🍋 Pulihora (Tamarind Rice)

⏱️ **Total Time:** 40 minutes
👨‍🍳 **Preparation Time:** 15 minutes
🔥 **Cooking Time:** 25 minutes
🍽️ **Serves:** 3–4 people

🥣 Ingredients

For Rice:

- 2 cups cooked rice (preferably cooled)
- 1 tbsp oil
- Salt – as needed

For Tamarind Paste:

- Small lemon-sized ball of tamarind (soaked in warm water)
- 2 tbsp jaggery (optional, for mild sweetness)
- ½ tsp turmeric powder
- Salt – to taste

For Tempering (Tadka):

- 2 tbsp oil (sesame oil preferred)
- 1 tsp mustard seeds
- 1 tsp chana dal (split Bengal gram)
- 1 tsp urad dal (split black gram)
- 2–3 dry red chilies
- 2 green chilies (slit)
- 10–12 curry leaves
- 2 tbsp peanuts
- A pinch of asafoetida (hing)

👩‍🍳 Steps to Make Pulihora

1. **Cook the Rice:**
    - Cook 2 cups of rice and let it cool completely.
    - Spread it on a plate and drizzle 1 tbsp oil so the grains don't stick together.
2. **Prepare Tamarind Extract:**

- Soak tamarind in warm water for 10–15 minutes.
- Squeeze the pulp and strain it to get thick tamarind juice.
- Add turmeric, salt, and jaggery. Mix well and keep aside.

3. **Make the Tempering:**
    - Heat 2 tbsp oil in a pan.
    - Add mustard seeds and let them splutter.
    - Add chana dal, urad dal, peanuts, red chilies, green chilies, and curry leaves.
    - Fry till golden brown and aromatic.
    - Add a pinch of hing (asafoetida).
4. **Cook the Tamarind Mix:**
    - Add the tamarind extract to the pan.
    - Cook until the mixture thickens and oil separates (about 5–7 minutes).
5. **Combine with Rice:**
    - Add this tamarind mixture to the cooled rice.
    - Mix gently until all the rice is evenly coated.
    - Adjust salt as needed.
6. **Rest & Serve:**
    - Let it sit for 30 minutes before serving for best flavor absorption.
    - Serve with papad or curd.

✨ Tips

- Use **a day-old rice** for better texture.
- You can store the tamarind paste in a jar for up to a week.
- **Sesame oil** enhances authentic South Indian flavor.