

2 Upma made with Semolina [gluten}



## UPMA

[South Indian dish and has gluten}

### Ingredients

Semolina - One cup

Warm water – 2 cups

Oil – sunflower or corn oil – One fourth cup

Onion medium size – one

Green chilies -2

### For Seasoning

One teaspoon – split peas

One teaspoon – urd dal [ black gram]

One teaspoon – Mustard seeds

One dry red chili

### UPMA - Ingredients

Semolina - One cup

Warm water – 2 cups

Oil – sunflower or corn oil – One fourth cup

Onion medium size – one

Green chilies -2

Ginger – grated one and half teaspoon

Medium sized ripe tomato -one

Green peas frozen – one fourth cup

Carrot – grated one small one

Preparation time, 10 minutes.

### For Seasoning

One teaspoon – split peas

One teaspoon – urd dal [ black gram]

One teaspoon – Mustard seeds

One dry red chili

Curry leaves 10

Coriander cut – a fist full

Pea nuts – 2 tablespoons

Cashew nuts – 10 no.

Cooking time – 8 minutes

Roast the semolina in one tablespoon of cooking oil for 3 minutes & keep it separate

Roast the peanuts and cashews separate in the one teaspoon of oil for 2 minutes and keep it aside.

Cut the onion & tomato into small pieces

Grate the carrot and ginger.

Boil the water.

### Cooking

In a saucepan add 2 tablespoons of cooking oil and heat it up for one minute

Add the seasoning – split peas, black gram, mustard seeds and red chili cut into 3 to 4 pieces – fry till they split and slightly browned.

Add Onion fry 2 minutes till soft, add green chili, tomato, carrot, and green peas and curry leaves and cook for 2 minutes

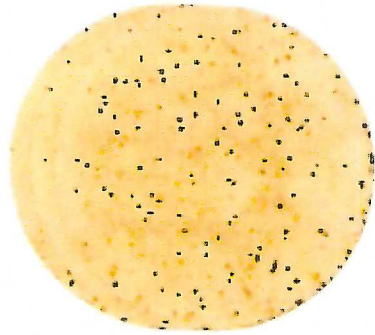
Add the roasted semolina, mix, and add the boiled water, add Salt to the water one and half tea spoons or as per the liking, keep stirring till the water evaporates for 2 minutes

Add the peanuts, cashews and coriander and keep the lid tightly for 2 minutes.

Serve with chutney

Desert - Home made yogurt with Mango pulp.

Plain white rice with moong dal and spinach will be served as separate dishes.



1 Khakhara

Chat

It is like dried roti made up of wheat flour, salt, oil and is baked. [Can be bought from the Indian shop]

It can be eaten as a starter by adding the fresh cucumber, carrot, spring onion, coriander, chat masala, and chutney either peanut or mint.

{Chat masala is made up of dry mango powder, cumin, coriander, fennel seeds and black salt } can be purchased as the chat masala powder from Indian stores.