



Lemon Rice Recipe (Chitranna)

SERVES: 6

INGREDIENTS:

- 3 cups rice uncooked (or 4 cups of cooked rice)
- 4-6 Tbsp lemon juice or lime juice as needed (1 medium lemon)
- 1 tsp salt
- 4 tbsp oil
- 1 ½ tsp mustard seeds
- 8 tbsp pepitas/sunflower seeds (in place of peanuts or cashews)
- ½ to 1 tsp turmeric powder
- 4 green chili
- 2 sprigs curry leaves
- 3 tsp chana dal (red lentils)
- 2 tsp urad dal (black beans)
- 2 pinch hing (garlic powder)

Optional Ingredients

- 1 tbsp ginger finely chopped
- 4 dried red chilies broken

METHOD:

Preparation

1. Wash rice a few times and drain the water completely.
2. On a low flame cover and cook it in a large pot with 3 cups water.
3. The rice must be cooked fully but grainy and not mushy **OR** you can also cook it in a pressure cooker by placing the rice bowl in the cooker. Cook for 2-3 whistles.
4. Fluff up the rice gently with a fork and cool completely. This helps to keep the rice grainy and firm.



How to make Lemon Rice

1. Heat a pan with ½ tbsp oil on a medium heat.
2. Add peanuts or cashews and fry until golden and crunchy. Remove them to a plate.
3. Pour another 1 ½ tbsp of oil and add mustard, urad dal and chana dal. Fry on a medium flame until the dals turn golden and aromatic.
4. Next add ginger, green chilies, red chilies (optional) and curry leaves. Fry them until the leaves turn crisp for about 30 seconds. Do not fry for too long, ginger will turn bitter.
5. Then add hing, turmeric and salt. Immediately pour 2-3 tbsps water and stir.
6. Quickly water will evaporate and turn the dal softer yet keeping them slightly crunchy. Turn off the stove and remove from the heat.
7. Transfer this to the cooled rice (or alternately add the cooled rice to the pan). Ensure the rice is cooled completely then squeeze the lemon juice and give a good mix.
8. Taste the lemon rice. If needed sprinkle more salt and add more lemon juice. Garnish with roasted peanuts or cashews. Serve lemon rice with plain yogurt, papad or pickle.