

Pulse of life

2016 - INTERNATIONAL YEAR OF PULSES



Navdanya

Navdanya Pulse Feast 2016

Salad

Sprouted Whole Pulse salad

Sprouted Moong and Horsegram mixed with fresh salad vegetables & lime

Nine Bean Salad

Array of colourful & nourishing pulses: Rajma, Lobiya, Channa, Whole Urad, Whole Moong, Navrangi, Geheth, White & Black Bhatt seasoned with fresh herbs

Main Course

Rajma & steamed aromatic basmati rice

Rajma from the high hills of Chakrata, Uttarakhand accompanied with steamed aromatic Basmati rice

Chholey Bhatturey

Kabuli Channa cooked in Indian spices and served with roasted wheat bhatturey

Kadi & Bajra Roti

Besan – roasted gram blended with curd and seasoned with Indian spices accompanied with a winter special bajra roti.

Geheth stuffed kachodi

Nutrition packed pulse, Geheth, mixed with delicate Indian spices and stuffed in an Indian kachodi

*Navdanya fermented dal idli
Fermented urad dal & rice cakes steamed and served with Indian arhr dal sambar and chickpea coconut chutney*

*Navdanya fermented dal dosa
Crispy dosa made with fermented urad dal and rice and served with arhr dal sambar and chickpea coconut chutney*

Navdanya Rajasthani mixed dal & missi roti

Urad, Moong and Masoor dal served with bread made with channa, Jaew, gehun

Masoor dal khichdi

Homely Masoor dal and rice cooked together with simple Indian spices

Beverage

*Sattu sherbet
Refreshing chickpea nutritious drink*

Dessert

*Besan Barfi
Moong dal halwa*