

The Recipes

Upma is a common

South Indian breakfast dish made from soji, a finely ground semolina wheat. Various seasonings and/or vegetables are used depending on what is seasonally available and individual preferences. Nuts can also be added... Be creative!



- 1 cup soji
- 2 1/2 cups water
- 1 Tbs olive oil
- 1 medium onion
- 1 large carrot or couple small
- 1/2 cup or so English peas
- 1 green pepper if desired
- 1 tsp black mustard seed
- salt to taste
- cilantro garnish

Sauté onion, carrot, and pepper in oil and then add peas. Add water and bring to boil, salt to taste. Add soji (little by little with stirring to prevent lumps) and stir until it becomes a thick paste. Cover with lid and let simmer one or two minutes.

Produce used in today's demos:

Onions - Charles Wright

Green Peas - 3J Berry Farm - Gary and Stacy Jamison

Carrots - Chang Farm - Tou Chang

Rava Kesari

is another popular South Indian dish made from soji, but is a sweeter version than upma. Soji is also referred to as rava, hence the name. It is one of the simplest desserts to make compared to many laborious Indian desserts.



- 1 cup soji
- 2 1/2 cups water
- Tbs olive oil
- 1/2 stick butter (or small amount olive oil)
- pinch of salt
- 1 cup sugar (more or less to taste)
- 1 tsp cardamom
- cashews to garnish
- food color (optional)

Melt butter in pan. Sauté cashews in butter, remove cashews, then roast soji in the same butter until golden brown. In separate pan add water, sugar, cardamom, one or two drops food color and bring to boil. Carefully add browned soji, little by little and with constant stirring to prevent lumps. Cook one or two minutes. Eat warm right away or spread in a casserole dish and cool an hour or two. Cut cooled rava kesari into bite-size pieces and garnish each piece with cashews if desired.

For information about Howard County Farmers' Market, events at the market or demonstration garden or how to become a market vendor, contact Market Managers:

Debra Bolding, (870) 557-2352 or

Mary Hartness (501) 472-8092

or pick up an application packet at:

Nashville Chamber of Commerce

107 South Main
Nashville, AR 71852
(870) 845-1262

Visit the Farmers' Market page at the Chamber of Commerce website at

nashvillear.com

and check the

Growing Healthy Communities Calendar of Events at the Chamber Website as well!



Uppma & Rava Kesari

Molly Sivigiri

**Howard County
Farmers Market**

May 30, 2014