

## Recipe

### Cauliflower and Peas Bhath

## By

Bhaktin Mallika



## Ingredients

- Rice - 1 cup
- Tomatoes - 3 big
- Cauliflower - 1 medium sized
- Fresh peas (shelled) - ½ cup
- Red chili powder – ½ tsp.
- Salt - as required

- Garam masala powder - ½ tsp
- Finely cut coriander leaves - 1 tbsp
- Oil - 2 tbsp
- Lemon - 1

### **Grind Together:**

- Green chilies - 4
- Ginger - 1 inch piece
- (Fry chilies in half tsp. of oil and then grind it along with ginger)

### **For Garnishing:**

- Ghee - 2 tsp
- Broken cashew nuts - 1 ½ Tbsp

## **Preparation**

1. Blanch tomatoes in hot water for 10 minutes.
2. Remove skin, make into paste and strain to remove seeds.
3. Cut cauliflower into small flowerets; blanch in hot water to which little salt and turmeric powder is added.
4. After few minutes, drain water and deep fry cauliflower till crisp and keep aside.
5. Cook peas separately.
6. Pressure cook, soaked rice in two cups of water and allow it to cool.
7. Separate the grains. Heat oil add ground masala paste and fry for two minutes.
8. Pour tomato paste and fry till moisture is absorbed completely.
9. Add salt, chili powder, garam masala powder, cooked peas and mix well.
10. Add cooked rice and half of the fried cauliflower.
11. Fry for few minutes till it becomes hot. Remove from fire.
12. Add fried cashew nuts, squeeze lemon and mix well.
13. Decorate with rest of the fried cauliflower and finely cut coriander leaves.

## **Serves**

2 Persons.

[www.iskcondesiretree.com](http://www.iskcondesiretree.com)

**Hare Krishna Hare Krishna Krishna Krishna Hare Hare  
Hare Rama Hare Rama Rama Rama Hare Hare**