate or cake mold. Before steaming the batter first pour 1 glass of water at the bottom of the idli maker and keep a stainless-steel ring at the bottom. When the water boils, place the plate with the batter on the ring. The water in the cooker should be only half the level of the ring. Close and Steam in an idli maker for 20 minutes. Poke a fork, if it comes out clean the appam ready.

Tip

Collect all the coconut water in the two weeks before making appam. Refrigerate by add a teaspoonful sugar. Use the water instead of normal water for the batter. This helps in faster fermentation.