

Semolina with Vegetables

Rava Upma



- ½ cup semolina
 - 1 cup water
 - 2 tsp oil
 - 1/4 tsp mustard seeds
 - 1/4 tsp cumin seeds
 - 1 pinch asafoetida
 - 5-6 curry leaves
 - ½ tsp grated ginger
 - ½ tsp coriander powder
 - ½ tsp cumin powder
 - Salt to taste
 - 1-2 tomatoes - can cook or eat raw on the side
 - 1 cup potatoes, cabbage, cauliflower, carrots etc
 - Fresh coconut
 - Fresh coriander leaves
1. Dry roast the semolina in a pan for 10 to 15 minutes till it turns pinkish brown. Remove from the pan.
 2. Heat the oil and add the mustard seeds. When they pop add the cumin, asafoetida, curry leaves, ginger, coriander powder and cumin powder. Add vegetables and half cook.
 3. Add the roasted semolina, salt and water. Bring to boil, cover and simmer for 10 minutes.
 4. Uncover and fry for 2 to 3 minutes.
 5. Add fresh coconut to taste and coriander leaves.