

# BISIBELABATH | SAMBAR SADHAM | BISIBELEBATH



*Bisi bele bhat ( or actually bisi bele huli anna in kannada literally means hot lentil tamarind rice ) is a very popular delicacy among South Indian cuisine, it involves vegetables, rice, dal and spices. Enjoy this yummy, healthy, one pot meal either for lunch or dinner.*

## **Ingredients**

- 1/2 Cup of Toor Dal
- 1/2 Cup of Rice
- 2 Medium Size Carrots
- 1 Red Potato
- 1/4 Cup of Peas
- 2 Medium Size Brinjal

3 Drumsticks  
2 Mango Pieces  
Lemon Size Tamarind (adjust as per taste)  
2 Tbsp of Grated Coconut  
1/4 Tsp of Jaggery  
Few cilantro leaves to garnish  
Salt to taste

#### To Grind

2 Parts of Red Chillies  
1 Part of Dhania/ Whole Coriander Seeds  
1/2 Part of Channa Dal  
1/4 Part of Urad dal and Moong Dal  
1 Stick Cinnamon  
Pinch of Asafoetida  
1 Tsp of Oil

#### To Temper

2 Tsp of Ghee  
1 Tsp of Oil  
1 Tsp of Mustard  
2 Tsp of Channa Dal  
1 – 2 Red Chillies  
1 Tbsp of Peanuts  
Few Curry Leaves

#### Method



**OIL ROAST THE SPICES**

- In a pan, add oil and dry roast the " To Grind" ingredients until it turns aromatic and golden brown color.
- Grind these into a powder and store it in a bottle.
- Wash and soak the dal and rice together for 1/2 hr.
- Wash and soak the tamarind in warm water for 15 mins.



**TAMARIND JUICE AND SPICE POWDER**

- In a bowl, take extracted tamarind juice and 3 tsp of Ground spice powder. Mix well. Keep it aside. Store the remaining spice powder in a airtight container.
- Meanwhile cut all the vegetables and keep it aside.



- Cook the dal, rice, vegetables, 1 tsp of oil, asafoetida, salt, turmeric with 2 Cups of water in a pressure cooker for 3 whistles. Turn off the stove.



- In a heavy bottom pan, add ghee and oil, red chillies and channa dal and fry till dark brown color.
- Add mustard, let it crackle. Then add peanuts and curry leaves. Fry for a min.
- Add tamarind juice – spice powder mix, bring it to boil. When raw smell of tamarind vanishes, add cooker items (vegetables-lentils-rice) Mix thoroughly. Add 2 tbsp of grated coconut and jaggery. Check the salt. Mix well again. Turn off the stove.
- Garnish it with cilantro or coriander leaves.
- Hot Bisibelabath is ready to serve.





### Tips

- Serve BBB with ghee and vathal( rice crackers) or buttermilk chilly and onion raita on side.
- You can use remaining spice powder for vangibhath recipe.
- Bisibelabath should be in semi-solid in consistency.
- If you want, you can also add onion and tomato to this recipe.

### Health Benefits of Bisibelabath

- Toor Dal also called as lentils or split pigeon peas.
- Toor dal also rich in folic acid, carbohydrates and

dietary fiber.

- The nutrients in vegetables are vital for health and maintenance of your body.

