

UPMA

Prep time: 10 min

Cook time: 15 min

Servings: 2

Ingredients

- 1 cup semolina (rava / sooji)
- 2 tablespoons oil or ghee
- 1 teaspoon mustard seeds
- 1 teaspoon urad dal (optional)
- 1 teaspoon chana dal (optional)
- 1 medium onion, finely chopped
- 1-2 green chilies, slit
- 1 small piece ginger, grated
- 8–10 curry leaves
- 2½ cups water
- Salt to taste
- 1 tablespoon lemon juice (optional)
- Fresh coriander leaves, chopped (for garnish)

Instructions

1. Roast the Rava:

In a dry pan, roast semolina on low heat until it turns light golden and gives off a nutty aroma. Set aside.

2. Prepare the Tempering:

In the same pan, heat oil or ghee. Add mustard seeds and let them splutter.

Then add urad dal, chana dal, and fry till golden brown.

3. Add Aromatics:

Add chopped onions, green chilies, ginger, and curry leaves. Sauté until onions turn translucent.

4. Add Water and Boil:

Pour in 2½ cups of water, add salt, and bring it to a rolling boil.

5. Add Rava:

Lower the flame and slowly add roasted semolina, stirring continuously to avoid lumps.

6. Cook and Steam:

Cover and cook for 2–3 minutes until water is absorbed and upma turns

soft and fluffy.

7. Finish:

Turn off the heat, add lemon juice (optional), and fluff with a fork.

Garnish with coriander leaves.

Serving

Serve hot with coconut chutney, pickle, or a cup of tea.