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Ven pongal instant pot

Go to the recipe printing recipe This instant ven pongal pot is one of the dishes I momentarily opened my pot with. This easy and simple recipe is a staple dish for most South Indians. It's the southern Indian equivalent of a risotto, but here we have both rice and moon dal instead of just rice. Usually had for breakfast, ven pongal is a comfort food for many. It's one of my favorite dishes and I like to have this with loads and loads of sambar or gotsu! I remember my husband used to make it a lot for me in the first few months of our marriage. This was one of the very few dishes that knew how to do well ☺ it's so easy! So if you're new to cooking and want to start with an easy rice dish, this is for you. Since the dish is mild, it is usually combined with some spicy chutney or sambar. Pongal, idlib vada combo is one of the most popular breakfast items you will find at any South Indian restaurant in India. This dish needs to be eaten piping hot, with buckets of these delicious accompaniments to go with it and is usually sprinkled with lots of ghee. So if you're vegan, I wouldn't recommend ordering this in a restaurant, as it's usually done with mistletoe, sometimes rice is cooked in milk too. But at home, you could swap the mistletoe for a neutral tasting oil and I assure you you won't find much difference in taste. When your ven pongal cools down, the rice begins to cluster together and hardens a little. So if you do this in an instant pot, you will keep it in warm mode until it is ready to be served. For leftovers, the next day, add some hot piping water and mix well, until the rice reaches the consistency you need and adjust the salt depending on adding a little extra water. Don't you have an instant container? You can easily do this in the normal pressure cooker. You will follow the steps as it is and cook it for 4 whistles and release the pressure naturally. Lets go to the recipe. 1 cup rice washed and drained I used white rice traditionally used. You can replace it with brown rice/ millet/ quinoa. They taste just as good 1/4 cup moong dal washed and drained 1 1/2 teaspoon ginger finely chopped reduce the qty if you don't like too much ginger 1 1/2 teaspoon coarsely ground pepper 1 1/2 teaspoon cumin 1 sprig curry leaves one large fat pinch asafoetida salt to taste 4 cups more water to bring it to the consistency you need 1 1/2 tablespoons olive oil use ghee if not vegan 8 to 10 cashews sauteed in oil / ghee - optional for garnish Switch on saute in your instant container. Add the olive oil and when hot add the cumin seeds, chopped ginger, pepper, curry leaves and saffron. Sauté for a minute. Be careful not to burn the spices. Now add the moong dal to it and fry it for a minute. When you're done, turn off sauté mode. Add rice, 4 cups water, salt as needed and cook on manual high for 15 minutes and natural natural Release. Sauté some cashews in olive oil/gi and garnish the pongal with the nuts. Serve hot with sambar, gotsu or chutney! If the pongal thickens when cooled, add a little hot water to dilute it with the consistency you desire. Here are some chutney and sambars you could pair your pongal with - Peanut chutney, onion tomato chutney Kokovakai and peerkangai chutney, Pasiparuppu dal/gotsu, Tiffin sambar or 7 thaan kootu If you've tried this instant Pongal recipe pot and liked it, share a picture with the hashtag #cookingwithpre on Instagram or Facebook. I would love to know what you guys are cooking Loving this instant Ven Pongal pot and looking for more instant pot or Vegan recipes? See Pinterest tables for inspiration. Good cooking! A delicious blend of rice and lentils, this Ven Pongal is done so well in Instant Pot! Tied with mistletoe and served with cashews and tdka, this is a keeper! Reprinted with permission from The Essential Indian Instant Pot Cookbook, copyright © 2018 by Archana Mundhe. Published by Ten Speed Press, an imprint of Penguin Random House LLC. Winter is around the corner and all I crave are bowls full of hot delicious breakfast recipes and a casserole dinner. While there are many options like khichdi and soups that make an appearance on the dinner menu; Ven Pongal is something I've recently added to the menu! In South