Name – Rebecca Grace D'souza

Email – beccagd0900@gmail.com

University – Brunel University London

Every Sunday it is a tradition that me and my family eat lunch together. So, for today's lunch I with the help of my mom decided to cook some Indian recipes with a little bit of twist. Our today's lunch consisted of four dishes.

1. Chas as known as buttermilk
2. Green masala curry
3. Sanna (you can call it steam rice buns)
4. Kheer (Indian dessert)

Recipes for the following

1. Chas (Buttermilk) **$0.10**

Ingredients
• Homemade Dahi
• water
• salt
• black pepper powder
•chaat masala (Indian spice)

Method
• Take the Dahi (yogurt) in a mixing bowl. Beat the Dahi well until smooth consistency.
• Now add water to this Dahi till the Dahi turns watery.
• To flavor this drink, add salt (as per taste), black pepper powder and chaat masala.
•Keep it to rest for at least 15 minutes in the refrigerator before you serve.

2. Green masala curry. **$ 0.70**

Ingredients

- Fresh Coriander leaves.
- Green chilies.
- Fresh coconut.
- Fresh ginger.
- Fresh garlic.
- coriander seeds
- Cumin seeds
- cinnamon stick
- black pepper pods
- salt & oil

Method

- Dry roast all the spices (coriander seed, cumin seeds, cinnamon stick, black pepper pods) for 2 minutes on low flame. Keep to cool and grind these spices.
- Taken the Fresh coriander leaves, green chilies, fresh coconut, fresh ginger and garlic and grind it with a little water in a paste.
- Now in a pot heat 3 tbsp. of oil. Add the green paste that you prepared and let it cook in the oil for about 10 minutes.
- After 10 minutes when the green masala starts to boil add in 2tsp of the spices powder that was prepared and give a nice stir.
- Finally add 1 cup of water to this and let it cook for a final 5 minutes. Your green masala curry is ready.

3. Sanna **$ 1.30**

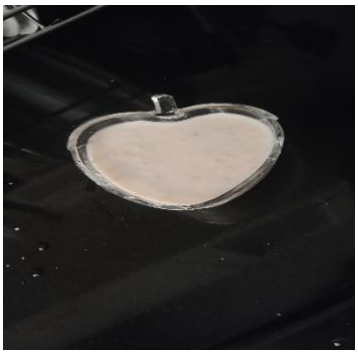
Ingredients

- boiled rice.
- raw rice.
- split black gram dal.
- yeast
- water
- salt
- sugar

Method

- Soak the two types of rice and dal in separate vessels for at least 3 hours.
- Now remove the dal from the water and grind it into a think past and transfer in a bowl. Net grind the two types of rice together into a thick paste. You can add a little water to get the right consistency. Add this also to the same bowl as the dal batter.
- In a small bowl take yeast and mix it with water a little sugar and keep it aside for 10 minutes to ferment.
- Stir the yeast mixture well and add it to the thick rice and dal batter. Add salt as per taste and now cover it with a muslin cloth and let it rest for 2 hours.
- Fill an idli steamer with water and pour in the batter into the idli mould and place it in the steamer. Let it steam for about 15-20 minutes. Once done remove the idli mould from the steamer and let it cool.
- With the help of a knife slowly and gently demould the sanna and enjoy.

4. Kheer **$ 1.90**



Ingredients

- Almond Milk
- sugar
- rice
- cardamom powder
- Assorted nuts

Method

- In a pot, add milk and let it simmer on low flame till one boil.
- Add sugar to this milk and simmer it for 2-3 minutes.
- Now add the rice to this and let it cook till the rice soften.
- Once you see that the rice has cooked add the cardamom powder and off the flame.
- Transfer this into a bowl and add the chopped assorted nuts to it.
- You can either have this hot or cold it’s your choice. I personally prefer it cold.

Instagram post

Posts

rebecca0900
Mumbai, Maharashtra

Liked by **_becca_0900** and **6 others**

rebecca0900 As all are aware that an indian meal is a burst of flavours. Indian meals are always prepared with a lot of spices. Today I decided to give a little twist to my Sunday Indian lunch.
Today for lunch we had a glass of buttermilk which was made from homemade dahi (yogurt).
For the main course it was a traditional dish i.e sanna and green masala curry. Mostly sanna are eaten with green chicken curry but I thought of going meatfree today so excluded the chicken. (P.S the curry still tasted amazing)
And finally the hero of today's lunch was kheer (Indian dessert). Today I made this kheer using almond milk and guess what it tasted absolutely the same as it would taste if prepared with normal milk.
This is the way how I tried to incorporate as many FLOSN (Fresh, Local,Organic,Seasonal and Nutritional)foods in my meal today.
@turninggreenorg
#pgc2020