



Sorghum Pilaf aka Jowar Ghoogri (OP W)

Serving: 1

Veg

Ingredients

- 1/4 cup whole Sorghum
- 1/4 cup chopped coloured Capsicum
- 1/2 onion
- 1 garlic pearl
- 1 green chillies
- 2 tsp. oil
- 1/4 tsp. sugar (optional)
- Fresh coriander for garnish
- Salt to taste
- Seasoning;
- 1/4 tsp. cumin seeds
- 1/4 tsp. turmeric powder
- 2 cloves
- 1 small bay leaf
- 1/2 tsp. lemon juice

Preparation Method

- Wash and soak Sorghum in water overnight.
- Use a pressure cooker to fasten the time of cooking, as these grains are very hard to cook and take longer time to soften.
- Sorghum should be chewy but tender and retain its round shape for this recipe.
- add the Sorghum in a small vessel covered with a lid, place the vessel in a pressure cooker and cook it for about 7-8 whistles.
- Cooked Sorghum can be easily stored in an air-tight container for upto 3-4 days.
- Chop onion and all the coloured capsicum into small cubes. Chop green chilli and crush garlic pearl with a knife or stone.
- Heat oil in a wok or kadai and splutter cumin seeds in it.
- Add cloves, bay leaf and crushed garlic in the oil and sauté for a second.
- Add chopped onion, capsicum, turmeric powder and cook on high heat for 3-4 minutes.
- Reduce the flame and add cooked Sorghum, salt and sugar in the wok and let it cook for 5-6 minutes.
- Turn the flame off and add chopped coriander leaves, lemon juice and serve this Jowar Ghoogari hot with poppadum or plain curd.