

Recipe

Sahai Uppama

By

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Ingredients

- Cream of wheat - 2 cup
- Butter-milk - 2 cup
- Coconut milk - 1 ½ cup
- Green chilies, chopped - 6
- Urad dal - 2 tbsp
- Curry leaf - 5 - 6
- Sugar - 2 tsp
- Cashew-nut - 10 -12
- Ghee - 3 tbsp
- Oil - 4 tbsp
- Asafetida - ½ tsp
- Salt - as required

Preparation

1. Sift cream of wheat.
2. Roast cream of wheat in 1 tsp Ghee for 5 minutes.
3. Heat ghee or oil in a pot.
4. Add urad dal and roast till brown.
5. Add chopped green chilies and roast for 1 minutes, then add curry leaf, asafetida.
6. Then Add butter-milk, salt, sugar and boil.

Serves

5-6 Persons

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Hare Rama Hare Rama Rama Rama Hare Hare**