DietCloud – Recipe

Recipe Name: Togarikalu Akki Recipe - Karnataka Style Rice Rava Upma with Fresh Pigeon Peas

Diet Type: Vegetarian

Course: South Indian Breakfast

Cuisine: Karnataka

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Rice rava	4
• 1 cup Fresh Green Toor Dal (Pigeon Pea)	
• 3 tablespoons Fresh coconut - grated	
• 1 teaspoon Mustard seeds	
• 1 teaspoon White Urad Dal (Split)	
• 1 teaspoon Chana dal (Bengal Gram Dal)	
• 1/4 teaspoon Asafoetida (hing)	
• 2 Dry Red Chillies	
• 1 sprig Curry leaves	
• 1 tablespoon Sunflower Oil	
• Salt - to taste	
• 4 tablespoons Arhar dal (Split Toor Dal)	
• 2 teaspoons Cumin seeds (Jeera)	
• 1 teaspoon Whole Black Peppercorns	

Preparation

• To begin making Togarikalu Akki Recipe, make a coarse mix of toor dal, cumin seeds and peppercorns using a mixer grinder and keep aside.
• Heat oil in a pressure cooker on medium heat, add the mustard seeds, chana and urad dal and let it crackle.
• Add the red chillies, asafoetida and curry leaves and let it splutter.
• Add the fresh pigeon peas and saute for a minute.
• Now, add the ground toor dal mix and saute for another minute.
• Add the rice rava, 3 1/2 cups of water, season with salt, close the lid and cook till one whistle and switch off the flame.

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Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)