

Recipe

Cauliflower and Peas Pulav

By

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Ingredients

- Basmati rice - 1 cup
- Fresh thick curds - 1 cup
- Oil - 2 ½ tbsp
- Bay leaf - 1
- Cinnamon - 1 inch piece
- Cloves - 2
- Ginger paste - ½ tsp
- Cauliflower - 1
- Fresh peas - ¼ cup (Shelled)

- Tomatoes - 3 (diced)
- Salt - as required
- Coriander leaves - 1 small bunch (Grind Separately)

Grind together:

- Green chilies – 8

(Fry both with ½ tsp of oil and grind to smooth paste)

Spice Powder

Fry equal number of cardamom and cinnamon in ghee and powder.

Preparation

1. Wash and soak rice for 10 minutes. Drain water and fry in half a tsp. of ghee till moisture is absorbed. (2 or 3 minutes)
2. Break cauliflower into big floweret's. Heat water in a separate vessel, when it starts boiling add peas and cauliflower.
3. Close the lid and remove from fire. After 5 to 10 minutes and drain water completely.
4. Heat oil in pressure cooker and fry garam masala spices. Add ginger paste and after few minutes tomatoes.
5. When it becomes pulpy add ground paste of chilies and then beaten curds with a cup of water. When it starts boiling add salt, cauliflower, peas and rice.
6. Reduce flame and pressure cook for 7 to 10 minutes.
7. After removing the lid gently mix garam masala powder, ground paste of coriander leaves with a tsp. of ghee.
8. Serve Hot

Serves

2Persons.

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Hare Rama Hare Rama Rama Rama Hare Hare**