

Beaten Rice Oopkary

Written by Mother's Touch



Ingredients

Quantity:	Measure:	Ingredients:	Description:
1.5	Teacup	Beaten Rice (Fawwa)	
50	Grammes	Potatoes	Boil
1	units	Ginger	Mince
2	Medium	Chillies Green	Mince
2	200 g	Onions	Mince onions
A	Few	Curry Leaves	Clean
A	Little	Ghee	for frying mustard
1	Teaspoon	Mustard Seed	for seasoning
A	Little	Salt	to taste
1	Pinch	Turmeric Powder	to taste
1	Teaspoon	Jeera/Cumin Seeds	to taste
1	Tablespoon	Ghee	for topping

Method

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Keep the ingredients ready. Boil the potatoes. Mince onions, chillies and ginger in the meantime. Clean the curry leaves and keep ready. Check potatoes - if they have boiled, by pricking a fork in the potato. It should penetrate, if they are boiled.

Remove the boiled potatoes, and put them under cold water, and peel the potatoes, and keep aside. When done, cut them in small cubes.

Keep a vessel, sufficient to contain the beaten rice and put sufficient ghee to fry the mustard seeds and the minced onions, chillies, ginger and turmeric powder. First put the mustard, and after it stops spluttering, put jeera, and curry leaves and fry a little, then add the onions, chillies and ginger. When onions are soft, add beaten rice, and a cup of water. Reduce the fire, and cook for five minutes, and stir so that the beaten-rice does not get stuck to the vessel. Add the potato cubes. Put salt, and stir, and put the fire off. Taste, before serving and modify the taste if needed, by adding the ingredient needed.