

Recipe- Pongal

Pongal



Ingredients

Rice 1 cup

Dhuli Moong yellow Daal 0.5 cup

Water 4 cups

Salt 1tsp (or according to taste)

Whole black pepper 10-15 pc

Ginger chopped 2 tsp

Green chilli chopper 2 pc

Jeera 1 tsp

Ghee 2 tbsp

Cashew chopped 15-20 pc

Method

- Wash properly rice and daal together.
- Take a Pressure cook and heat on high flame.
- Add Daal, Rice, Salt and Water in the pressure cooker with one tsp of ghee (Ghee is optional here).
- Close the lid and pressure cook (1 whistle) on high flame and then until 2 whistle on low flame.
- Switch off the gas and let pressure cooker cool down.
- Meanwhile take a small pan, add ghee and heat on high flame.
- When ghee is hot add Jeera to it.
- When jeera starts cracking add whole black pepper and fry for few seconds.
- Add cashew to it and fry till golden brown.
- Now add ginger and green chillis to it and fry.
- Add this tempering to pongal and mix well.
- Serve hot.

Tips

To enhance taste add more ghee.

You can use curry leaves also in tempering.

Jains or others who don't eat root vegetables, can cook this recipe without ginger.

Vegan should substitute ghee with vegetable oil or shortening.

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