

Classic Pulihora (Tamarind Rice)

Pulihora is a tangy and mildly spiced South Indian rice dish flavored with tamarind, mustard seeds, curry leaves, and peanuts. It is a comforting, flavorful meal perfect for lunch or as a festive dish.



Indian

20 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 1/2 cup cooked white rice
- 1 tbsp tamarind paste
- 1 tsp mustard seeds
- 1 tbsp peanuts
- 1 dried red chili
- 1/2 tsp turmeric powder
- 1 tsp chana dal (Bengal gram split)
- 1 tsp urad dal (split black gram)
- 8-10 curry leaves
- 1 tbsp oil
- Salt to taste

Steps

- 1 Heat oil in a pan over medium heat.
- 2 Add mustard seeds and let them splutter.
- 3 Add chana dal, urad dal, peanuts, and dried red chili, and sauté until golden brown.
- 4 Add curry leaves and turmeric powder; sauté briefly.
- 5 Stir in tamarind paste and salt; cook for 2-3 minutes until the raw tamarind smell disappears.
- 6 Add cooked rice, mix gently to coat the rice evenly with the tamarind mixture.
- 7 Cook for another 2 minutes on low heat, stirring occasionally.
- 8 Serve warm or at room temperature.