



## Appam (Kerala Style)

When I last traveled to India, I stopped in the province of Kerala and enjoyed appam, a crepe-like rice-and-coconut dish that works well for breakfast or brunch. This recipe is a great replica of the breakfast I enjoyed on the Subcontinent. I bet you'll love it too!

### Ingredients

2 cups ponni rice, washed and soaked for 4-5 hours  
1 cup cooked rice  
1 cup fresh shredded coconut  
1 tsp salt  
½ cup warm water  
¼ tsp yeast  
5 tbsp sugar  
1 ½ cups room temperature water

### Preparation Process

In a bowl, mix together the yeast and 1 tbsp sugar with the warm water. Cover and set aside until the combination foams

Mix the yeast water, cooked rice and coconut together in a blender

Pour the soaked rice and salt into the blender and continue to blend, adding an additional cup of water, a little at a time, until the batter is smooth

Pour the batter into a container, cover with a lid and let ferment in a warm place for 3 hours

After 3 hours, add an additional 4 tbsp Sugar and 1/2 cup of room temperature water and mix thoroughly

Heat a nonstick skillet until it's hot enough to evaporate water droplets on contact

Ladle some of the batter into the center of the skillet, then pick up the skillet and swirl it until the batter reaches the edges of the skillet

Cover the skillet and cook for 2 minutes, or until the edges are brown, then lift the appam from one side and move the skillet so the appam can move freely, then slide onto a plate and serve.

If you want to watch the video again. Click [here](#).