



Uppma

A RECIPE BY CAROL NACE

ingredients

- 3 TBSP ghee
- 1 tsp split dhal (soaked in boiling water)
- 1/2 cup chopped cashews
- 1 1/2 tsp cumin seeds
- 1/2 tsp black mustard seeds
- 1-2 fresh thai chillies
- 2 cups diced vegetables (carrots, celery, zucchini, cauliflower, and peas)
- 1 cup chopped spinach
- 1 cup cracked wheat
- 2 cups spring water
- 1 1/2 tsp salt or to taste
- 1/2 cup garnish (cilantro, parsley, basil or mint)
- Limes

directions

- Dry roast wheat till fragrant, remove from heat and set aside.
- Heat ghee in frypan until melted
- Add dhal and cashews to ghee, then add chilies, cumin and mustard seeds. Fry until dhal browns and seeds pop.
- Add diced vegetables and fry for 2-3 minutes. Add wheat, stirring for 2-3 minutes.
- Add water, spinach, salt and 1/2 garnish. Cover and reduce to low heat. Simmer for 15 minutes or until the water is absorbed.
- Remove from heat.
- Fold in remaining garnish herbs.
- Serve with slices of lime and extra ghee.

