



BY P.S. LAKSHMI RAO

Pulihora (Tamarind rice)



3 cups long grain rice or jasmine rice
5 cups water
Lemon-size tamarind soaked in 3/4-cup water. Microwave for a minute to make it soft and let it cool. (Never use black tamarind paste)

Tadka (tempering)

1/4 cup canola or vegetable oil
1/2 teaspoon methi seeds (fenugreek seeds)
2 teaspoons small red mustard seeds
2 tablespoons chana dal
2 tablespoons urad dal
5 dry red chilies whole or broken in to three pieces
1/2-cup cashew pieces or whole cashews
1/4 teaspoon cumin seeds (jeera)
1/4 teaspoon hing (asafoetida)
1/2 teaspoon haldi powder (turmeric)
3 stems of fresh curry leaves (separate leaves from stems)
5 long hot green or jalapeño chilies cut into one-inch pieces lengthwise
1-tablespoon salt
1-tablespoon brown sugar or jaggery (optional)

Cook rice with 5 cups water in a rice cooker. You may cook rice in a microwave for 14 minutes in a 4-quart corning ware dish without cover. Cover the rice after 14 minutes without power and keep it aside until you are ready to mix spices.

Squeeze juice out of the soaked tamarind as much as you can. Add 1/2 cup more water to the tamarind to extract more juice out of it.

Heat oil in a 3 quart-

sauce pan. Add methi seeds. When methi seeds start to become light brown add mustard seeds. Fry until they start to splatter. Add chana dal, urad dal, and dry chilies. Fry until dals start to become light brown, add cashews and fry for 30 seconds. Add rest of the ingredients except salt and brown sugar. Fry for a minute. Pour all these spices and 1-tablespoon salt on top of the cooked rice and give a quick mix with wooden or plastic spoon.

Pour tamarind juice in to the same saucepan with 1 more tablespoon of salt, brown sugar and tablespoon of oil. Cook in medium heat until oil starts to ooze out to the edges and tamarind juice becomes thick. Pour the cooked tamarind juice in to the rice and mix slowly. If you want you can transfer rice in to a bigger bowl to mix properly. You can add more turmeric and salt if needed at this time. If pulihora tastes salty or too sour don't worry. After few minutes rice will absorb salt and sourness.

Note: Pulihora does not get spoiled quickly. It tastes good even after two or three days if kept in the refrigerator. Pulihora on the menu is an indication of celebration. Andhras make this dish for every occasion. On festival days we have to eat pulihora in every house we visit. It is a prasadam item in temples. Menthi majjiga goes very well with pulihora.

Variations

1. Fry 1 tablespoon of sesame seeds in a dry pan and grind them in a spice grinder. Mix in to pulihora at the end.
2. Aava pulihora, Grind 2 teaspoons red mustard seeds, 1/4 teaspoon haldi, 2 teaspoons oil, and 1 tablespoon water in to smooth paste and mix it in to pulihora. Only one problem with this variety of pulihora is it may not stay fresh after two or three days.

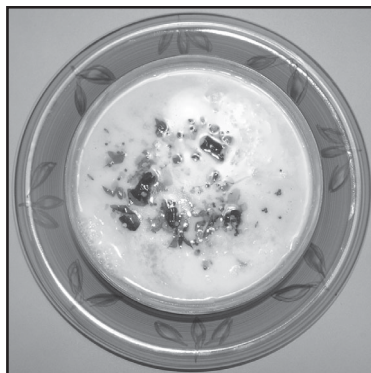
Cold Buttermilk Soup

2 cups yogurt + 1 cup water or 3 cups butter milk
1 teaspoon salt or to taste
1/2 teaspoon turmeric (haldi)

Tadka (tempering)

1tablespoon oil
1/2 teaspoon ghee (optional)
1/4 teaspoon about 10 methi seeds
1/2 teaspoon mustard seeds
2 whole dry chilies
1/2 teaspoon cumin seeds
1/4 teaspoons hing (asafoetida)
Curry leaves removed from one stem
1 green chili finely chopped
1 inch piece of fresh chopped ginger

