



Mysuru Bisibelebath Recipe



Prep.

1. Pressure cook rice and tuvar dal together or separately. If time permits cook them separately. (Rice should not be too mushy, but tuvar dal should be well cooked).
2. Cut vegetables
3. If you are using fresh tamarind pulp, keep the extract ready from 1 small lime sized tamarind.

Ingredients

Water	-	5-6 cups (approx.)
Rice	-	1 cup
Tuvar Dal	-	3/4 cups
Cubed Vegetables (carrots, beans)	-	½ cup
Tamarind pulp	-	1 tbsp.
Jaggery	-	1/2 tbsp.
Turmeric powder	-	¼ tsp
Curry leaves	-	1 sprig
Salt	-	1 tsp (or as per taste)
Thindi Box BBB Podi	-	2.5 tbsp (adjust as per spice preference)
Ghee	-	2 tsp
Cilantro (chopped)	-	2 tbsp
Green chilli	-	1 (optional)

For Tempering:

Ghee	-	1 tbsp
Mustard seeds	-	½ tsp
Red chillies	-	1
Hingue (asaphoetida)	-	½ tsp
Curry leaves	-	from 1 sprig
Cashew	-	5-10 pieces
Peanuts	-	10-15 pieces
Onion	-	½ cup chopped (optional)
Green bell peppers	-	½ cup chopped (optional)

Method

1. Take rice and toor dal together. Wash and drain. Now add 3.5-4 cups water and pressure cook (about 3-4 whistles). If you are cooking separately, for rice use 2.5-3 cups of water, for tuvar dal, use 1.5 cups of water and pressure cook. When this is ready, keep it aside.
2. In another large vessel, boil the vegetables in enough water.
3. Add **tamarind pulp, jaggery and turmeric powder**. Let it come to a rolling boil. (And green chilli at this point if you plan to use for extra heat).
4. Now add **curry leaves, and salt** to the vessel.
5. Lower the flame and add the cooked **rice and tuvar dal**. Adjust the consistency with more water if required. It should be a little runny at this stage.
6. Now time to add **Thindi Box BBB Podi**. Mix well to make sure there are no lumps.
7. Add more water (1cup) to adjust the consistency, if required and let it simmer. Keep stirring to make sure it doesn't get burnt.
8. Add a dallop of ghee, stir and switch off the flame.
9. **Prepare the tempering** and pour it on top of the Mysuru bisibelebath
10. **Garnish** with plenty of fresh coriander leaves!
11. Enjoy!

Notes:

- *This dish will thicken as it cools down. So do keep the consistency watery when you are done preparing it.*
- *Before serving, if it is too thick adjust the consistency by adding some boiling water and a pinch of salt. And re-heat it.*
- *Onion and bell pepper in the tempering gives an added flavor to the dish and can be used as a variation.*

