Main dishes / Bangladesh

Bhuna khichuri



Rice and lentils fried before the water goes in. Bengali food for a rainy day.

Time 65 min **Servings** 5

What you'll need.

- [ ] 400 g Short-grain rice
- [ ] 250 g Moong dal
- [ ] 2 piece Onions
- [ ] 40 g Ginger
- [ ] 5 piece Green chillies
- [ ] 2 tsp Turmeric
- [ ] 2 tsp Ground cumin
- [ ] 3 piece Bay leaves
- [ ] 1 piece Cinnamon stick
- [ ] 5 piece Cardamom pods
- [ ] 80 g Ghee
- [ ] 3 piece Potatoes
- [ ] Salt — to taste

Let's make it.

01 Dry-roast the moong dal for five minutes, to a nutty smell, and rinse it.

02 Rinse the rice and dry it. Wet rice will not toast; it steams in its own water.

03 Heat the ghee, brown the potatoes and lift them out.

04 In the same ghee fry the bay, cinnamon and cardamom, then the onion and ginger until golden.

05 Add the rice and dal with the turmeric and cumin and toast them five minutes, stirring.

06 Add boiling water at twice the volume of the grain, return the potatoes, season and add the whole chillies.

07 Cover and cook twenty minutes on a low heat, then let it stand ten minutes without opening it.

Recipe & provenance UniTools / UniTools — theunitools.com / CC BY-SA 4.0.
Original recipe and attribution CC BY-SA 4.0
Photo: Nilanjan Sasmal / CC BY-SA 4.0 / UniTools. Cropped to fit this page.
recipes.dvs-services.be / bhuna-khichuri