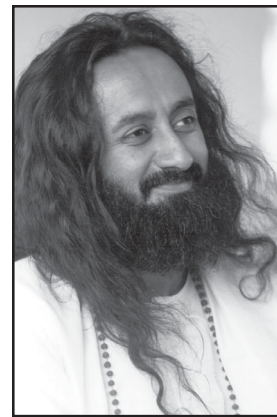
Mix yogurt and water in a medium bowl with salt. Sprinkle turmeric on top without mixing. Heat oil and ghee (if using) in a small pan. Add methi seeds. Fry until golden brown. Add mustard seeds. When the seeds start to splatter add chilies, cumin seeds, and hing. Fry for three seconds. Add curry leaves, green chilies and ginger. Fry for a minute and add this popu to the turmeric on top of the yogurt and mix. You can eat this with pulihora, rice, or sip it as a cool spicy drink in summer.



Upanishad- Sitting Close

His Holiness Sri Sri Ravi Shankar is the founder of the Art of Living Foundation, a multi-faceted organization that offers a wide array of educational and humanitarian programs that uplift individuals, make a difference in local communities, and foster global change. To learn more, please visit www.artofliving.org/atlanta or contact us at 877-AOLIVING or atlanta@us.artofliving.org.

For the first time in the U.S., Sri Sri will be giving a commentary on one of the ancient Upanishads from April 15-17. To be part of this historic event, please visit <http://us.artofliving.org/losangeles>.



Upanishad means what? Sitting close, sitting close to the master. How? Not just physically sitting close, but also mentally.

Something cannot be said fully in words, but only an indication could be made. The subtler you go, the more difficult it becomes to express, to describe.

You can experience pain, but it's difficult to describe the pain totally. You experience love, but you cannot describe it or express it totally. That is why lovers are always in a sort of restlessness, because one wants to express but they cannot find words, they cannot find any expression capable of totally expressing what they feel.

But sitting close to the master, that is Upanishad, you catch many things. You catch the inexpressible. You catch something that is indescribable. Here, words are simply a vehicle. But in between the words, a lot of flow is there. Energy moves, grace moves, joy moves. That transforms the life.

Experiencing the Source of Joy

You are born into this world, and slowly, you start enjoying this world through the five senses. A newborn child does not even recognize the mother for a couple of weeks. It is in itself. But gradually, gradually, a child starts enjoying the world. First it looks around. It gets accustomed to seeing, and then to hearing and smelling, tasting, and then, when it grows even older, touching. But just observe, a child is experiencing joy even before it comes into contact with the world of the

five senses.

Where is the joy that you find in the world? Is it in the objects? The peak of any sensory or sensual experience takes you inward. If you look at the beautiful scenery, you'll say, "Ah! Beautiful!" You close your eyes. Each of the senses leads you to a point deep inside you that is the fountain of joy.

And if you don't move to that point, to the center from where you exist, the joy is short-lived. Then you change the object. If your mind is not getting to the center, it is because it is jumping from object to object, outside, thinking that is responsible for this sensation.

The rishi says, understand this: whichever object is giving you pleasure, the same object will give you misery. Like apple pie is giving you joy, but if you go on eating apple pie it will give you a stomachache.

There is a way to enjoy. *Visayasukham dukkhavat parityaajyam*. Knowing the center is joy, retrieve your senses from the object to its source. Then the union happens, yoga happens.

You look at something beautiful. Now, take your attention from that something to the feeling of beauty that is arising in you. You are touching something very nice. What is happening? A sensation is arising in your body? Now put your attention on the sensation, and move on to the center.

Like you move away from sorrow, you move away from the object, and move on to the experiencer of that pleasure. This is the way to have a continued experience of joy in life. That is meditation.

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