

INTERNATIONAL FOOD FAIR – VIRTUAL TOUR

Sweet Pongal



COUNTRY
India



SERVINGS

4-8

INGREDIENTS

Mung (dal) lentils: ½ cup
White Rice : ½ cup
Water - 2-3 cups
Jaggery OR Brown sugar: ~⅔ cup
Butter or Ghee: 1-2 tbsp
Coconut flakes (Optional): ~2-3 tbsp
Cardamom : 2-3 crushed
Cloves : 3-4 crushed
Cashews : 10-12
Raisins : ~ 2 tbsp

TIME TO
PREPARE



~10 mins

TIME TO
COOK



~30 mins

TOOLS NEEDED

- Skillet
- Spatula
- Mortar and Pestle
- Rice maker or the like
- Range top

PROCEDURE

1. Dry roast the Mung lentils on a skillet until it turns fragrant (~5-10 minutes on medium. It doesn't have to turn brown, but that can indicate the end point. Don't let it burn).
2. Add the roasted lentils and rice in a rice maker/pressure cooker/saucepan (whatever dish you want to use to cook them) and 2-3 cups of water (you can add part milk instead if you want to), and cook until both the rice and the lentils are soft.
3. Once fully cooked, add the brown sugar or jaggery (if using jaggery, dissolve the jaggery in a pot of boiling H₂O, and pour it into the rice-lentil mix). If it looks too dry, add some water.
4. In a separate skillet, add the ghee or butter and let it melt (make sure not to heat up too much if using butter). Sautee the cashews and raisins, and set aside.
5. To the same ghee, add the coconut flakes, followed by cardamom and cloves. Give them a stir, and add them to the rice-lentil-sugar. Let the mix boil for about a minute.
6. Pour them into a serving dish, and garnish with the friend cashews and raisins. Serve hot or cold.