

Recipe

Channa Pulav

By

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Ingredients

- Basmati rice - 1 cup
- White Kabuli channa - ½ cup
- Tomatoes - 3 big
- Coconut - ½ small
- Oil - 3 ½ tbsp
- Coriander leaves - ½ bunch
- Green chilies - 4
- Kasoori methi - 1 tbsp

- Garam masala powder - ½ tsp
- Cinnamon - 1 inch piece
- Cardamoms - 2 to 3
- Cloves - few
- Bay leaf - 1
- Ghee - 2 tsp
- Grind together:
 - Red Chilies -8
 - Cumin seeds - 1 tsp
 - Grated fresh coconut - 2 tbsp
- (Heat a tsp. of oil. Fry red chilies, cumin seeds. Cool and grind along with coconut)

Preparation

1. Soak rice for 10 minutes.
2. Drain water completely. Heat a tsp. of ghee and fry the rice for one or two minutes. (Till the moisture is absorbed).
3. Soak channa 10 hours before and pressure cook for 15 to 20 minutes.
4. Blanch tomatoes in hot water for few minutes.
5. Remove skin and grind into paste.
6. Strain and remove the seeds.
7. Grate coconut, add enough water, grind and take two extracts.
8. Heat oil in a heavy vessel and fry cardamom, cinnamon, cloves and bay leaf.
9. Add slit green chilies. Fry for a minute and add ground masala paste.
10. Fry till good smell comes in medium flame. Add tomato paste, Kasoori methi, Salt, little sugar, garam masala powder and boil for few minutes.
11. Add cooked channa and 1 ¾ cup of coconut extract.
12. When it starts boiling add rice, mix well and reduce flame.
13. Cover with a tight lid with heavy weight on top.
14. Cook exactly for 20 minutes. Do not disturb in between.
15. If necessary, keep a dosa pan underneath for even heating.
16. Garnish with cut coriander leaves and fried cashew nuts.
17. Serve hot, topped with crisply fried, grated potatoes.

Serves

2 Persons.

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Hare Rama Hare Rama Rama Rama Hare Hare**