

Oats Ven Pongal

INGREDIENTS

1 tablespoon Ghee

1 cup Instant Oats (Oatmeal)

1/2 cup Yellow Moong Dal (Split)

Salt to taste

Ingredients for Seasoning:

2 tablespoons Ghee

2 tablespoons Cashew nuts, quartered

1 inch Ginger

1/8 teaspoon Asafoetida (hing)

1 teaspoon Whole Black Peppercorns , coarsely pounded

1 sprig Curry leaves

METHOD

1. To begin making the Oats Ven Pongal Recipe, first cook the Yellow Split Moong Dal. You pressure cooker to cook the Moong Dal or use the saucepan method.
2. Rinse the Moong Dal under water and place it in the pressure cooker. Add 3/4 cup of water and cook the Moong Dal, cover the pan, place the weight on and until you hear one whistle. After the first whistle, turn the heat to low and simmer for 3 to 4 minutes. After 3 to 4 minutes, turn off the heat and allow the pressure to release naturally. Keep this aside.
3. In the next step, roast and cook the oats. Heat a tablespoon of ghee in a heavy bottomed pan on medium heat. Add the oats and saute on medium heat until the oats gets lightly toasted. Add in 3/4 cup of water and cook the oats. This will take about 3 to 4 minutes. Keep stirring continuously until the oats is cooked.
4. Once the oats are cooked, stir in the cooked Moong dal and add some salt to taste. Cover the pan and keep the heat on low, while we proceed to prepare the seasoning.

5. To make the seasoning for the Oats Ven Pongal; heat 2 tablespoons of ghee on medium heat. Add the cashew nuts and allow it to roast until golden brown. As you notice the cashew nuts changing color, add the ginger, pepper, curry leaves and asafoetida and give the mixture a stir for a few seconds. Turn off the heat.
6. In the final step, add the seasoning mixture to the Oat Ven Pongal and stir well to combine.
7. Serve the Oats Ven Pongal along with Coconut Chutney.
