
I was a primary school student when I first saw an Akkana Tullu on Kannada television. This woman on screen wearing pale yellow, long kurtas with stripes on her sleeves and on the front of her shirt, talking in-between explaining cooking recipes to the audience. For years after, I always thought of her as my very own cooking guru. Now that I am into my twenties and cook every day for my family members without fail, that moment is still fresh in my mind. This blog post will talk about this particular recipe called 'Akki Halwa' which is purely inspired by this lady on television—Akkana Tullu. The name 'Akki' means 'Rice' and 'Halwa' means 'Sweet Dessert'. The very first thought that came to my mind while I was thinking whether or not to make this recipe was how the creator of the recipe came up with a name for a rice dish – a creation which is usually eaten with curries – as a sweet dessert. I am going to tell you today about my own recipe for the same, which will be slightly different from what I saw on television as I always strive to do my own thing rather than follow others. However, I hope this little bit of background information helps you to make the dish. I first made this dish using rice flour during my early years in Chennai. There is nothing more comforting on a hot summer day than these Halwa; it lasts for hours and is really delicious. It is not too sweet which makes it perfect for cooling down during the hot South-India summers, like it does for us here in Singapore. This time around I am going to use wheat flour instead of rice flour as that was what people used to make it with in Tamil Nadu which is why the original recipe has taken on the name 'Akkana Tullu' (of Akkana). I am not sure what the difference is between Akkana Tullu and Halwa (which is made using rice flour) but I am yet to make this using rice flour to find out. However, I will try to keep this post updated after making it with both. The original 'Akkana Tullu' recipe which you can find on Kannada TV channels is made just like the typical Indian sweets are made. There are a lot of sugar and ghee involved in cooking, or at least that was how it was on the channel I used to watch. Now that I am making it with wheat flour, I have not added sugar or ghee to my recipe. For the wheat flour version of the recipe you will need: Rice Flour – 2 cups (250 g) Wheat flour – 1 cup (100 g) Hot water – 1 cup + 2 tbsp Cooking oil/ Ghee – 4 tbsp - half of which is for brushing on the top after cooking and the other half for greasing the pan. Be generous with this step. Next time I will add a bit less oil/ghee as over-doing it is a little bit messy.

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