

Bengali Coconut Rice Cake (Narkel Puli)

A traditional Bengali delicacy, this beautiful rice cake is filled with sweetened grated coconut and infused with the aroma of cardamom. It's a delightful treat that captures the essence of rural Bengal.


40 min

Total time

medium

Difficulty

250

kcal / serving

Ingredients

- 1 cup rice flour
- 1/2 cup grated coconut
- 1/4 cup jaggery (or brown sugar)
- 1/4 teaspoon cardamom powder
- 1/2 cup water
- 1/4 teaspoon salt
- 1 tablespoon ghee (for greasing)
- Banana leaves (for wrapping, optional)

Steps

- 1 In a bowl, mix the rice flour and salt. Gradually add water to form a smooth dough.
- 2 In another bowl, combine grated coconut, jaggery, and cardamom powder.
- 3 Take a small portion of the rice dough and flatten it into a small disc.
- 4 Place a spoonful of the coconut mixture in the center and fold the edges over to seal.
- 5 Shape it into a ball and repeat with the remaining dough and filling.
- 6 If using banana leaves, cut them into squares and lightly heat them to make them pliable.
- 7 Place each rice cake in the center of a banana leaf square and fold it over.
- 8 Steam the rice cakes for about 15-20 minutes until they are firm and cooked through.
- 9 Allow to cool slightly before serving. Enjoy your Narkel Puli warm or at room temperature.