

Recipe

Double Beans Pulav

By

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Ingredients

- Basmati rice - 1 cup (200 gms)
- Coconut extract - 2 cups
- Fresh Double Bean seeds - ¼ cup
- Salt -as required
- Garam masala powder - ¼ tsp
- Oil and ghee - 2 to 3 tbsp
- Cardamoms - 2
- Bay leaf - 1
- Cinnamon - 1 inch piece
- Cloves - 2
- *Kasoori Methi - 2 tsp

- **Grind together:**
- Green chilies - 7
- Ginger - ½ inch piece

Preparation

1. Wash and soak rice for 10 minutes.
2. Heat ½ tsp. of ghee and fry for few minutes.
3. Heat a pressure pan with ghee and fry garam masala spices.
4. Add ground paste and beans.
5. Fry in medium flame till ghee is separated.
6. Add coconut extract and rice. Mix well and reduce flame.
7. Pressure cook for 10 minutes.
8. Sprinkle garam masala powder with a tsp. of ghee to rice.
9. Mix gently and serve hot with tomato raitha.

*Kasoori Methi-Dried fenugreek leaves. (available in provision stores)

Serves

2 Persons.

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Hare Rama Hare Rama Rama Rama Hare Hare