

Recipe

Tri Colour Pulav

By

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Ingredients

- Basmati rice - 1 ½ cup
- Salt - as required
- Ghee - 3 or 4 tbl.sps
- Cooked diced French beans - ¼ cup
- Cooked peas - ¼ cup
- Grated carrots - ½ cup
- Cauliflower - 1 (cooked)
- Tomato Sauce - 1 tbsp
- Tomato - 1 diced
- Coconut extract - 1 cup
- Water - 1 cup
- Tomato juice - ½ cup

For Green Layer

Grind Together:

- Coriander leaves - ½ bunch
- Mint leaves - ½ bunch
- Grated coconut - 2 tbl.sps
- Ginger - small piece
- Green chilies - 3
- Cumin Seeds - ¼ tsp
- Salt - as required
- Grind into smooth paste and mix juice of half a lemon to this.

Preparation

1. Wash and soak 1 cup of rice separately and ½ cup of rice separately.
2. Pour 1 cup of coconut extract and one cup of water to the first one.
3. To half cup of rice, mix half cup of tomato juice and half cup of water.
4. Pressure cook both, in separate containers for 15 minutes.
5. Remove from fire and cool both thoroughly and separate the grains.
6. Divide the white cooked rice equally into two portions.
7. To one portion of the cooked rice mix green chutney with enough salt and ghee.
8. Add cooked peas and beans and keep separately.
9. To the second portion of the white rice, mix cauliflower, salt and ghee which is spluttered with cumin seeds.
10. Mix little pepper powder also. To the red colored rice mix grated carrots, fried tomatoes, sauce, salt and little chili powder.
11. Take a medium sized vessel and apply ghee or oil liberally inside, taking care to grease sides also.
12. First arrange green layer and then white layer and sprinkle little thick beaten curds on top.
13. Carefully arrange red layer on top of that. Press firmly and steam in a pressure cooker for 7 to 10 minutes.
14. Invert carefully on a serving plate. Decorate top with cashew nuts.

*Press each layer of rice firmly and then arrange another layer
(This rice can be baked in a hot oven for 10 minutes, covered with aluminum foil.)

Serves

2 Persons

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Hare Rama Hare Rama Rama Rama Hare Hare