

**SANNAS**  
(Phyllis D'Souza)

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**Ingredients**

½ kilo basmati rice  
250 grams desiccated coconut  
1 tablespoon salt  
2 tablespoons sugar

**To ferment the yeast:**

2 teaspoons yeast  
2 teaspoons sugar  
½ cup luke warm water



**METHOD:**

- ❖ Soak the basmati rice in water overnight. Then grind it into a thick paste using some of the water that the rice was soaked in.
- ❖ Grind the desiccated coconut with water into a thick paste. Combine the ground rice and coconut. Add salt to the mixture and keep aside.
- ❖ Take ½ cup of luke warm water, stir in two teaspoons sugar and add the yeast. Stir well to combine. Then allow it to stand so that it ferments and froths up. If the yeast does not rise, discard it otherwise the sanaas will not rise.
- ❖ Then add the yeast to the rice and coconut mixture and allow it to rise. When well risen, add two tablespoons of sugar. If the mixture is too thick, a little water can be added to thin it down a bit. It should have the consistency of pancake batter.
- ❖ Heat water in a pressure cooker. Grease and fill the idli forms with the sanaa mixture. Do not put the stopper on the pressure cooker. Cover the cooker with the lid and allow the sanaas to steam till they become dry (about 15 minutes). When done, remove from the pressure cooker, cover the idli form with a damp cloth and when slightly cool, using a knife remove them.