



Vegetable Pulao and Cucumber Mint Raita

Overview

Difficulty: Easy

Serves: 4-6

Preparation time: 40 minutes

Cooking time: 60-75 minutes

Ingredients

Pulao

½ Tablespoon	Cardamom Seeds
1 Teaspoon	Black Peppercorns
½ Teaspoon	Cumin Seeds
5	Cloves
½	Nutmeg
2	Star Anise
3	Bay Leaves
1 Stick	Cinnamon - Broken into 3 pieces
150g	Basmati Rice
10g	Fresh Ginger - Sliced
3 Tablespoons	Cooking Oil
3 Tablespoons	Unsalted Butter
1	Green Chilli - Chopped
100g	Potato - Diced
50g	Cauliflower Florets
50g	Broccoli Florets
½	Carrot - Diced
50g	French Beans - Cut into small pieces
2	Tomatoes - Diced

A Pinch	Turmeric Powder
600ml	Vegetable Stock
To taste	Salt
To taste	White Pepper Powder
To Garnish	Coriander Leaves

Raita

2	Garlic Cloves - Finely chopped
50ml	Plain Yogurt
2 Tablespoons	Mint Leaves - Chopped
½	Cucumber - Sliced
1	Spanish Onion - Sliced
½	Lemon Juice

Vegetable Stock

1L	Water
1	Carrot - Roughly Cut
1	Celery - Roughly Cut
1	White Onion - Quartered

Method

1. Methods for Raita

Step 1

Slice cucumber and onion, chop garlic and mint leaves and extract juice from half a lemon.



Step 2

Place the cucumber and onion into a bowl, add in plain yogurt, chopped garlic, mint leaves and lemon juice. Season with salt and mix well.



Step 3

Set in chiller.



2. Methods for Vegetable Stock

Step 4

Chop carrot, celery and onion. Boil water and add the chopped vegetables.



Step 5

Simmer for about 40 minutes, and then strain vegetables from stock.



3. Methods for Pulao

Step 6

Wash basmati rice in several changes of water. Soak the washed rice in clean water for 30 minutes and drain before cooking.



Step 7

Break cinnamon stick into 3 pieces and slice the ginger. Chop the green chili and French beans. Dice the potatoes, carrot and tomatoes.



Step 8

In a thick-bottomed pot, heat up oil and fry ginger, cardamom seeds, black peppercorns, cumin seeds, cloves, nutmeg, star anise, bay leaves and the broken cinnamon sticks.



Step 9

Fry till fragrant and bundle the spices in a piece of cheesecloth or cooking sachet bag (this allows for easy removal of the spices later when serving).



Step 10

In the same pot, melt unsalted butter and fry the broccoli, cauliflower, chopped green chilli, French beans, carrots and tomatoes with a pinch of turmeric powder.



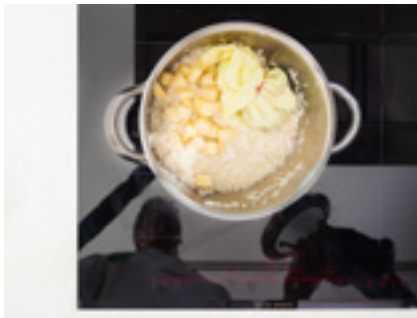
Step 11

Place the vegetables in a bowl and place the basmati rice in the pot. Add in the spice bag, pour in vegetable stock and bring to boil. Season lightly with salt and pepper.



Step 12

Simmer for 10 minutes with lid on and then add in potatoes.



Step 13

Cook for another 20 minutes with lid on, then stir in vegetables and unsalted butter.



Step 14

Cook for another 8-10 minutes with lid on, until the rice and vegetables are cooked.



Step 15

Garnish with chopped coriander and serve with raita on the side.

