

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.



Urad Dal Rice / Ulundu Sadham – Tirunelveli Special

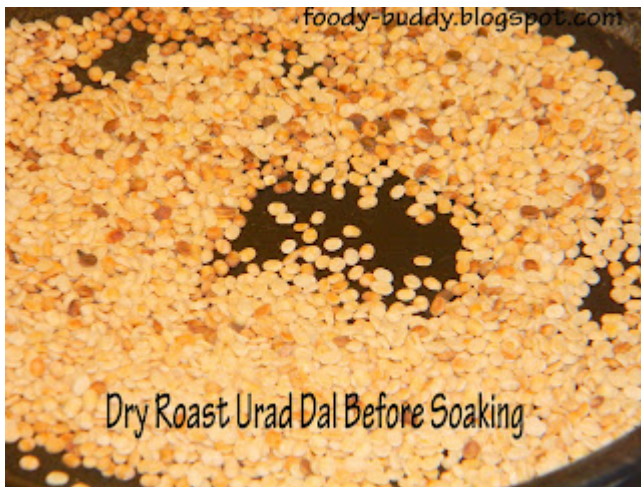


Urad Dal rice is a traditional rice dish from tirunelveli, Tamilnadu. ulundu sadham is really protein rich, healthy and flavorful because of presence of dal, coconut and garlic. urad dal rice is good to eat with coriander seed chutney or sesame (ellu) chutney or coconut chutney. I had it with coriander seed chutney.

Ingredients

- 1/4 Cup of Urad Dal (white)**
- 3/4 Cup of Rice**
- 6 Garlic Cloves**
- 1/2 Tsp of Cumin**
- 2 Tbsp of Grated Coconut**
- Pinch of Asafoetida**
- 2.5 Cups of Water**
- 2 Tsp of Oil or ghee**
- Salt as needed**

Method



- **Dry roast the urad dal until it turns light brown and fragrant. Soak in water for 1/2 hr. After that wash the urad dal in cold water and keep it aside.**
- **Soak rice for 1/2 hr. After that wash the rice in cold water and keep it aside.**



- **In a pressure cooker, add dal, rice, garlic, coconut, cumin, asafoetida, salt, water and oil or ghee. Wait for 3 whistles and switch off the stove.**
- **Yummy urad dal rice is ready to serve.**



Tips

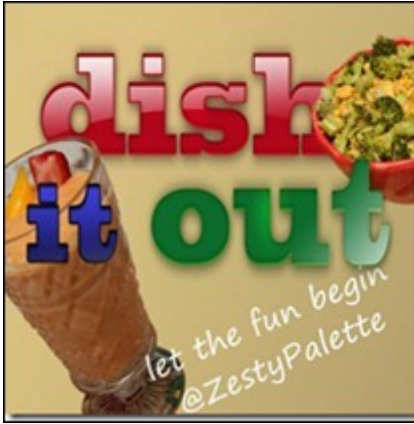
- **Serve hot with more milagai(buttermilk chillies) or sesame seed chutney or coriander seed chutney.**
- **You can use either black urad dal or white urad dal.**
- **You can cook in stove top instead of pressure cooker.**



Health Benefits of Urad Dal

- It is a rich source of protein especially for vegetarians
- It enhances digestion as it was high in fiber content.
- Good for heart health.

Sending this recipe to



Lentils & Garlic

Feb 1 - Feb 28

Happening @ Nivedhanam

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Dhaba Style Masala Rice



foody-buddy.blogspot.com



Masala Rice

Masala rice is a Pakistan dish which is healthy and quick to make in less than 20 mins. Addition of whole garam masala spices to rice gives a good aroma which is more appetizing. This dish is perfect for lunch box.

Ingredients

2 Tbsp of Butter
1 Cup of Basmati Rice
1/2 Cup of Chopped Onions
1 Tsp of Ginger Garlic Paste
1 Chopped Tomato(Medium)
2 Green Chillies (Medium Size)
2 Tbsp of Yogurt
2 Tsp of Coriander Powder
1/2 Tsp of Cumin Powder
1 Tsp of Chilly Powder
1/2 Tsp of Turmeric Powder
1 Bay Leaves
2 Cloves
4 Black Pepper
2 Cardamom(big or small)I used Badi Elachi
1 Tsp of Black Stone Flower(Kalpasi)optional
1 Cinnamon Stick(Medium Size)
1/4 Cup of Peas
1/4 Cup of Corn
1.5 Cups of Water
Salt to taste

Method



- Heat a pan or cooker with butter or oil. Add chopped onions and salt, fry until they turn transparent.
- Add ginger garlic paste, fry for a minute.
- Add peas and corn. Fry for a min.
- Add chopped tomato, green chillies and yogurt. Saute for 2 mins until oil separates.
- Add coriander powder, cumin powder, chilly powder, turmeric powder. Fry for a min.
- Add whole bay leaves, black pepper, cloves, cardamom, cinnamon. Fry for a min.
- Add rice and mix well.
- Add sufficient water and check the salt, close the lid and wait for 1 whistle. Switch off the stove.
- Hot Dhaba style masala rice is ready.



Tips

- **Serve with onion raita.**
- **Add any vegetable of your choice.**
- **For richness, add nuts of your choice.**

Health Benefits of Masala Rice

- **Corn is a good source of Vit B1, B5, E and Folic Acid**
- **Peas are rich in proteins, vitamin B, C and K**
- **Whole garam masala has antimicrobial properties.**