

Dried Fruits and Nuts Spicy Tempered Rice (Veg Biryani)

Contents:

Almonds, Basmati Rice, Butter, Bay Leaves, Caraway seeds, Cardamom, Cashew Nuts, Cloves, Green chilies, Ginger-garlic paste, Hot paprika/Cayenne pepper , Milk, Onion, Pistachios, Raisins, NaCl, Saffron (if available), Turmeric, Yoghurt, Vegetables.

Apparatus:

Grinder, Pressure cooker/Electric cooker, Stove, Large wide pan/wok and other routine kitchen utensils.

Protocol

- Cook rice in a cooker putting cloves and cardamom in it.
- Heat butter on a medium flame until it melts and becomes pale yellow.
- Add dry spices- half tea spoon Caraway seeds, Cloves, Cardamon and Bay leaves, fry till they crackle.
- Throw in two chopped onions and fry until it just begins to turn brown.
- Add ginger garlic paste and chillies fry for about a minute.
- Give the mixture a stir, add turmeric, hot paprika and then vegetables.
- Add yoghurt, milk and some water. Cover it and cook for 5 minutes.
- Add lots of almonds, cashews, pistachios and raisins.
- Near the end of cooking add NaCl as per taste.
- Cook saffron in milk separately and add yoghurt to it. Put it on the cooked rice.
- Spread this saffron flavored rice on the pan preparation and mix.

Outcome:

This is how the rice gets the medley of the aromas and the vegetables get cooked with it on a slow fire infusing flavors of herbs and spices. Nutrients are not lost in this process and thus the food is nutritious too. Serve hot garnished with mint or coriander leaves and with fresh salad.

Enjoy your meal!