

Recipe

Farali Misal

By

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Misal is a popular dish of Maharashtra state in India. Farali Misal is traditionally prepared on fasting days and can be taken on Ekadashi day.

Ingredients

This dish consists of 3 items assembled together before serving-Potato peanut curry, Sabudana khichadi and Farali Chivda

For potato peanut curry:

- Potatoes peeled & chopped – 1 cup
- Peanuts (roughly crushed) – 1 cup

- Green Chilies -- 2-3
- Ginger paste -- 1tblspn
- Ghee – 1-2 tblspn
- Cumin seeds (jeera) – 1-2 tspn
- Sugar – to taste
- Salt – to taste

For Sago (sabudana) Khichadi

- Sago – 1 cup
- Cumin seeds (jeera) – 1-2 tspn
- Curry leaves – 4-5
- Peanuts (roughly crushed) – 1/3 cup
- Green Chilies – 2-3
- Ghee – 2-3 tblspn
- Sugar – to taste
- Salt – to taste

- Farali Chivda* – 1 pkt

* Farali chivda is available in most Indian grocery stores. If not you can substitute with fried potato Sali or chips

Preparation

Potato Peanut Curry:

1. Heat ghee in a vessel. Add chopped green chilies and cumin seeds. Add ginger paste and stir till golden brown.
2. Now add the chopped potatoes and mix well. Add water and boil till potatoes are soft and mushy. Add salt, sugar and the peanut powder.
3. Mix well and heat for 3-4 minutes. Add more water if the curry becomes dry (this curry should be pourable consistency).

Sago (Sabudana) Khichadi:

1. Wash & drain sago. Pour water in the sago to cover the surface completely & soak overnight. When soaked properly the sago pearls will swell up to 4 times in size and will be soft.
2. Add salt and sugar to the sago and mix well
3. Heat ghee in a vessel. When sufficiently hot, add the cumin seeds, green chilies and curry leaves. Keep the heat on medium or low and add the sago while stirring constantly. This is necessary to prevent the sago from sticking together.
4. Cover the vessel and let cook for 3-4 minutes. When done the sago will be very soft and translucent. Now add the crushed peanut and mix well.

Assembly:

1. Place a serving of Sago khichadi in a bowl.
2. Pour a ladle of Potato peanut curry on it.
3. Sprinkle farali chivda on top. Garnish with coriander and serve immediately.

Serves

3-4

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Hare Rama Hare Rama Rama Rama Hare Hare**