Recipe

Beetroot Upkari

By

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Ingredients

- Chopped Beetroot - 2 cups
- Mustard seeds - 1 tsp
- Black gram dal - 1 tsp
- Turmeric powder - 1 tsp
- Cumin seeds - 1 tsp
- Asafetida powder - 1 tsp
- Green chili - 3-4
- Curry leaves - 2-3 Strings
- Fresh grated coconut - 2 tbsp
- Salt - as required
- Cooking oil - 3-4 tsp

Preparation

1. Wash, peel and chop beetroot fine so that it will cook faster.
2. Wash and slit green chilly as well.
3. Grate coconut and keep it aside.
4. Place a cooker on a medium flame with 4 tsp of cooking oil.
5. When it is hot, add mustard seeds and black gram dal together.
6. Let them splutter. Now add cumin seeds, asafetida powder, green chili, curry leaves and turmeric powder in a row.
7. Roast them for 1 minute add then add chopped Beetroot from salt, grated coconut and very little water to it and stir well.
8. Close it with a lid; place the weight, pressure cook for 20 minutes on low flame.
9. When the pressure releases open it.
10. Transfer it to a serving bowl and serve it with roti or rice.

Serves

4-5 Persons

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Hare Rama Hare Rama Rama Rama Hare Hare**