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Name of dish	<b>Pulao (Vegetable Rice with Spices)</b>	
Ingredients (serves 4) Preparation time: 15 mins Cooking time: 20 minutes	<b>Ingredients</b>	<b>Quantity</b>
	Basmati rice	2 cups
	Cooking oil	2 tablespoons
	Onion	1 medium sized thinly sliced
	Green chilies	2
	Cut vegetables (carrots, beans, potatoes, peas)	1 cup
	Water	3 cups
	Mint (finely chopped)	3 tablespoons
	Ginger garlic paste	1 ½ tablespoons
	Whole spices 1 bay leaf (Tej patta) 1 star anise (Chakri phool) ½ inch cinnamon stick ¾ tablespoon cumin seeds (Jeera) 4 green cardamoms (elaichi) 6 cloves (laung)	
	Salt to taste	
Directions	Wash the rice a few times till the water runs clear then soak in water for at least 15 minutes. Drain off the excess water. Chop all the vegetables and onions.	

	<ol style="list-style-type: none"> <li>1. Heat oil in a hot pan.</li> <li>2. Add the spices – bay leaf, star anise, cumin seeds, cardamom, cloves and fry them till they sizzle</li> <li>3. Sauté onion and chilies until golden.</li> <li>4. Add ginger garlic paste and cook till the raw smell goes off.</li> <li>5. Add the vegetables and mint. Sauté for 3 minutes.</li> <li>6. Add the water and salt and allow to boil.</li> <li>7. Add the drained rice and cook on low flame for 5 to 10 minutes till the rice cooks fully. Mix evenly and serve hot.</li> </ol>	
Other relevant information	<p>Pulao is a one pot rice dish from Indian cuisine that is made with aromatic spices, vegetables and basmati rice (long grain rice). It is quick and easy to prepare and can be made using a variety of vegetables.</p> <p>Pulao is commonly made in Indian homes as part of daily meals and is also popular on festive occasions and celebrations where dry fruits and more exotic vegetables maybe used. It is usually served with dahi (plain yogurt) or raita (yogurt with spices).</p> <p>Ingredients can be varied to include other vegetables, chicken, other meats, seafood and dry fruits as per local availability and food preference.</p>	