

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.



[Seppankilangu Varuval / Arbi/ Taro / Colocasia Roast](#)



Colocasia/ Taro/seppankilangu/Arbi is a starchy root vegetable which is widely consumed in Asia, India and south America. This vegetable can be used for roasting, baking or deep-frying. I got this recipe from my mother-in-law, who is a great cook. This dish is very simple to make with oil and spices. Its great to eat with sambhar rice or rasam rice or curd rice. But I love to eat with [beetroot sambhar](#). You can find two colocasia recipes here. One is roasted and other one is deep-fried.

Ingredients

- 3 Big Colocasia**
- 2-3 Tbsp of Oil**
- 1/2 Tsp of Fennel Seeds/Sombhu**
- 1/2 Tsp of Turmeric Powder**

1/4 Tsp of Garam Masala

1 and 1/2 Tsp of Red Chilly Powder or Sambhar Powder

Salt as needed

Method



COLOCASIA

- **Wash and pressure cook colocasia with 1 cup of water and wait for 2 whistles._Switch off the stove.**
- **Wash in cold water and peel the skin and cut into small cubes. Keep it aside.**



COLOCASIA – CUT INTO CUBES

- In a bowl, marinate the colocasia pieces, turmeric powder, sambhar powder and salt. Wait for 5 mins so that colocasia absorbs the masala.



- Take a non-stick pan with oil, add the marinated colocasia and fry for 5 mins. Add fennel and garam masala. Mix well. Cook for 7-10 mins in medium- low flame until it is dark-golden brown and crispy. once it done, switch off the flame.

Colocasia Roast



- **Seppankilanghu or Colocasia Roast is ready to serve.**



Colocasia Roast

COLOCASIA

DEEP FRIED TARO/

foody-buddy.blogspot.com



Deep Fried Colocasia

Ingredients

- 3 Big Colocasia**
- 1/2 Tsp of Turmeric Powder**
- 1 and 1/2 Tsp of Red Chilly Powder**
- Salt to taste**
- Oil for deep frying**

Method



COLOCASIA

- **Wash and pressure cook colocasia with 1 cup of water and wait for 2 whistles. Switch off the stove.**



COLOCASIA – CUT INTO CUBES

- **Peel the skin and cut into small cubes.Keep the bowl in fridge for 30 mins.**
- **Take a shallow pan with oil , deep fry the colocasia pieces until it turns light brown colour on both sides.**



- Put all the colocasia pieces in a bowl contains turmeric, chilly powder and salt. Mix well while it is hot so that colocasia absorbs all masala
- Take a tawa, place all the pieces and cook on both sides until you find black spots.



- Deep fried colocasia is ready to serve.



Deep Fried Colocasia

Tips

- Good accompaniment for sambhar or rasam or curd rice.
- You can add more chilly powder for extra spiciness.
- You can add rice flour while marinating the colocasia for extra crispness.
- Make sure that colocasia are not in pressure cooker for not more than 2 whistles otherwise it turns mushy.

Health Benefits of Colocasia

- Colocasia are high in calories than potatoes.
- Free from gluten.
- Finest source of dietary fibers.
- Rich in Vitamin A, C, B, E, K and minerals and anti-oxidants.
- sending recipe to



[Kerala Avial / Aviyal Recipe](#)



It is a traditional delicacy from Kerala, southern province of India. Avial which is a medley of local indigenous vegetables cooked in a coconut – yogurt sauce, simmered until it absorbs the aroma of spices and then combined with the seasoning of mustard and curry leaves to result in a delicious, vegetarian entrée. Serve with rice or adai (savory pancake) for an authentic Kerala meal.

Ingredients

2 Medium Size Carrots
7 Beans
1 Brinjal or Eggplant
1 Medium Size Raw Plantain
1 Large Potato
4 Drum Sticks
2 Tbsp of Yogurt/Curd
1/2 Tsp of Turmeric Powder
1/2 Cup of Water
Salt as needed

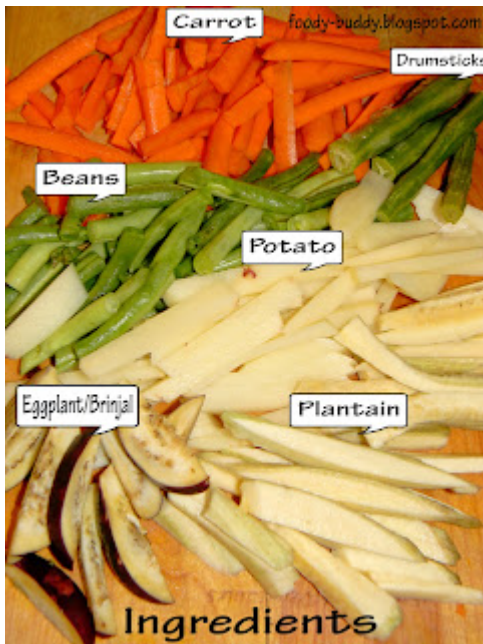
To Grind

1/4 Cup of Grated Coconut
1 Tsp of Whole Cumin
2 or 3 Green Chillies

To Temper

1 Tbsp of Coconut Oil
1 Tsp of Mustard (optional)
Few Curry Leaves

Method



- Peel the skin and cut all the vegetables into 2 inch long pieces.
- In a blender, grind cumin, coconut and green chillies to a smooth paste. Keep it aside.
- In a pan add all chopped vegetables to the boiling water, add turmeric powder, salt and cook until all vegetables turn soft.
- Now add the ground paste and little water, bring it a boil. Add yogurt or curd and mix well, cook for 1 min. Switch off the stove.
- In a separate Pan, heat coconut oil, add mustard(optional) and curry leaves, let it crackles. now add the vegetable- coconut gravy and mix well. Check the salt and switch off the stove.
- yummy Aviyal is ready!!!!



Tips

- In kerala, they don't temper with mustard seeds, if you wish you can temper it.
- For extra spiciness, add more green chillies to it.
- You can also add yam, ash gourd, raw mango to this recipe. I didn't add those vegetables as I was out of stock.
- If you use raw mango pieces, try to reduce the curd accordingly.

Health Benefits of Aviyal

- Vegetables are low in fat, but are rich in vitamins and minerals.

- Vegetables are home for anti-oxidants.
- Vegetables are packed with soluble and insoluble dietary fiber.

