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## UPPUMA



- Uppuma can be easily prepared at home with Semolina and it is very popular among different ethnic communities. Uppuma is a vegetarian dish, however, fish or meat can also can be added in the
- preparation according your liking Process is very simple and the end product is almost similar to mixed fried rice.
- Instead of liquid coconut milk, water can be added when processing.

### Utensils / Equipment

- Stove - Heating
- Frying Pan -Cooking

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## INGREDIENTS

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No	Ingredients	Weight	Steps	Remarks
1	Semolina	500	5	Roasted
2	Mix vegetables	250	2	
3	Onion	50	2	
4	Garlic	30	2	
5	Mustard	5	2	
6	Coconut Milk	400	2	
7	Red Chilies	5	4	
8	Salt	5	3	
9	Vegetable oil	50	1	Less oil for healthiness

## PREPARATION

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### Process

1. Roast semolina until light golden brown color
2. Heat oil in a frying pan
3. Temper Mix vegetables/onion/Garlic and Mustard and together
4. Add salt
5. Add red chili pieces on to the mix
6. Add coconut milk into the mix and Boil if for two minutes until bubbles appears
7. Mix roasted semolina with tempered and boiled vegetable mix and stir it semolina get properly cooked

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## **Uppuma**

1. Use cashew nuts for garnish with fried mustard, red chili, caramelized carrots, peas and curry leaves.
2. Use tamarind chutney for garnish.
3. Traditional Uppuma always has Ghee or butter & caramelized onions.

## **Critical Points**

1. How roasting the semolina
2. How cooking the vegetable
3. Adding of liquid milk
4. Making a mould of uppuma