

RECIPES FROM three eighty ate

VEGETABLE PULAO FROM MONSOON KITCHENS

1 1/2 cups	Basmati Rice
3 cups	Water
1 each	Sliced Red Onion
2 oz	Diced Carrot
1/4 cup	Cauliflower Florets
1/4 cup	Cut Green Beans
1 tbsp	Chopped Fresh Mint
1/4 cup	Diced Red Pepper
1 tbsp	Ginger Paste
1 tbsp	Garlic Paste
2 tsp	Whole Cumin
2 tsp	Salt
2 tsp	Garam Masala Powder
1 tsp	Allspice Powder
1/4 cup	Clarified Butter, Vegetable Oil or Olive Oil
2 tbsp	Cashew/Soy Nuggets/Tofu/ Cooked Lentils *Optional

Rinse rice and soak for at least 15 minutes. Heat oil in a pot and add in the whole cumin seeds. When it crackles, add in the sliced onion and jalapeno. Add in ginger & garlic and sauté until transparent - not caramelized. Add in salt, garam masala, allspice powder, and all the vegetables. Mix well and add in the water. Bring to a rolling boil. When the water starts to boil, add the drained rice and give ONE gentle stir. Lower the heat and cook on medium, uncovered, until all the water has been absorbed. Turn off heat, cover, and allow to rest for 10 minutes. Remove the cover, fluff with a fork, and serve with cucumber raita.

Portion: 4 oz

Yield: 6 servings