

Recipe

Navarathna Pulav

By

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Ingredients

- Basmati rice - 1 cup
- Diced potatoes - ¼ cup
- Paneer cubes - ¼ cup
- Capsicums - 2
- Carrots - 2
- Peas - ¼ cup
- French beans - 100 gms
- Cashew nuts - 1 tbsp

- Raisins - 1 tbsp
- Ghee - 4 tbl.sps
- Bay leaf - 1
- Salt and sugar - as per taste
- Fresh thick curds - 1 cup
- Tomato paste - from 3 big tomatoes
- Tinned pineapple pieces – ¼ cup
- Glanced cherries - 2 tbl.sps

Grind Together

- Green chilies - 4
- Kashmiri red chilies - 5
- Ginger - ½ inch piece
- Coriander seeds - 1 tsp
- Cumin Seeds - ¼ tsp
- Cardamoms - 2
- Black cumin seeds - ¼ tsp. (caraway seeds)

Preparation

1. Wash and soak rice for 10 minutes.
2. Deep fry for potatoes and paneer cubes.
3. Pressure cook diced carrots, beans and peas.
4. Dice capsicums. Whip curds. Blanch tomatoes in hot water.
5. Peel and grind to smooth paste
6. Heat ghee in a heavy vessel.
7. Add bay leaf, capsicums and then ground masala paste.
8. Fry till oil separates. Add soaked rice and fry for another few minutes.
9. Mix steamed vegetables, curds, tomato pulp, salt and sugar with a cup of water.
10. Reduce flame, cover with a lid and cook till rice is done. Gently mix potatoes, paneer cubes, fried cashew nuts, raisins, with pineapple pieces and cherries.
11. Transfer to serving dish.

Serves

2 Persons.

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**Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Hare Rama Hare Rama Rama Rama Hare Hare**

