



Photo credit: Dassana Amit

Upma Kitchedi

INGREDIENTS

- 1 cup rava – 150 grams, fine textured (sooji or cream of wheat or semolina flour)
- 3 tbsps ghee
- 1 tsp mustard seeds
- 1 tsp chana dal (split and husked bengal gram)
- 1 tsp urad dal (split and husked black gram)
- 1/3 cup chopped onions
- 1 or 2 green chillies – chopped
- 1/2 tsp finely chopped ginger
- 8 to 9 curry leaves – chopped
- 1/4 cup finely chopped carrots or grated carrots
- 1/4 cup green peas – fresh or frozen
- 1/2 cup finely chopped tomatoes
- 1/4 teaspoon turmeric powder
- 2 tbsp coriander leaves
- 3 cups water
- Salt as required

Paddy's

Recipe by Poompa
www.paddysmarkets.com.au

SCAN HERE TO FIND OUT
WHEN OUR NEXT COOKING
DEMO IS ON



METHOD

1. Heat a pan or wok or kadai and then add rava to it. Keep the heat to a low while roasting rava. Stir often when the rava is being roasted.
2. When the rava granules change their colour and you get a nice aroma from the rava, then switch off the heat. Remove the roasted rava on a plate. Keep aside
3. In the same pan add 3 tbsp ghee. Keep the heat to a low.
4. Once the ghee becomes hot, add mustard seeds and let them splutter.
5. When the mustard seeds begin to splutter, add chana dal and urad dal.
6. On a low heat, fry until the lentils become golden. Make sure not to burn the lentils. Then add finely chopped onions. Sauté until the onions turn translucent.
7. Next add chopped green chillies, finely chopped ginger and chopped curry leaves. Stir and mix.
8. Add finely chopped carrots, green peas and finely chopped tomatoes. Mix to combine. Then add turmeric powder.
9. Mix again and saute for 3 to 4 minutes on low heat.
10. Then pour 3 cups water. Add salt as per taste. Increase the heat and let the water come to a boil.
11. Once the water comes to a boil, then reduce the heat and add the rava in batches. As soon as you add a batch of roasted rava, mix very well. So that lumps are not formed. Add another batch of rava. Mix again.
12. This way add the rava in 3 to 4 batches and mix very well.
13. Cover the pan with a lid and on low heat, steam the rava kichadi for about 2 to 3 minutes.
14. Once done remove the lid and add 2 tbsp chopped coriander leaves. Mix very well. Serve.



Recipe by Poompa
www.paddysmarkets.com.au

SCAN HERE TO FIND OUT
WHEN OUR NEXT COOKING
DEMO IS ON





Photo credit: Dassana Amit

Avial

INGREDIENTS

- 1 cup chopped yellow pumpkin
- 1 to 2 chopped drumsticks (moringa pods, sahjan ki phalli)
- 1 cup chopped elephant
- 1 cup chopped cucumber
- 1 cup chopped plantain (raw unripe banana)
- 1/2 cup chopped green beans
- 1 cup fresh grated coconut
- 2 to 3 green chillies
- 1 tsp cumin
- 1/3 - 1/2 cup water, for grinding

Paddy's

Recipe by Poompa
www.paddysmarkets.com.au

SCAN HERE TO FIND OUT
WHEN OUR NEXT COOKING
DEMO IS ON





Photo credit: Dassana Amit

Avial

METHOD

1. Peel and chop the vegetables into medium to long thick sticks or batons. Keep aside. For the chopped unripe banana, keep it immersed in water so that it does not darken.
2. Beat 1 cup of fresh curd with a wired whisk and keep aside.
3. In a grinder take 1 cup grated coconut, 1 teaspoon cumin seeds and 2 to 3 green chillies (chopped).
4. Add 1/3 - 1/2 cup water and grind to a coarse paste. Keep this coconut paste aside.
5. Add the chopped vegetables to a pan over medium-high heat.
6. Sprinkle 1/2 tsp turmeric powder and salt as per taste. Add 1 cup water and stir well.
7. Cover the pan and keep it on a stovetop on medium-low flame.
8. Check on the water level to see if more needs to be added.
9. Add the ground coconut paste. Mix gently but well.
10. Let the mixture simmer for 5 to 7 minutes or until the veggies are completely cooked.
11. Add the whisked curd and mix gently. Simmer for a minute and switch off the flame.
12. Add 1 to 2 tablespoons coconut oil and curry leaves. Mix well. Then cover and let the flavors infuse for 5 minutes

Paddy's

Recipe by Poompa
www.paddysmarkets.com.au

SCAN HERE TO FIND OUT
WHEN OUR NEXT COOKING
DEMO IS ON

