DietCloud – Recipe

Recipe Name: BISI BELE BATH

Diet Type:

Course: General Course

Cuisine: Indian

Quantity:



Description

Bisi Bele Bath is a quintessential South Indian hot lentil rice dish, a savory one-pot meal celebrated for its comforting flavors and wholesome ingredients. This hearty preparation features rice, lentils (toor dal), and an array of mixed vegetables cooked together with a special spice blend, tamarind, and a hint of jaggery, resulting in a mildly spicy, tangy, and subtly sweet porridge-like consistency. It is traditionally served piping hot, often accompanied by a dollop of ghee, crunchy savories, and refreshing raita or a simple salad.
[PROS]
- Excellent source of plant-based protein from the combination of rice and lentils.
- High in dietary fiber due to lentils, rice, and mixed vegetables, aiding digestion.
- Packed with a variety of vitamins and minerals from the fresh vegetables, contributing to overall health.
- A complete and balanced meal offering complex carbohydrates for sustained energy.
[CONS]
- Can be high in calories if prepared with excessive ghee or accompanied by too many fried savories.
- The traditional spice levels may be too intense for individuals with sensitive palates.
- Contains ingredients like tamarind which might be acidic for some individuals.
[DIETITIAN REVIEW]
Bisi Bele Bath is a remarkably nutritious and satisfying dish, perfectly blending complex carbohydrates, plant-based protein, and essential micronutrients from its generous use of vegetables. It's a great option for a wholesome and energy-sustaining meal, particularly when consumed with moderate added fats. Score: 8/10

Ingredients

Ingredient	Quantity
• Rice (Sona Masuri or short-grain)	1/4 cup
• Toor Dal (split pigeon peas)	1/8 cup
• Mixed Vegetables (carrots • peas • green beans • potato)	1/2 cup, chopped
• Bisi Bele Bath Powder	1.5 tsp

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• Tamarind pulp	1 tbsp

• Jaggery (optional)	1 tsp

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• Ghee	1 tbsp

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- Mustard seeds 1/4 tsp

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- Cumin seeds 1/4 tsp

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• Curry leaves	5-6

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• Asafoetida (hing)	A pinch

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• Onion	1/4 small, chopped

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• Tomato	1/4 small, chopped

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• Salt	To taste

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• Water	2.5 cups

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Preparation

• 1.
• Wash the rice and toor dal thoroughly.
• Cook them together with 1.
• 5 cups of water in a pressure cooker for 3-4 whistles, or in a pot until very soft and mushy.
• 2.
• In a separate pan, heat 1 tablespoon of ghee.
• Add mustard seeds, cumin seeds, curry leaves, and asafoetida, allowing the mustard seeds to splutter.
• 3.
• Add the chopped onion and sauté until it becomes translucent.
• Then, add the chopped mixed vegetables and tomato, cooking for 5-7 minutes until they are slightly tender.
• 4.
• Stir in the tamarind pulp, Bisi Bele Bath powder, jaggery (if using), and salt.
• Mix well and cook for another 2-3 minutes, adding a splash of water if necessary to prevent sticking.
• 5.
• Combine the cooked rice and dal mixture with the vegetable-spice mixture in the pan.
• Add the remaining 1 cup of water and mix thoroughly until well incorporated.
• 6.
• Simmer the entire dish on low heat for 10-15 minutes, stirring occasionally, until all the flavors are melded and the Bisi Bele Bath reaches a thick, porridge-like consistency.
• Serve hot, optionally garnished with a dollop of ghee or crunchy savories.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
750	20	100	20	10	10