

Supplementary file 6: Recipes for the cooking demonstrations by the dietitian

SAMBAR:



Ingredients:

Toor dal - 1 cup
Tamarind - small lemon sized ball
Onion -1 finely chopped
Mixed Vegetables – 1 1/2 cup
Sambar powder - 1 tbsp
Turmeric powder - 1/2 tsp
Salt as required

For the seasoning

Oil – 1 ½ tbsp
Mustard seeds -2 tsp
Hing - a generous pinch
Fenugreek seeds - 1 tsp
Red Chilli - 1
Curry leaves – few

Method:

- After wash, soak dal in water for 15-20 minutes and pressure cook for 3-4 whistles.
- Soak tamarind in water and extract 1 ½ cups of tamarind juice and discard the pulp.
- Heat a tbsp of oil, add mustard seeds, when it splutters, add hing, red chillies, fenugreek seeds, curry leaves, finely chopped onions and saute for a few minutes. Then add tamarind water, turmeric powder, salt needed and sambar powder. Let it boil until the raw smell of the tamarind and the sambar powder goes. Approximately it will take around 5-8 minutes.
- Mean time pressure cook dal, keeping the mixed vegetables in a small container. After the raw smell of the tamarind and the sambar powder goes, add the mash dal to the sambar along with needed water. (little less than 1/2). Simmer and bring everything to a boil, until the Sambhar thickens a little. At this point add the vegetables and boil for 2 -3 mins. Garnish with coriander leaves.

Yellow pumpkin Gravy (Parangikai kootu)

Serves-4-5



Ingredients:

Yellow Pumpkin - 3 cups chopped

Toor dal - 1/3 cup

Turmeric powder - a pinch

Onion - 2 chopped

Tomatoes - 2

Ginger - 1 inch piece finely chopped

Fry and grind

Red chilli -3

Whole black Pepper - 1/3 tsp

Peanuts - 1 tbsp

Grated coconut -1/4 cup

For the seasoning

Oil -2 tsp

Mustard - 1 tsp

Curry leaves – few

Preparation

1. Peel, chop pumpkin into cubes and cook in little water adding salt and turmeric powder. Do not pressure cook as it will become mushy.
2. Heat a tsp of oil and fry pepper, red chilli and peanuts nicely and grind it along with grated coconut. Keep it aside.
3. Blanch tomatoes and take tomato puree.
4. Pressure cook toor dal till soft.

Method

- Heat oil, add mustard seeds, when it splutters, add onion, ginger and fry till onion turns transparent.
- Then add the grounded paste, tomato puree, cooked dal, needed salt, mix well and bring it to boil. Then add cooked pumpkin.
- Serve it with rice or as a side dish for chapati.

HARIYALI PULAO:



Ingredients

2 cups finely chopped green leafy vegetable [Fenugreek (methi) leaves, Spinach (Palak) leaves and Mint leaves]

1½ cup brown rice(raw)

½ cup boiled Black channa/ Soya chunks

½ cup curd (optional)

1 tbsp oil

1 tsp cumin seeds (jeera)

1 green chilli , sliced vertically

1/2 tsp finely chopped ginger (adrak)

1 tbsp chopped garlic (lehsun)

1 cup finely chopped onions

1 cup finely chopped tomatoes

1/4 tsp turmeric powder (haldi)

1 tsp chilli powder

2 tsp garam masala

Salt to taste

Method:

- Clean, wash and soak the brown rice in enough water for 30 minutes. Pressure cook rice with salt.
- Heat the oil in an iron wok and add the cumin seeds.
- When the seeds crackle, add the green chillies, ginger, garlic and onions and sauté on a medium flame for 1 to 2 minutes.
- Add the tomatoes, fenugreek leaves, spinach leaves, mint leaves, boiled channa/soya chunks, turmeric powder, chilli powder, garam masala and salt, mix well and cook on a medium flame for 1 to 2 minutes while stirring occasionally.
- Add curd and cook for 1-2 minutes followed by rice. Mix well.
- Serve immediately.

Tips:

1. You can use leftover rice to prepare this pulao.
2. Can add any vegetables left at home.
3. Can also add egg or meat to increase the protein content.
4. This can be served with plain curd/ Raita.