

Recipe

Punjabi Kofta Pulav

By

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Ingredients

- Basmati rice - 1 cup heaped
- Whole black gram - $\frac{3}{4}$ cup
- Bengal gram flour - 4 Tbsp
- Potatoes - 2 big
- Bay leaf - 1
- Mint leaves – $\frac{1}{2}$ small bunch
- Ginger - $\frac{1}{2}$ inch piece
- Green chilies - Few
- Fresh curds - 2 tbsp
- Garam masala powder - $\frac{1}{4}$ tsp.
- Butter - 1 $\frac{1}{2}$ tbsp
- Fried cashew - 5-6 pieces
- Ghee or oil - for frying
- Chili powder - $\frac{1}{2}$ tsp.
- Salt -as required

Preparation

1. Soak black gram for 5 to 6 hours.
2. Boil in plenty of water till it becomes soft.
3. Drain water and grind dhal coarsely with mint, ginger, green chilies, and salt and garam masala.
4. Mix Bengal gram flour and make small balls.
5. Deep fry in hot oil till brown.
6. Soak rice for 10 to 15 minutes. Peel and grate potatoes.
7. Deep fry and keep aside. Heat oil or ghee. Add bay leaf, chili powder and rice. Fry for two minutes in low flame.
8. Add two cups of boiling water. Cook till it becomes soft. Mix salt and fried koftas gently.
9. While serving, garnish with fried potatoes, cashews and cut coriander leaves.

Serves

2 Persons

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