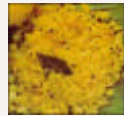


PONGAL VARIETIES

M.Prema Surendranath



Ven pongal

Ingredients:

Rice - 2 cups
 Moongdhall - 1 cup
 Pepper - 1 tsp
 Jeera - 1½ tsps
 Salt - 1½ tsps
 Curry leaves - a small bunch
 LG asafoetida - one small marble sized
 Ghee - 1½ tbsps
 Ginger - 1½" piece
 Cashewnuts - 10 nos



Method :

1. Soak both the rice & dhall together for ten minutes & wash & keep aside.
2. Wash the ginger, peel the skin & cut into fine pieces.
3. Break the cashewnuts into four pieces & keep aside.
4. Heat a thick bottom vessel with 2 tsps ghee, add asafoetida, pepper, jeera, curry leaves & fry for a while.
5. Then add the rice & dhall mixture & fry for few minutes & then add water & let it boil.
6. Keep stirring in between until the rice dhall mixture get cooked well into a smooth consistency. In between we can add water according to our requirement.
7. When done properly, We can add salt, mix well.
8. Then fry the cashewnut bits & ginger pieces in enough ghee till golden brown one after other & add to the pongal & serve hot.

N.B: The same recipe can be tried in pressure cooker also. We have to cook with the required amount of water & after that we can change into a big vessel & add enough water & cook.

Milk Pongal

Ingredients:

Milk - 2 litres
 Rice - 150 gms
 (preferably new rice)
 Salt - ¼ tsp



Method :

1. Heat milk in thick copper bottomed vessel.
2. Wash & soak the rice in the water for ten minutes.
3. Add to the milk & keep on stirring in medium flames.
4. When the pongal reaches proper consistency, add a little salt to taste & mix well.
5. Keep for few minutes stirring & remove & serve.

N.B: We can use full fat milk to get richer taste.

Bahalabath (pongal In Curds)



Mix this pongal with thick curds, cut green chillies, little salt & mustard seeds (sauté). It will be very tasty. It goes well with grated raw mango pickle.

Pongal with methiseeds & Garlic

Ingredients:

Raw rice - 250 gms
Garlic whole - 2 pods
Methi seeds - 2 tsps
Coconut - 1 no
Salt to taste



Method :

1. Soak the raw rice in water & wash well.
2. Roast the methiseeds till golden brown.
3. Peel the garlic separately.
4. Grate the cocnut & take the milk extract from it using the mixie & keep aside.
5. Heat a thick vessel with water, add the rice ,roasted methi seeds, peeled garlic pearls & boil .
6. When it reaches smooth consistency, add the salt & switch off the flames.
7. Then add the coconut milk , mix well & serve hot.
8. This pongal will very tasty. It helps digestion & helps to cool the body.This has got medicinal value.

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Vegetable - Pongal

Ingredients:

Rice - 400 gms
Green gram dhal - 200 gms
Carrot - 1 no
Beans - 3 nos
Peas - 50 gms
Bellary onion - 1 no
Green chillies - 2 nos
Tomato - 1 no
Curry leaves - a few
Pepper - 2 tsps
Jeera - 2 tsps
Ginger - 1 small piece
Cashew nuts - 25 gms
Asafoetida - ½ tsp
Refined oil - 2 tbsps
Ghee - 2 tbsps
Salt to taste



Method :

Wash the rice and dhal and pressure cook adding enough water. In a kadai, add 1tsp ghee and 1tsp oil, next add pepper and jeera and later finely cut ginger pieces (wash, peel the skin and chop) Fry well and remove. Add some more oil and ghee, and fry the finely cut onions till golden brown. Next add the grated carrot and fry for sometime. Then add finely chopped beans and peas and salt and fry for a few more minutes. Add cashew nuts and fry. In the end, add chopped tomato pieces and curry leaves. Boil the vegetables for few minutes. Add to the boiled pongal. mix well, add ghee add more salt if needed and serve hot with the chutney of your choice.

Rawa Pongal

Ingredients:

Bhansi rava(medium) - 3 cups
 Greengram dhal - 1 cup
 Ginger - small piece
 Asafoetida - 1 tsp
 Pepper - 1 tsp
 Jeera - 2 tsps
 Cashewnuts - 10 nos
 Ghee - 1 tbsp
 Curry leaves - a few
 Salt to taste



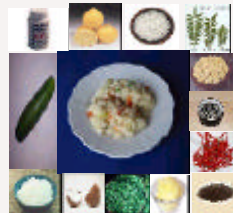
METHOD:

1. Heat a copper bottomed vessel with water & boil the green gram dhal till soft.
2. Heat a kadai with one tbsp of ghee, add asafoetida, fry ,add pepper, jeera & curry leaves, fry for a few minutes & add the rava, roast for few minutes & keep aside.
3. Add 9 cups of water to the green gram dhal & salt & when the water starts boiling, add the roasted rava & mix well & cook.
4. Wash & cut the ginger into tiny bits. Roast the ginger bits & cashew nut bits in a little ghee & add to the pongal.

Cucumber Pongal

Ingredients:

Rice - 200 gms
 Cucumber(big size) - 2 nos
 Grated fresh coconut - 1 cup
 Green chillies - 6 nos
 Ghee - 50 gms
 Mustard seeds - 1 tsp
 Red chillies - 2 nos
 Urad dhal - 1 tsp
 Cashewnuts - 15 nos
 Curry leaves - few
 Salt to taste
 Lemon - half
 Asafoetida - ½ tsp.



Method :

1. Prepare rice as usual . Grate the cucumber , removing the skin & mix with the salt & ghee & keep aside.
2. Heat a kadai with ghee, add mustard seeds, broken red chillies, cashewnut pieces, grated fresh coconut, cut green chillies & fry for some time.
3. Add the grated cucumber after removing the water mix the rice with powdered asafoetida & lemon juice.
4. This pongal can be eaten with any raita.

Katta Pongal

Ingredients:

Rice - 2 cups
Chennadhall - ¼ cup
Red chillies - 8 nos
Asafoetida(powder) - 1 tsp
Tamarind - big lemon size
Salt to taste
Turmeric powder - 1 tsp
Refined oil - 50 gms
Mustard seeds - 2 tsps
Dhania - 1 tbsp
Gingilli oil - 4 tsps
Curry leaves & coriander leaves - 2 bunches



Method :

1. Soak chennadhal well. Dry roast dhania well (without oil) powder & keep aside.
2. Break the chillies into two pieces. Clean the rice & prepare coarse rawa in a mixie. Sieve the rawa & remove the flour.
3. Soak the tamarind in water & get the thick extract.
4. Heat a kadai with oil, add mustard seeds, add red chilli pieces & curry leaves, soaked chennadhal & turmeric powder. Fry for few minutes & keep.
5. Boil water in a copper bottomed vessel, (for 1 cup of rawa add 2½ cups water) add the seasonings. When the water boils, add rawa & mix well without lumps. When the consistency is reached, add the thick tamarind extract & dhania powder, mix well.
6. Place the pongal in pressure cooker & cook for one or two whistles. Open, add salt, 4 tsps of gingilly oil, mix well & add cut coriander leaves. When hot, serve with potato chips or cucumber - onion salad.