



Marryam H. Reshii

THE
FLAVOUR
OF
SPICE

*Journeys, Recipes,
Stories*

HE
book

PAPUTTU

Kaveri Ponnappa has a most beautiful blog that celebrates the cuisine of her beloved Coorg as intertwined with the culture and lifestyle. She is the author of the only definitive book on the Kodavas, *The Vanishing Kodavas*, and writes about the food of her community for several publications.

INGREDIENTS

- 1 cup tari*
- 1 cup milk
- 1 cup water
- Seeds from 1 pod of green cardamom, very lightly crushed
- ¼ tsp salt
- 1 tbsp sugar
- ¼ cup or less coconut, freshly grated

METHOD

- Soak the tari in water and milk, with the grated coconut for an hour.
- Next, add the salt, sugar and cardamom, and squeeze the coconut in the liquid gently by hand, until it releases milk, and the mixture becomes creamy.
- Prepare a steamer, bringing the water to a boil. (You can also cook the puttu in a pressure cooker, without the weight, in case you don't have a steamer. Make sure you place the puttu on a stand above the boiling water.)
- Pour into a shallow enamel plate approx 8½ inch in diameter, 1½ inch in depth.
- Place the plate in the steamer, close the lid and cook on medium to high heat for about 15–20 minutes, until done.
- To turn out, allow the plate to cool a little, then place your palm on the base, and slam down firmly on to a cloth spread on the kitchen counter. Cut into 8 wedge-shaped slices. Puttus should be firm to the touch, soft but not mushy, and a delicate scent of cardamom should rise from them.

**Note: Tari is short-grain rice that is washed, dried and pounded. It's possible to make this at home by washing, drying and pulsing the rice in a food processor. Take care to sieve out any powder, and retain only the bigger pieces of rice. Rice rava is not an appropriate substitute. Paputtu is traditionally eaten with mutton curry.*