Warm, creamy, and spiced just right, *Pongal* is not just a dish—it's a celebration of abundance and gratitude. Whether it's the festive *Sakkarai Pongal* or the savoury *Ven Pongal*, this comfort food has soothed hearts and bellies for centuries across South India.

What Is Pongal?

***Pongal* is a classic South Indian dish made by cooking rice with moong dal, traditionally tempered with ghee, black pepper, ginger, and cumin. Named after the Tamil word *'pongu'* (to overflow), it symbolizes prosperity. It can be sweet (*Sakkarai Pongal*) or savoury (*Ven Pongal*), and is commonly served for breakfast or during harvest festivals like Thai Pongal and Makar Sankranti.**

How to Make Pongal: The Traditional Way

Ingredients:

- **½ cup raw rice**
- **¼ cup split yellow moong dal**
- **1 tbsp ghee (or more for richness)**
- **1 tsp cumin seeds**
- **½ tsp crushed black pepper**
- **1-inch piece of ginger (grated)**
- **8–10 curry leaves**
- **8–10 whole cashews (optional)**
- **Salt to taste**
- **3–3½ cups water**

Method:

1. **Dry roast moong dal for 2–3 minutes until aromatic.**
2. **Wash rice and roasted dal together. Add water and cook in a pressure cooker for 3–4 whistles until soft and mushy.**
3. **In a small pan, heat ghee. Add cumin, pepper, grated ginger, curry leaves, and cashews.**

4. **Pour the tempering over the cooked rice-dal mix.**
5. **Add salt and mix everything well. Add extra ghee or hot water to adjust the consistency if needed. Serve hot.**

Ayurvedic Benefits

1. **Combine shali (rice) and mudga (moong dal)—both sattvic, easily digestible, and nourishing.**
2. **Ghee pacifies Vata and Pitta, improves Agni (digestive fire), and strengthens tissues.**
3. **Ginger, pepper, and cumin kindle digestion and prevent bloating.**
4. **Ideal during recovery, postpartum, or when Agni is low.**
5. **Balancing all three doshas when prepared lightly and fresh.**

Pro Tips from the Indian Kitchen

- **Use a generous spoon of ghee for authentic taste and digestive ease.**
- **Lightly crush the black pepper to release its full flavour.**
- **Fry cashews until golden, but add them last to keep their crunch.**
- **Slightly overcook the rice and dal for a creamy, melt-in-mouth consistency.**
- **Add a small pinch of asafoetida (hing) to support digestion.**

❤ Why We Love pongal

- **It’s comfort food at its best—warm, simple, and satisfying.**
- **Requires minimal ingredients, yet delivers rich flavour.**
- **Perfectly balances taste, nourishment, and ease.**
- **A go-to during festivals, lazy mornings, or healing days.**
- **One dish that can be dressed up or down—from temple prasadam to weekday breakfast.**

Ideal For

- **Breakfast, brunch, or light dinner**
- **Detox and fasting-friendly days in Ayurveda**
- **Sick days, postpartum care, and convalescence**
- **Festive rituals like Thai Pongal, Navaratri, and temple offerings**
- **People of all ages—from toddlers to elders**

- **Pairing with coconut chutney, sambar, or gothsu.**

