

Thenga Chor - Coconut Rice

Visitors to Kerala soon understand why coconut plays such an important role in the cuisine – it is impossible to miss the tall, majestic coconut trees towering over the surrounding landscape. COCONUT RICE is a fragrant rice dish that combines two abundantly found local ingredients (coconuts and rice). COCONUT RICE is easy to make and can be eaten as a rice salad with grilled fish or meat. In Kerala, it is eaten with side dishes that have strong, rich flavors.

Ingredients (To serve 4)

- Long grain rice - 1 cup
- Small green chilies - 2
- Olive oil - 3 tbsp
- Cashew nuts - ¼ cup
- Black mustard seeds - 1 tsp
- Split black gram (*dhulli urad dal*) - 1 tsp
- Grated coconut - 1½ cup
- Curry leaves - 6
- Salt - ½ tsp

Utensils

- Colander
- Medium-heavy pan with lid
- Medium wok

Preparation/Pre-Cooking (15 minutes)

1. Wash the rice in the colander.
2. Bring 2 cups of water to boil in the pan.
3. Add the rice to the boiling water. Stir. Lower the heat to medium, cover the pan, and cook for 10-12 minutes. Pour the cooked rice immediately into the colander to ensure the rice grains stay crisp and separate. Keep it aside to cool.
4. Trim the stems off and slit the green chilies lengthwise into thin strips.
5. Heat 1 tbsp of oil in the wok over high heat.
6. Add the cashew nuts to the hot oil and stir-fry until they turn pale brown. Remove with the spatula, draining off excess oil.

Cooking (5 minutes)

1. Heat the remaining 2 tbsp of oil in the wok over high heat.
2. Add the mustard seeds to the hot oil.
3. When the mustard seeds start to pop, add the split black gram and stir-fry until the gram turns a shade darker.
4. Add the green chilies, grated coconut, and curry leaves. Sauté until the coconut turns golden brown. Remove from heat.
5. Add the cooked rice to the wok and mix the rice well with the chili-coconut mixture.
6. Season with salt.
7. Sprinkle the cashew nuts over the rice.

Serve: Warm.

Pre-Cooking Option: Make rice ahead.

Nutrition Information (per serving)

		%DV
Calories	431	22 %
Carbohydrates	47 gm	16 %
Protein	7 gm	14 %
Fat	25 gm	38 %
Cholesterol	0 mg	0 %
Sodium	306 mg	13 %
Fiber	4 gm	16 %
Calcium	31 mg	3 %
Iron	4 mg	22 %