DietCloud – Recipe

Recipe Name: Barnyard Millet Bisi Bele Bath Recipe

Diet Type:

Course: Lunch

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1/4 cup Bisi Bele Bhat Spice Powder	4
• 10 Pearl onions (Sambar Onions) - peeled	
• 1 Green Bell Pepper (Capsicum) - diced	
• 2 Carrots (Gajjar) - diced	
• 1/4 cup Green peas (Matar)	
• 1/2 cup Green beans (French Beans) - diced	
• 1 Potato (Aloo) - peeled and diced	
• 1 Drumstick - cut into 1 inch pieces	
• 2 Tomatoes - roughly chopped	
• 1-1/2 cups Tamarind Water	
• 2 teaspoons Jaggery	
• Salt - to taste	
• 1 cup Barnyard Millet	
• 1 cup Arhar dal (Split Toor Dal)	
• 1/2 teaspoon Turmeric powder (Haldi)	
• Salt - to taste	
• 1 tablespoon Ghee	
• 1 teaspoon Mustard seeds	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 2 Dry Red Chilli	
• 1 sprig Curry leaves	
• Coriander (Dhania) Leaves - a small bunch	

Preparation

• Stir all the ingredients well.

• Cover the pressure cooker, place the weight and allow the vegetables to cook until you hear at least 2

whistles and turn off the heat.
• Since the vegetables cook very quickly, we will release the pressure by running cold water over the pressure cooker.
• This process helps to bring the pressure down immediately.
• Open the pressure cooker and keep the vegetable curry aside.
• The next step is to cook the barnyard millet and the dal.
• To the pressure cooker add in the barnyard millet, the toor dal, the turmeric powder, salt and 5 cups of water.
• Cover the cooker and place the weight on the pressure cooker.
• Turn the heat to high and allow the rice to cook until you hear two whistles.
• After you hear the whistles, turn the heat to low and simmer for five minutes.
• After 5 minutes have passed, turn off the heat and allow the pressure to release naturally.
• The millets and the rice continue to cook in this resting period, hence wait for the pressure to release completely.
• While we are waiting for the pressure to release, Lets proceed to make the seasoning.
• Heat a small pan on medium heat.
• Add in a tablespoon of ghee and allow it to melt.
• Add in the mustard seeds, the cumin seeds.
• Allow it to crackle.
• Then add in the red chilli, curry leaves and roast them until the red chillies are browned lightly.
• Stir to roast the ingredients well.
• Once roasted keep this aside.
• Once the pressure is released, add in the spicy vegetable tamarind curry.
• Stir all the ingredients together until well combined and the mixture looks like a mish mash.
• At this stage add in the prepared seasoning and two more tablespoons of ghee.
• Once again give the mixture a good stir.
• Check the salt and adjust to suit your taste.
• Transfer the Barnyard Millet Bisi Bele Bath to a serving bowl.
• Sprinkle the chopped coriander leaves and the fried boondi on top.
• Serve the delicious Barnyard Millet Bisi Bele Bath from southern india along with a tomato onion raita for lunch or dinner.

Macronutrients

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