

## Sel Roti ( Nepali Fried Rice Bread)



Sel Roti is a Nepali traditional homemade sweet bread, shaped as a ring. It is prepared during the Dashain and Tihar religious festivals. This food is unique to Nepal and is a symbol of Nepali culture and festivities.

Dashain is the longest festival celebrated in Nepal. It lasts fifteen days and begins during the bright lunar fortnight and ends on the day of the full moon ( late September- early October). Dashain celebrates the victory of the gods over evil.