SEL ROTI (NEPALI RICE FESTIVAL BREAD)

A crisp-edged, tender ring of sweet rice batter, shared in Nepali homes during festivals and family gatherings.

Country, Nepal
Serves (about) 6

INGREDIENTS

2 C rice flour
1/2 C milk
1/2 C water
1/2 C sugar
1 ripe banana, mashed
1/2 t cardamom
ghee or oil for frying

METHOD

Whisk the rice flour, sugar, and cardamom together in a bowl.
Stir in the mashed banana.
Add the milk and water gradually to form a pourable batter.
Heat ghee or oil in a wide pan over medium heat.
Pour the batter in a thin ring shape into the hot oil.
Fry until golden on one side, then turn carefully.
Remove and drain on paper towels.
Serve warm or at room temperature.

Cultural note

Sel roti is one of Nepal's most cherished festival foods, especially when families prepare it fresh at home and share it with neighbors and guests. Its ring shape symbolizes wholeness and good fortune, and its simple ingredients reflect Nepal's mountain and hill traditions, where rice, milk, and ghee are everyday staples. Crisp at the edges and soft within, sel roti carries the warmth of Nepali hospitality in every bite.