BISIBELABATH | SAMBAR SADHAM | BISIBELEBHAT



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.

