**Puliyogare**

Prep time: 15 min Cook time: 20 min

**Ingredients:**

**For Tamarind Paste:**

* 1 lemon-sized ball of tamarind (soaked in ½ cup warm water)
* 1 tbsp sesame oil (or cold-pressed oil)
* ½ tsp mustard seeds
* 1 tbsp urad dal (split black gram)
* 1 tbsp chana dal (split chickpeas)
* 2 tbsp peanuts (roasted)
* 2 dried red chilies
* 8-10 curry leaves
* ¼ tsp asafoetida (hing)
* ½ tsp turmeric powder
* 1 tbsp sambar powder (or puliyogare spice mix)
* ½ tsp jaggery (or coconut sugar)
* Low sodium salt, to taste

**For the Rice:**

* 1 ½ cups cooked brown rice (or hand-pounded rice)
* 1 tsp sesame seeds (roasted and ground)

**Instructions:**

**Prepare the Tamarind Paste**

1. Extract tamarind pulp by mashing the soaked tamarind and straining the liquid.
2. Heat sesame oil in a pan. Add mustard seeds and let them splutter.
3. Add urad dal, chana dal, and peanuts. Sauté until golden brown.
4. Add dried red chilies, curry leaves, asafoetida, and turmeric powder. Stir well.
5. Pour in the tamarind extract and let it simmer for 5 minutes.
6. Add sambar powder, jaggery, and salt. Cook until the mixture thickens.

**Mix with Rice & Serve**

1. Add the cooked brown rice and mix gently until well coated.
2. Sprinkle roasted sesame seed powder and mix well.
3. Let the flavors blend for 10 minutes before serving.
4. Enjoy with yogurt or coconut chutney for a wholesome meal.