

Pulao - Vegetable Rice

VEGETABLE RICE is an aromatic, filling, one-dish meal. In Kerala, VEGETABLE RICE is always made with basmati rice. The long, white rice contrasts well with the colors of fresh vegetables and the golden-brown sprinkles of the fried cashew nuts and onions. It is usually accompanied with lentil wafers (*pappadam*), Indian pickles, and a simple whisked yogurt salad with sliced onions, green chilies, and tomatoes.

Ingredients (To serve 4)

- Basmati rice - 1 cup
- Vegetables - ½ lb / 225 gm (any combination of green peas, beans, carrots, cauliflower)
- Medium onion - 1
- Ginger - 1-inch / 2.5-cm piece
- Small green chilies - 2
- Medium tomato - 1
- Olive oil - 2 tbsp
- Whole cloves - 4
- Cinnamon sticks - 1
- Whole cardamom - 4
- Coriander leaves - ¼ cup
- Salt - ½ tsp

Garnish Ingredients

- Olive oil - 1 tbsp
- Medium onion - 1
- Raisins - 1/3 cup
- Cashew nuts - 1/3 cup

Utensils

- Large bowl
- Colander
- Steamer
- 1 large wok with lid
- 1 small wok

Preparation/Pre-Cooking (Soaking + 5 minutes)

1. Wash the rice. Soak the rice in the 2 cups of water for 20 minutes in the bowl. Tip the rice into the colander and drain out the water.
2. Cube the vegetables and steam until they are crisp-tender. Keep the hot water aside.
3. Peel and mince one of the onions. Slice the other onion for the garnish.
4. Peel and mince the ginger.
5. Trim the stems off and mince the green chilies.
6. Chop the tomato into small chunks.

Cooking (10 minutes)

1. Heat the oil in the large wok over high heat.
2. Add the chopped onion to the hot oil and sauté until golden brown.
3. Add the minced ginger and green chilies and stir-fry for a minute.

Nutrition Information

	(per serving)	%DV
Calories	441	22 %
Carbohydrates	68 gm	23 %
Protein	9 gm	18 %
Fat	16 gm	24 %
Cholesterol	0 mg	0 %
Sodium	343 mg	14 %
Fiber	6 gm	24 %
Calcium	64 mg	6 %
Iron	4 mg	28 %

4. Add the cloves, cinnamon sticks, and cardamom pods. Stir-fry until the aroma of the spices is released.
5. Add the tomato and sauté until the tomato is soft.
6. Add the rice and sauté for a minute. Coat the rice well with the tomato-spice mixture.
7. Add 1½ cups of hot water (include the reserved water from cooking the vegetables) and bring to a boil.
8. Lower the heat to medium, cover the wok, and cook for about 7-8 minutes.
9. Add the vegetables and coriander leaves. Stir the mixture often. Cook for about 4-5 minutes or until the rice is cooked.
10. Season with salt and pepper.

Garnish Cooking (5 minutes)

1. Heat the oil in the small wok over high heat.
2. Add the sliced onion to the hot oil and sauté to a crisp brown. Remove the fried onion slices with the spatula, draining off excess oil.
3. Add the raisins and cashew nuts in the same oil and stir-fry until they are golden brown. Remove and keep aside.

Serve: Fluff rice, and sprinkle the garnish on top.

Note: Oil can be substituted with butter. Water can be substituted with vegetable stock for a richer dish. Whole aromatic spices are not eaten.