

# Naranga Chor - Lime Rice

**D**ark-green limes, sometimes confusingly called lemons in Kerala, are found in abundance during the summer months. The tart, fresh scent and zest of lime make LIME RICE an aromatic dish. This tangy and flavorful rice dish is served as part of a meal along with other vegetable dishes, a yogurt salad, and Indian pickles. It can also be served as a rice salad to accompany grilled food.

## Ingredients (To serve 4)

- Long grain rice - 1 cup
- Lime - 1
- Olive oil - 3 tbsp
- Cashew nuts - ¼ cup
- Peanuts - ¼ cup
- Black mustard seeds - ½ tsp
- Cumin seeds - ½ tsp
- Split black gram (*dhulli urad dal*) - ¼ tsp
- Yellow split peas (*channa dal*) - ¼ tsp
- Curry leaves - 6
- Asafetida powder (*hing*) - ¼ tsp
- Turmeric powder - ¼ tsp
- Whole red chilies - 2
- Salt - ½ tsp

## Nutrition Information

	(per serving)	%DV
Calories	380	19 %
Carbohydrates	46 gm	15 %
Protein	8 gm	16 %
Fat	19 gm	29 %
Cholesterol	0 mg	0 %
Sodium	301 mg	13 %
Fiber	3 gm	12 %
Calcium	37 mg	4 %
Iron	3 mg	17 %

## Utensils

- Colander
- Medium-heavy pan with lid
- Small wok
- 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. Cut the lime into half. Squeeze out the juice from both halves. Strain to remove seeds and pith.
5. Heat 1 tbsp of oil in the small wok over high heat.
6. Add the cashew nuts and peanuts to the hot oil and stir-fry until they turn pale brown. Remove the nuts with a spatula, draining off excess oil. Keep aside.

## Cooking (5 minutes)

1. Heat the remaining 2 tbsp of oil in the medium wok over high heat.
2. Add the mustard seeds to the hot oil.
3. When the mustard seeds start to pop, add the cumin seeds, split black gram, and yellow split peas. Stir-fry until the peas and gram become golden brown, about 15 seconds.
4. Add the curry leaves, asafetida, turmeric powder, and the red chilies. Stir-fry until the curry leaves turn crisp.
5. Pour this mixture over the cooked rice.

6. Add the lime juice and salt to the rice a little at a time. Mix well, and adjust tartness according to taste.
7. Sprinkle sautéed nuts over the rice.

**Serve:** Warm.

**Note:** Grams and peas used in the recipe provide a nice crunch, but if not available, substitute it with lentils. Asafetida can be omitted, if not available.

**Pre-Cooking Option:** Make rice ahead.

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