



Priya's

BISIBELEBATH

Time: 25 minutes

Serves: 4

Priya's

BISIBELEBATH

This is a spicy, traditional, one pot South Indian dish. Although traditionally made with rice and lentils, we have substituted millets (a wholegrain) for rice, but you can choose either - or both!

Whilst the accompanying video shows it cooked in a pressure cooker (which is faster) you can make it in a saucepan, in which case place on a low to medium heat with a lid and stir periodically. Cooking time will be longer, so cook for approximately an extra 10 minutes, or until the millet or rice is cooked through with no resistance to bite.

The split yellow mung lentils and spices are available in all main supermarkets. Millets and sambar powder are less easy to find, but they are available in Indian shops or on Amazon.

Links for ingredients are found on the final page, after the recipe.

Watch the video [here](#).





BISIBELEBATH

INGREDIENTS

Legumes & Lentils

100g Split Yellow Mung Dal

75g Peas (1/2 cup)

Wholegrains

200g Foxtail millet (1 cup)

75g Sweetcorn (1/2 cup)

Oil

2 tblsp rapeseed oil
(monounsaturated, heart healthy)

Fruit & Veg

2 Tomatoes (diced)

75g Carrots (1/2 cup)

2 medium Onion

3 cloves Garlic

Herbs & Spices

handful fresh coriander

1/2 tsp turmeric powder

2 tblsp coriander powder

1 tsp garam masala

to taste salt

1 tblsp sambar powder*
(optional)

1 tsp cumin seeds

1/2 tsp mustard seeds

Water

1.1 litre (4 1/2 cups)

(water is usually added at a ratio of 3 times the volume of the grains and lentils combined)

If cooking in a saucepan add an extra 100mls of water and more if needed (e.g. if the food is sticking to the pan or cooking dry) as water will evaporate compared with a pressure cooker which is a sealed pot.

METHOD

This dish is demonstrated in a pressure cooker. Pressure cookers are a great time saver, but if you don't have one don't worry - this dish is easily made in a saucepan on the hob. In this case the time taken is longer, and you may need to add more water as you stir periodically, as some will evaporate compared with a pressure cooker which is a sealed container.

If using fresh vegetables, saute these with the onion and garlic. If using frozen, add them as per the instructions here.

To make Bisibelebath:

1. Dice all of the vegetables or remove frozen veg from freezer. Rinse the millet and lentils so that the water runs clear.
2. Heat oil in the pan.
3. Add mustard seeds and cumin seeds to the hot oil. Once crackling add sliced garlic. Mix.
4. Add the chopped onion. If using fresh vegetables (rather than frozen) add them now and sauté with the onion and garlic.
5. Cook on a medium heat for 5 minutes so that the onions begin to brown.
6. Add the following spices: salt, turmeric, coriander powder, garam masala & sambar powder (optional).
7. Cook the onion, garlic and spices for a couple of minutes.
8. Add the diced tomato, millet and lentils. Add 1.1 litres (1 litre + 100mls) of water
9. If using frozen vegetables add these now. Mix.





BISIBELEBATH

INGREDIENTS

Legumes & Lentils

100g Split Yellow Mung Dal
75g Peas (1/2 cup)

Wholegrains

200g Foxtail millet (1 cup)
75g Sweetcorn (1/2 cup)

Oil

2 tblsp rapeseed oil
(monounsaturated, heart healthy)

Fruit & Veg

2 Tomatoes (diced)
75g Carrots (1/2 cup)
2 medium Onion
3 cloves Garlic

Herbs & Spices

handful fresh coriander
1/2 tsp turmeric powder
2 tblsp coriander powder
1 tsp garam masala
to taste salt
1 tblsp sambar powder*
(optional)
1 tsp cumin seeds
1/2 tsp mustard seeds

Water

1.1 litre (4 1/2 cups)
(water is usually added at a ratio of 3 times the volume of the grains and lentils combined)

If cooking in a saucepan add an extra 100mls of water and more if needed (e.g. if the food is sticking to the pan or cooking dry) as water will evaporate compared with a pressure cooker which is a sealed pot.

METHOD

10. Add fresh coriander. Stir.
11. If using a pressure cooker add the lid and pressure valve and cook until the vent has released the pressure 3 to 4 times. **Allow all the pressure to be released before opening the lid of a pressure cooker- it is dangerous to try to remove the lid without doing this.**
12. If preparing in a saucepan, cook on a medium heat with a lid on. Stir occasionally to stop the food sticking to the pan. You can add more water if needed (typically 100mls to allow for evaporation). Cooking time is 15 minutes in a saucepan, but can vary, so check the vegetables are easily sliced with a fork, and that the millet is soft and cooked though.

Plate up and enjoy!



BISIBELEBATH

SOURCING INGREDIENTS

These days most of these exotic ingredients are available in major supermarkets. If you enjoy Indian food, the essential spices that are core for most recipes are: chilli powder, turmeric powder, coriander powder, cumin powder and garam masala. You can make a huge array of authentic Indian recipes with these core spices.

All of the spices in this recipe-except sambar powder, are found in most supermarkets either in the world foods isle or simply in their spices section. Links- where available- are given below, and you may find different sized packs than the ones I have linked to here.

Sambar powder is available either in Indian shops or on Amazon. If you enjoy Indian food, then I recommend investing in some spice mixes. Not only do dried spices keep for a long time, but they are packed with antioxidants and allow you to use similar foods and transform them into exciting and varied flavours with relative ease.

Millet is difficult to obtain in supermarkets, so you can either substitute in brown rice (no adjustment for cooking time is necessary), or find it in Indian shops, health food shops or again on Amazon.

LENTILS

<input type="checkbox"/>	Split Yellow Mung Dal	Tesco
<input type="checkbox"/>		Sainsburys
<input type="checkbox"/>		Asda
<input type="checkbox"/>		Waitrose - no link

MILLET

<input type="checkbox"/>	Foxtail millet	Amazon
--------------------------	-----------------------	------------------------

SPICES

<input type="checkbox"/>	1/2 Turmeric powder	Tesco
<input type="checkbox"/>		Aldi Sainsburys
<input type="checkbox"/>		Waitrose Asda
<input type="checkbox"/>	1/2 Coriander powder	Tesco
<input type="checkbox"/>		Aldi Sainsburys
<input type="checkbox"/>		Waitrose Asda
<input type="checkbox"/>	Garam masala	Tesco
<input type="checkbox"/>		Aldi Sainsburys
<input type="checkbox"/>		Waitrose Asda

<input type="checkbox"/>	Mustard seeds	Tesco
<input type="checkbox"/>		Aldi Sainsburys
<input type="checkbox"/>		Waitrose Asda
<input type="checkbox"/>	Cumin seeds	Tesco
<input type="checkbox"/>		Aldi (no link) Sainsburys
<input type="checkbox"/>		Waitrose Asda
<input type="checkbox"/>	Sambar powder	Amazon