India, this satisfying tiffin dish is eaten for breakfast, but can also be enjoyed as part of lunch or dinner. Rice and lentils are generously seasoned with curry leaves, cumin seeds, black pepper, and hing. Served piping hot with freshly cooked coconut chutney or Sambar, this ghee-laced dish makes a pleasant lazy weekend brunch. I've been making this dish in the pressure cooker for a few months; but I moved to make it to Instant Pot since I saw it in my friend Archana Mundhe's cookbook The Essential Indian Instant Pot. An easy to make recipe becomes super amazing from Instant Pot, I've hooked on it now! Speaking of the cookbook, Archana asked me to review the book and I was happy. It has a wonderful blog and now this book is out. I got my copy and I liked every part of it. All recipes in the book are easily understood and accurate! If you don't have a copy yet, you need to get one here. Plus, I'm hosting a giveaway on Instagram soon. Watch it on my handle @herbivorecucina! Why make Ven Pongal in instant pot? A good bowl of ven pongal is perfect for breakfast, brunch or dinner! Instant pot makes a super creamy version of lentil and rice. With the right proportions? the it won't stick to the base and not burn. In addition, each grain will be cooked evenly. Use the low pressure rice setting here so that the rice and lentils are cooked softly and have a lighter texture. The recipe comes along quickly and when served sprinkled with mistletoe, it's a healthy breakfast or dinner! The best part of the recipe is that it only takes one container to do everything from tdka to the finished product. The recipe requires baking the cashews and tdka in the pot. Then the pongal is made in the same container. So the flavors from the mistletoe automatically come into the pongal! If you're an Instant Pot lover like me? You should try these: Going back to the recipe, there are a few variations you can make to it. Start with a rice that you have readily available. Any short rice will work. Moong dal is usually found in most Indian shops and is required for the recipe. If you love cashews, you can add more to the top! I'd suggest you add the ginger. It gives the recipe a delicious taste that is unparalleled! Finally, use neutral vegetable oil or coconut oil for a vegan version. With all the information here, I hope you do this very soon! Plus, watch out for the giveaway on my Instagram handle! Ingredients Short-grained white rice (such as Abe Mohar or Kala Gelia) 1 cup coarsely chopped raw cashews 2 tablespoons Grated fresh ginger 2 teaspoons Cumin seeds 2 teaspoons Black pepper 1 teaspoon Fresh grated black pepper 1 teaspoon Curry leaves, finely chopped 20 Moong dal 1/2 cup Salt 2 teaspoon hing (asafetida) 1/8 teaspoon water 4 1/2 cups Method Measure the rice in a wire strainer, then rinse under running water for 10 seconds, swishing around. Drain and set aside. Choose the high setting 'Sauté' in the direct pot and heat 1 tablespoon of mistletoe. Add the cashews and sauté until golden brown, 1 to 2 minutes. Transfer the cashews to a small bowl. Add the remaining 3 tablespoons of ghee, grated ginger, cumin seeds, pepper, pepper, and curry leaves directly to the hot ghee at the bottom edges of the pot and sauté until fragrant, about 30 seconds. Transfer the tantka to the cashew bowl and set aside. Add the moong dal to the now-empty Instant Pot and sauté until toasted, about 1 minute. Add rice, salt, and hing; pour the water; and mix to combine. Secure the lid and set the pressure sheet to Seal. Press the Cancel button to reset the cooking schedule, then select Rice and set the cooking time for 12 minutes at low pressure. Let the pressure release naturally for 10 minutes, then move the pressure release into the ventilation to release any remaining steam. Press the Cancel button to turn off the Instant Container. Open the pot and mix the reserved cashews and tadka. Spoon the rice and on plates and serve hot with coconut chutney or Sambar. Ven Pongal is a satisfying tiffin dish eaten for breakfast in South India. Rice and lentils are generously seasoned with curry leaves, cumin seeds and black pepper. My family loves this rich, gluten-free, vegetarian meal for lunch and dinner. Traditionally done using pots, I like this quick a recipe container using the Instant