

# *Barley and Green Gram Kichidi*

## **Ingredients**

olive oil - 1 ½ tbsp  
cloves - 2  
cinnamon - 2 pieces  
cumin seeds - ½ tsp  
black pepper corn - ½ tsp, crushed  
onion - ¼ cup, chopped  
carrot - ¼ cup, diced  
beans - ¼ cup, diced  
green chili - 1, slit  
barley - ½ cup  
whole green gram - ½ cup  
water - 3 ½ cup  
salt - to taste  
coriander leaves - 2 tbsp, chopped

## **Method**

Heat oil in a pressure pan.

Add cloves, cinnamon, cumin and pepper. Fry for few seconds.

Add onion, fry till light brown.

Add chili, carrot, beans, barley, green gram and water.

Add salt to taste. Pressure cook for 10 minutes.

Serve hot, garnished with coriander leaves.

# *Barley and Shrimp Soup*

## **Ingredients**

shrimps - ¼ kg  
water - 2 liter  
barley - ½ cup  
vegetable oil - 2 tsp  
garlic - 2 tsp, finely chopped  
ginger - 1 tsp, finely chopped  
shallots - ¼ cup, sliced  
chili powder - ½ tsp  
shrimps - ¼ kg  
soya sauce - 1 tbsp  
tomato paste - 2 tbsp  
cider vinegar - 1 tbsp  
salt and pepper - to taste

## **Method**

Shell and de vein the shrimps.

Wash the shells and heads well and simmer in the water with ½ tsp salt, for 5 minutes.

Strain the stock. Add barley and simmer till the barley is cooked.

Heat oil in a non stick pan and fry garlic, ginger and shallots till fragrant.

Add shrimps and chili powder, stir briefly.

Add Soya sauce, tomato paste and vinegar. Add the barley with the cooking liquid.

Simmer till the prawns are cooked. ( avoid over cooking prawns)

Add salt and pepper to taste. Serve hot.