

courtesy:Mrs.Kantheruby Venkatraman.



Puli saadham is a rice dish served on Vegetarian Fridays. The rice

is savory; mixed in a sour tamarind and spice sauce. The dish is served as a main course.

Ingredients:

2 cups rice(14oz);cook and set aside*

*refer to cooking notes on how to cook rice.

1 large onion;sliced

1 stalk curry leaves;stripped(20 leaves)

Puli Saadham (Tamarind Rice) - Vegetarian

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3 dried red chillies;tear into pieces
3 tablespoon oil
1/2 teaspoon mustard seed
1 1/2 tablespoon tamarind pulp;mix with 1/2 cup
water;strain
1 teaspoon tumeric powder
salt to taste

Method of preparation:

Heat oil in a wok. Add onion,mustard seeds,curry leaves and dried red chillies. Saute till the onion is golden brown. Add salt and tumeric powder. Stir.Then add the strained tamarind juice. Stir well. Bring the tamarind sauce to a boil. Reduce to low flame. Next,add the cooked rice.Mix thoroughly and stir till the sauce has been absorbed by the rice. Serve hot as a main course.

Note:

Adjust the amount of tamarind pulp and dried red chillies to control the sourness and hotness respectively.