Pot Pressure Cooker. The low pressure rice setting at Instant Pot is ideal for cooking soft rice and lentils with a lighter texture. Served hot with coconut Chutney and Sambar, this ghee-laced dish makes a pleasant lazy weekend brunch. What is Pongal? Pongal is a popular South Indian rice and lentil dish. Pongal is usually made in 2 versions, salty and sweet. Salty Pongal is known as Ven Pongal, Khra Pongal or Ghee Pongal. The sweet pongal is known as Sakkara Pongal and you can find an incredibly tasty recipe for it in The Essential Indian Instant Pot Cookbook. Pongal Pongal Festival is also a 4 day long harvest festival celebrated during the month of January in Tamil Nadu, Southern India. On the day pongal fresh milk is heated and allowed to boil over the pot, a tradition that translates to the word Pongal. Different rice dishes are cooked using this boiled milk and shared with family and friends. While Pongal is celebrated in South India, in West Maharashtra, where I grew up, we celebrate Makar Sankranti with foods like Bhogichi Bhaji (mixed curry vegetables), Tilachi Chikki (sesame crisps) and Gul Poli (sweet sesame parathas). Story behind my easy instant Pot Ven Pongal recipe: In the winter of 2018, while I was working on developing recipes for my cookbook, my mother friends in law were visiting the US. I was lucky to be given hours of her time for several days, teaching me many of my favorite South Indian recipes. Worked patiently with me as I perfected each recipe using Instant Pot. This authentic Ven Pongal recipe is one of her recipes that we developed together. Not only did he share many interesting stories behind South Indian cooking, but he also gave me all the tips and tricks to make the most delicious Pongal. I am grateful for her time and experience, it was an unforgettable experience learning South Indian recipes from a professional. I have four of her recipes published in The Essential Indian Instant Pot Cookbook. Here are some of the key ingredients, we add make this dish tastier, authentic and nutritious: Homemade Ghee - Check out this homemade Instant Pot Ghee Recipe Fresh Curry Leaves - One Must Have Fresh Herb in South India Cooking Available at Indian and Asian GrocersCumin Seeds - Adds Warm Flavors and Earthy Ginger Tones - Fresh Ginger Adds Fiery, Spicy Flavors Black Pepper - Add Intense Aroma , depth and heat Hing or Assafetida - Necessary spice in South Indian cooking, after adding to ghee in a musky aroma with smooth umami flavors Are you interested to learn more about Indian Spices? Check out all the spices I like to keep in my cupboard in this Essential Indian Spice Guide. Ven Pongal Variations: Vegan Ven Pongal - substitute neutral vegetable oil or coconut oil for gheeQuinoa Ven Pongal - rinse quinoa quinoa up to 3 times. Reduce the water to 3 cups and follow the rest of the Brown Rice Ven Pongal recipe - Add 3.5 cups of water, Increase the pressure cooking time to 20 minutes and cook at high pressure Here's how to make Ven Pongal in instant pot pressure cooker: Step 1: Sauté cashews and tadka Step 1: Choose the high Saute setting for the direct pot and heat 1 tablespoon of ghee. Add the cashews and sauté until golden brown, about 1 to 2 minutes. Transfer the cashews to a small bowl. Add the remaining 3 tablespoons of mistletoe, ginger, cumin seeds, peppercorns, pepper and curry leaves directly to the hot mistletoe at the bottom of the edges of the pot and sauté until fragrant, about 30 seconds. Transfer the tadka to the cashew bowl and set aside (photos 1 – 4). Step 2: Pressure cook rice and lentils Add the daal moong to the now-empty Instant Pot and sauté until toasted, about 1 minute. Then add rice, salt, and hing; pour the water; and mix to combine. Secure the lid and adjust the pressure release also Sealing. Press the cancel button to reset the cooking schedule, then select the Rice setting and set the cooking time for 12 minutes to low pressure (photos 5 – 8). Step 3: Stir the cashews and tadka Allow 10 minutes of natural pressure release, then move the pressure release valve into the ventilation to release any remaining steam. Press the cancel button to turn off the Instant Container. Open the Pot and mix the reserved cashews and tadka (photos 9 - 10). Enjoy warm with coconut chutney! Note: Ven