

Recipe

Ghee Rice

By

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Ingredients

- Basmati Rice - 1 cup (heaped)
- Cashew nuts - 1 tbsp
- Green Chilies - 3-4
- Potato - 1 or 2
- Capsicum - 1
- French beans - 8
- Cauliflower - ½
- Carrots - 2
- Shelled peas - ¼ cup

- Coconut - ½ big
- Pure Ghee - 2 tbsp
- Oil - 1 tbsp
- Salt - as required
- Bay leaf - 1
- Cloves - 2 or 3
- Cardamoms - 2
- Cut coriander leaves - 1 ½ tbsp

Preparation

1. Wash and soak rice for 10 minutes.
2. Heat half a tsp. of ghee and fry the rice which is taken directly from water.
3. Fry till moisture is absorbed (for approximately 2 minutes). Cut vegetables into 2 inch long pieces. Slit green chilies into two.
4. Grate coconut, add water and grind to smooth paste. Strain and squeeze to get extract.
5. Add some more water and extract once again.
6. Add water, so that total extract is two cups.
7. Heat oil in pressure cooker and fry garam masala spices and green chilies.
8. When it turns transparent add vegetables and fry in a high flame till the vegetables becomes tender.
9. Add coconut extract. When it starts boiling add salt and rice.
10. Mix well and reduce flame. Pressure cook for 10 to 12 minutes.
11. Garnish with cut coriander leaves and fried cashew nuts and serve hot with kurma and raitha.

Serves

2 Persons.

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Hare Rama Hare Rama Rama Rama Hare Hare**