



Bissibele Bhaat (OP I)

Serving: 1

Veg

Ingredients

- 1 /2 tbsp coconut oil or any other refined oil
- ½ tbsp chana dal (split Bengal gram)
- ½ tbsp urad dal (split black lentils)
- (1/2" cinnamon (dalchini) (optional)
- 1/4 cup grated dry coconut
- 2 whole dry Kashmiri red chillies , broken into pieces
- 1 tbsp coriander (dhania) seeds
- Other Ingredients : ¼ cup toovar (arhar) dal , soaked for an hour and drained.
- 1 tsp coconut oil or any other refined oil
- 1/2 tsp turmeric powder (haldi)
- salt to taste
- 1 /2 cup raw rice (chawal)
- 1/4 cup finely chopped french beans
- 1/4 cup finely chopped carrots
- 1/2 cup finely chopped potatoes
- 1/2 cup finely chopped capsicum
- 1/4 cup onions
- 1 drumsticks , cut into small pieces
- 5 to 7 curry leaves (kadi patta)
- 1 tbsp tamarind (imli) pulp
- 1 tbsp ghee for serving

Preparation Method

- For Masala : Heat the oil in a pan, add all the ingredients and sauté on a slow flame for 4 to 5 minutes or till they turn golden brown in colour, while stirring continuously.
- When cool, blend in a mixer to a fine powder. Keep aside.
- How to Proceed :
- Clean, wash and soak the rice for about 2 hours. Drain and keep aside.
- Combine the toovar dal, oil, turmeric powder, salt and 4 cups of water in a deep pan, mix well, cover and cook on a medium flame for 10 to 12 minutes
- Add the rice, French beans, carrots, potatoes, capsicum, shallots and drumsticks, mix well and cover and cook on a medium flame for 10 to 12 minutes or till the rice and dal are cooked. (they should be soft and slightly over cooked)
- Add the prepared masala, curry leaves and tamarind pulp, mix gently and cover and cook on a slow flame for another 5 minutes.
- Add the ghee and serve hot.