Pongal is the best you enjoy right away. As it cools the lentils will continue to absorb moisture making the dish thicker or drier. To reheat simply add a little water to bring it back to the stew like consistency. Here's the Coconut Chutney recipe to serve with Pongal: In a blender or food processor coconut mixture, roasted chana daal, cumin seeds, green chiles, ginger and cilantro with 1/4 cup of water. Make a smooth paste, add more water as needed. Make a smooth paste. Heat the oil, add the black mustard seeds and let them pop. Add pinch hing/assafetida. Pour this hot oil over the mixed chutney and mix well before serving. Enjoyed the flavors of South India at this Veg Pongal? Check out some of my favorite vegetarian southern Indian Bisi Bele Bhath dishes - spicy, flavor packed rice and lentils cooked with Veg Kurma vegetables - mixed vegetables cooked in creamy coconut cashew-based riceCurd Rice - salty yogurt and rice Curious about all the lentils and beans used in Indian cooking? Check out my guide to basic Indian lentils and beans. Do you like the idea of a pot meal on weekdays? Here are some gluten-free rice and lentil dishes, known as Khichdi or Kitchari that are repeated in my home: Khichdi Mixed Vegetable Khichdi Masoor Khichdi ★ Have you tried this recipe? We love your comments, Please click the stars on the recipe card below to rate. Please click on the stars on the recipe card below Print Recipe Pin South Indian salty rice and lentils generously seasoned with curry leaves, cumin seeds and black pepper. Servings: 4 Calories: 431kcal Author: Archana Mundhe Instant Pot Pressure Cooker Coconut Chutney1/2 cup freshly grated coconut frozen fresh coconuts works2 tbsp split roasted chana daal1 tsp cumin seeds 1 to 2 green 1/2 inch chilli ginger1/4 cup cilantro1 teaspoon salt 1/4 cup water add more as necessary1 tablespoon oil1/2 teaspoon black mustard seeds1/8 teaspoon hing assafetida Measure the rice in a wire-eye strainer, then rinse under running water for 10 seconds, He's spinning it. Drain and set aside. Choose the high Saute setting for Instant Pot and heat 1 tablespoon of mistletoe. Add the cashews and sauté until golden brown, 1 to 2 minutes. Transfer the cashews to a small bowl. Add the remaining 3 tablespoons of mistletoe, ginger, cumin seeds, peppercorns, pepper and curry leaves directly to the hot mistletoe at the bottom of the edges of the pot and sauté until fragrant, about 30 seconds. Transfer the tantka to the cashew bowl and set aside. Add the moong daal to the now-empty instant pot and sauté until toasted, about 1 minute. Add the rice, salt and hing, pour the water; and mix to combine. Secure the lid and adjust the pressure release to Seal. Press the

cancel button to reset the cooking schedule, then select Rice and set the cooking time for 12 minutes at low pressure. Let the pressure release naturally for 10 minutes, then move the pressure release into the ventilation to release any remaining steam. Press the cancel button to turn off the Instant Container. Open the container and mix the reserved cashews and tadka. Enjoy warm! Coconut Chutney In a blender or food processor coconut mixture, roasted chana daal, cumin seeds, green chilies, ginger and cilantro with 1/4 cup water. Make a smooth paste, add more water as neededThere oil, add mustard seeds and let them burst. Add hing. Pour this hot oil over the mixed chutney and mix well before serving To make Vegan Ven Pongal, substitute neutral vegetable oil or coconut oil for ghee Calories: 431kcal | Carbohydrates: 57g | Protein: 11g | Fat: 18g | Saturated fat: 10g | Cholesterol: 38mg | Sodium: 1182mg | Potassium: 333mg | 9g | Sugar: 1g | Vitamin A: 202IU | Vitamin C: 101mg | Calcium: 61mg | Iron: 5mg Share your photo and tag @ministry_of_curry or tag #ministryofcurry ▼ Subscribe to our Youtube Channel for delicious and easy video recipes. Looking for more Instant Pot recipes? Check out the delicious instant pot recipe table on Pinterest. Author: ArchanaHey there! I'm a techie turned recipe programmer, cookery instructor, and food blogger. I love eating and enjoy developing easy and healthy recipes for busy lifestyles. Live Live In New Jersey with my husband and two sons. Twitter Facebook LinkedIn LinkedIn

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