

# Semolina and Vegetable Pudding

by Anand Lila devi dasi



*"Krishna is very kind.  
Therefore, He has given us  
his remnants of food stuff"*

## Ingredients

Coarse-grain semolina (rava).....	1 ½ C	Zucchini, diced.....	1
Butter.....	4 Tbsp	Small potato, diced.....	1
Yogurt.....	¾ C	Carrot, shredded.....	1
Ghee/oil.....	1 Tbsp	Turmeric powder.....	½ tsp
Black mustard seeds.....	1 Tsp	Water.....	3 C
Green chili, chopped.....	1	Salt.....	1 ½ Tsp
Fresh curry leaves.....	9-10	Tomato paste.....	2 Tbsp
Asafetida powder.....	¼ Tsp	Lemon juice.....	2 ½ Tbsp
Bell pepper, seeded and diced.....	1		

- Preparation**
- 1) Stir fry the semolina in a frying pan over moderate heat, adding 2 Tbsp of butter, until it darkens a few shades. Take off from heat, add the remaining 2 Tbsp butter and fold in the yogurt. Keep aside.
  - 2) Heat 1 Tbsp of ghee/oil over moderately high heat. Drop the mustard seeds, sauté until they crackle. Add the green chili and curry leaves, sauté for few moments, then add all the vegetables and turmeric. Stir-fry for 4-5 minutes.
  - 3) Add the water, bring to a boil. Add salt and tomato paste, stir to combine. Add the semolina, stirring continuously. Reduce the heat to very low, cover and cook until it becomes light and fluffy. Add the lemon juice. Remove from heat. Serve hot.

**Serves :** Four-Six

For further details please contact : [anandliladd@gmail.com](mailto:anandliladd@gmail.com)  
[www.iskcondesiretree.com](http://www.iskcondesiretree.com)