

# YSA RETREAT II

*"Our Sindhi Identity"*

MAY 23 TO 26, 2003 - VANCOUVER, CANADA

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## **THE HEAT IS ON!** **Mithi Sayioon – Narinder Nagrani**

A traditional Sindhi breakfast dish if there ever was one. Mithi sayioon are often served with masala patata or sukka patata, papaar, yogurt, and of course, a nice cup of chai.

**Cooking time:** Under ten minutes

**Serves:** 2 to 4

### **Ingredients:**

- 1 cup clear or roasted dry vermicelli noodles (sayioon) – available at most south asian grocery stores
- 1/4 cup sugar
- 2 cardamom pods, coarsely crushed or ground
- 1 teaspoon clarified butter (ghee)
- 1/2 cup water
- Slivered almonds, cashews, pistachios – optional

### **Procedure:**

- 1) Begin by combining the butter and cardamom in a pan on medium heat.
- 2) Add dry noodles and stir constantly to lightly brown. Make sure you do not burn the noodles – you may have to lower the heat – continue to stir the noodles until they reach a medium golden brown color.
- 3) Once at the ideal color, add the water, drop the heat to low, and continue stirring until all the noodles are moist and most of the water evaporates.
- 4) Add sugar and stir to incorporate thoroughly.
- 5) Turn of the heat and leave covered for a few minutes to let the flavors steep.

If you chose to, garnish with nuts right before serving. Enjoy with sindhi style masala patata or sukka patata, papaar, yogurt and chai.

### **Options:**

- Add a pinch of saffron at step 1
- Add cloves and a dash of black pepper at step 1
- Add a pinch of chai masala in step 1 of a interesting kick
- Use brown sugar for an extra ‘back home’ flavor and rich golden brown color
- Add golden raisins at step 4
- Drizzle with honey before serving