

Recipe

Brinjal Pulav

By

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Ingredients

- Basmati Rice - ¼ kg
- Cardamoms - 2
- Cloves - 2 or 3
- Cinnamon - ½ inch piece
- Ghee or Vanaspati - 3 tbsp
- Tender Brinjals - ¼ kg
- Mustard Seeds - ½ tsp
- Turmeric powder - ¼ tsp

- Salt - as required
- Curry leaves - few
- Cashew nuts - 1 ½ tbsp

Grind Together

- Grated fresh coconut - 1 tbsp
- Black pepper - ¼ tsp
- Coriander seeds - 1 ½ tsp
- Bengal gram dhal - 1 tsp
- Black gram dal - ½ tsp
- Red chilies - 4
- Asafetida - a pinch
- (Fry the above ingredients in half a tbsp of oil and then grind it along with a coconut)

Variation

- Use coconut extract to cook rice.

Preparation

1. Wash and soak rice for 10 minutes.
2. Keep a heavy bottomed cooking pot on fire with two tsp of ghee.
3. Fry cinnamon, cloves and cardamom.
4. When it turns golden brown add rice and fry for few minutes.
5. Pour two cups of boiling water and salt.
6. Mix well, cover and keep in a low flame for 15 to 20 minutes or till the rice is cooked. Remove from fire.
7. Slice brinjals into long pieces and soak in salted water till required.
8. Heat rest of the ghee. Fry mustard seeds, curry leaves and brinjals.
9. When the vegetables become soft add ground masala and fry till good smell comes.
10. Remove from fire. Replace the rice cooking pot on the fire and mix brinjal curry to that gently with another spoon of ghee.
11. Keep on fire for few minutes.
12. Remove from fire, garnish with pudina leaves and serve hot.

Serves

2 Persons.

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Hare Rama Hare Rama Rama Rama Hare Hare**