

Recipe Name: Foxtail Millet Pongal Recipe
Diet Type:
Course: South Indian Breakfast
Cuisine: South Indian Recipes
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1/2 cup Foxtail Millet	15
• 1/2 cup Yellow Moong Dal (Split)	
• 2 Green Chillies	
• 1 teaspoon Cumin seeds (Jeera)	
• 2 teaspoon Whole Black Peppercorns	
• 1 sprig Curry leaves	
• 8 Cashew nuts	
• 1/4 teaspoon Asafoetida (hing)	
• 1 teaspoon Ginger - chopped	
• 2 tablespoon Ghee	
• 1 tablespoon Sunflower Oil	
• Salt - to taste	

Preparation

- To prepare Foxtail Millet Pongal, first dry roast foxtail millet and moong dal in a hot kadai.
- This will bring nice aroma to the Pongal.
- Wash & soak roasted foxtail millet and moong dal together for about 1 hour.
- Soaking helps in faster cooking.
- In a pressure cooker, add the soaked millet, dal, 4 cups of water, whole green chilies and pressure cook for 3-4 whistles or until soft.
- Once pressure is released, remove the cooker lid and mash the mixture using a ladle.
- In a deep bottom pan, add ghee and roast cashews in hot ghee until they turn golden brown.
- Remove cashews and keep them aside.
- Into the same pan, add oil, once hot, add cumin seeds, peppercorns, asafoetida, salt, chopped ginger and curry leaves.



- Now add cooked foxtail millet - dal and mix it well making sure no lumps are formed.
- Reduce the flame and cook it for 5 minutes.
- Serve the Foxtail Millet Pongal hot with red chilli coconut chutney and Mixed Vegetable Sambar or even spicy lemon pickle goes well with Pongal.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	6	45	4	5	1

