



Millet Pongal (OP I)

Serving: 1

Veg

Ingredients

- 15 grms Moong dal / pesara pappu
- 15 grms Hulled millet [finger millet / ragi]
- 1 tbsp. Brown rice
- 1 cup water
- Few pepper corn
- 2 tbsp Boiled green peas
- $\frac{1}{4}$ tsp. Cumin
- Pinch of Hing
- $\frac{1}{2}$ tsp Oil
- Salt to taste

Preparation Method

- 1. Wash millet, moong dal, rice, in lot of water till they run clear.
- 2. Soak them for about 2 hours.
- 3. Pressure cook with 1 cup water for one whistle or cook it in a pot till the millet and brown rice are cooked.
- 4. When the pressure goes off, add warm water adjust the consistency . if desired mash it.
- 5. Heat a small pan with oil. Add ginger, green chili and fry till you get a nice aroma.
- 6. Add boiled green peas.
- 7. Add cumin, paper corn and curry leaves, fry till the curry leaves turn crisp, add hing.
- 8. Pour the cooked pongal to the seasoning and mix. Serve hot.