

BAMBOO RICE PREPARATION- TAMIL NADU STYLE

Cuisine Style: Tamil Nadu, south India

Cooking Time: 35 minutes

To Serve: 5

Type: Breakfast recipe, diabetic special

Ingredients:

- Moongil arisi [Bamboo rice] – 1 cup
- Water – 5 to 6 cups
- Salt to taste

Method [How to cook]:

- Wash & soak bamboo rice for ½ an hour.
- Heat pan add water & let it boil. While boiling, add soaked bamboo rice, mix well & cook till soft [approximately 35 min].
- Then add salt mix well. If excess water then drain & cover lid leave it for 5 min.
- Then serve hot with sambar, kuzhambu