

Recipe

Masala Bhat - I

By

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Ingredients

- Basmati rice - 1 cup
- Potatoes - 2 or 3
- Ivy gourd - 15-20
- Red chili powder - ½ tsp.
- Ginger paste - ¼ tsp.
- Turmeric powder - ¾ tsp.
- Coriander leaves - ¼ bunch
- Salt - as required

- Oil and Ghee - enough for frying
- Broken cashew nuts - 1 tbsp
- Coconut extract - 2 cups

Grind Together:

- Cinnamon - 1 inch piece
- Cloves - 2
- Grated dry coconut - 2 tbsp
- (Fry the above spices in half tsp. ghee, add coconut and fry till light brown.)

Preparation

1. Wash and soak rice for 10 minutes.
2. Drain water and fry lightly in half a tsp. of ghee.
3. To this mix chili powder, turmeric powder and ground masala with salt.
4. Heat oil in a pressure pan or cooker, Add ginger and diced potatoes.
5. Fry in medium flame till potatoes become soft.
6. Add sliced ivy gourd and continue frying for another few minutes.
7. Reduce flame and mix the prepared rice. Fry again for one or two minutes.
8. Add coconut extract and salt.
9. Cover and pressure cook in low flame.
10. Serve hot garnished with cut coriander leaves and fried cashew nuts.

Serves

2 Persons.

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Hare Rama Hare Rama Rama Rama Hare Hare**