

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/

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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.



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



Mushroom Spinach Gravy



Last night I made dosa, instead of doing regular chutney or sambhar. I want to do something different and tasty. When I saw mushroom and spinach in fridge, I want to try this gravy, it was in my recipe note. Gravy was Super-nutritious and it tasted great with dosa.

Ingredients

- 2/3 Cup of Mushroom(I used baby portabella)**
- 2 Cups of Spinach**
- 1 Large Size Onion**

2 Tbsp of Curry Powder
1 and 1/2 Tsp of Ginger Garlic Paste
1/2 Tsp of Turmeric Powder
1/2 Tsp of Garam Masala
1/4 Cup of Milk (1%)
2 Tbsp of Cilantro or Coriander Leaves
Salt and Water as needed

To Grind

2 Green Chillies
1 Large Tomato
1/4 Cup of Grated Coconut

To Temper

2 Tbsp of Oil
1 Tsp of Mustard
1 Tsp of Cumin
Few Curry Leaves
Pinch of Asafoetida

Method

- **Wash and chop the mushroom and spinach.**



- Take a blender and add " To Grind" ingredients and make it to a smooth paste.



- Heat a pan with oil, add " To Temper" ingredients, one by one.
- Add chopped onion and salt, fry for 1- 2 mins until it turns golden brown color.
- Take pan away from stove, add turmeric, curry powder or kulambu Milagai podi, fry for a min.
- Keep pan back to the stove, in a medium flame, add ginger garlic paste, fry for a min until raw smell vanishes.
- Add ground paste and fry for 2 mins until oil separates.



- Add mushroom with little water, cook for 2-3 mins.

- Add chopped spinach and garam masala, cook for 1 min.
- Add milk, mix well. check the salt. Switch off the stove.
- Garnish with cilantro leaves.

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Tips

- Good accompaniment for dosa or uthappam and [paratha](#)
- You can add kulambu milagai podi instead of curry powder.
- You can add cream instead of milk for extra creaminess.

Health Benefits of Mushroom and Spinach

Mushroom

- Reduces cholesterol levels
- Prevents cancers.
- Increases immunity.
- Helps in weight loss.

Spinach

- Reduces blood pressure.
- Rich in minerals and vitamins.
- Good for eyesight because of beta-carotene.
- strengthen the muscles.



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FAST FOOD



MUSHROOM