

## Sel Roti ( Nepali Rice Bread)



### Ingredients

3 cups white rice soaked  
1 medium banana  
1 cup sugar  
 $\frac{3}{4}$  unsalted melted butter  
 $\frac{1}{2}$  cup rice flour  
Vegetable oil

Start by soaking the rice at least 4 hours or overnight. Drain and place in a blender or food processor with the banana, sugar, butter and process, adding up to 1 1/2 cups of water to make a semi-thick puree. You may have to do this in two batches.

Remove the batter and place in a mixing bowl and beat with hand vigorously to make it fluffy semi-thick smooth batter. Cover and set aside to rest for 20 to 30 minutes.

When the batter is well rested, mix it again with your hand until all the ingredients in the batter are fully mixed - this process is called "*peenako chaamal lai beskaree faaune*" in Nepali. The consistency should be similar to thick pourable heavy cream. If the batter is too runny, add 1 to 2 tablespoons of rice flour and mix well. If it seems too thick, gradually add 1 to 2 tablespoons of water and mix well.

Heat the oil in a skillet over medium-high heat until it is hot (350 to 375 degree). Test the readiness by placing a small drop of batter into the hot oil. If it bubbles and rises to the surface immediately, it is ready.

Pour about 1/4 cup of batter into the oil slowly, making a large circle. You can use your hand, or a squeezable paper or plastic cup or a pastry bag with a medium-size opening to pour the batter. Stretch and move the batter using a spoon or a thick wooden sticks (*khaptero*) to create round shape. As the *Sel-Roti* puffs and rises, push it into the oil with the back of a spoon until it is light golden brown. Flip and fry the second side until brown. Remove with a slotted spoon and drain it on paper towels. Repeat with the rest of the batter.