

Vegetable Upma

(Sooji) (Rava) - 2 types (Mostly)

- 1) Fine - Col Gappa (Binding agent)
- 2) Thick Rava - for Upma (we will use this)
- 3) less coarse than Dalia thicker than Thick Rava. (only for Upma)

We can use kadai on Pan
Thick bottom iron kadahi
Good for Roasting

Sooji : Water

1 : 3 to 3.5

- 1) Heat Sooji on low flame (Dry Roast)
- 2) Roast till it smells (5-6 minutes)
- 3) Add Ghee, (oil)
- 4) Roast

Ghee has high smoking point

- 5) Switch off Gas - Keep Sooji aside

- 6) Take a kadahi
- 7) Add Ghee 1/2 tbsp. let it heat

- 8) Add mustard seeds

- 9) Add Curry leaves

- 10) Add Chana Dal, Urad Dal (Dhuli)

- 11) Cook for 2 minutes

- 12) let it change the color

- 13) Add peanuts, Cashewnuts

- 14) Cook for 2 minutes (color)

- 15) Add this mixture in Sooji (Roasted)

INSTRUCTIONS

- 16) Take a Kadahi
- 17) Add 1/2 tbsp Ghee. Let it heat
- 18) Add Onion (roughly chopped)
- 19) Cook till translucent
- 20) Add Ginger
- 21) Add beans, Carrot, Green Chilli,
- 22) Peas
- 22) Cook for 5 minutes
- 23) Add 3 cup water
- 24) Add Salt, black Pepper
- 25) Add Green Chilli, Caroy leaves
This water will be ~~very~~
flavourful
- 26) Let it boil
- 27) Add Upma mix, slowly
- 28) Cook on medium flame
- 29) Sooji will start getting ~~bigger~~ puffy
- 30) Add Ghee when sooji is completely & puffed up.
- 31) Mix well
- 32) Cover with lid
- 33) Switch off flame
- 34) [Sooji ke pulav]
- 35) Squeeze half lemon

LEMON HELPS

[Lemon helps in binding of starch]

- 36) Coriander leaves
- 37) Serve hot

Ingredients :-

- 1) Sooji - 1 Cup - 165 gm
- 2) Desi Ghee - 1 tbsp
- 3) Ghee - 1/2 tbsp
- 4) Mustard Seeds - 1/2 tsp
- 5) Curry leaves - 3 no. [7] 1/2 tsp chana dal]
- 6) Dhuli Urad Dal - 1/2 tsp
- 8) Peanuts - 5 gm to 10 gm
- 9) Cashew nuts - 5-6
- 10) Ghee - 1/2 tbsp
- 11) Onion - half
- 12) Ginger - 1/2 inch
- 13) Beans - 3 no.
- 14) Carrot - half
- 15) Green chilli - 1 no.
- 16) Peas - 30 gm
- 17) Salt - To Taste (1 tsp)
- 18) Black Pepper - 1 tsp
- 19) Water - 3 cups
- 20) Green chilli - 1 no.
- 21) Curry leaves - 3 no.
- 22) Desi Ghee - 1/2 tbsp
- 23) Lemon Juice - half
- 24) Coriander leaves - Garnish