



UTTHAPAM WITH SAMBER

Cook Time	20
Prep Time	5
Serves	4-6

Ingredients (Contd.)

BMC Asafoetida (Hing)	1/4 teaspoon
Green chillies slit	4
Curry leaves	10 - 12
Drumsticks 2½ inch pieces	2
BMC Samber Powder	1 1/2 tsp
Salt	To taste

Preparation

Step 1

Cook the dal in a pressure cooker with two and a half cups of water, BMC Turmeric Powder (Haldi) and one teaspoon oil for three whistles. Open lid once the pressure has reduced and mash the cooked dal lightly with a wooden spoon.



Ingredients

Toor / Arhar Dal	1/2 cup
BMC Turmeric Powder (Haldi)	1/4 cup
Oil	4 tbsp
Tamarind	1 lemon sized ball
Mustard seeds	1/2 tsp
Whole dry red chillies broken	4
Fenugreek seeds (methi dana)	1/2 teaspoon

Step 2

Soak tamarind in a cup of warm water. Extract the pulp and keep aside.

Step 3

Heat the remaining oil in a thick-bottomed pan. Add mustard seeds and when they start spluttering, add dry red chillies, fenugreek seeds and BMC Asafoetida (Hing).

Step 4

Stir and add green chillies, curry leaves and drumsticks and cook for one minute on medium heat. Add BMC Samber Powder, salt and one cup water.

Step 5

Reduce heat and simmer for approx. 8 minutes or till drumsticks are cooked. Add tamarind pulp, boiled dal and simmer for 2-3 minutes.

Step 6

Serve hot with steamed rice and papad.