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Vegetable Biryani Pulao



Ingredients

Basmati rice - 1 1/2 cup
 Mix vegetables - 3 cup
 Paneer cubes - 1/2 cup (optional)
 Mint leaves - 10
 Cashew nuts - 10
 Raisins - 2 tbsp
 Curd (Yoghurt) - 2 tbsp
 Saffron - 1/4 tsp
 Milk - 2 tbsp
 Salt - 1 1/2 tsp
 Green chillies - 4
 Ginger juliennes - 1 tsp
 Dried rose petals OR rose water - 1 tsp (optional)
 Garam masala powder - 1/2 tsp
 Tempering
 Ghee - 5 tbsp
 Cumin seeds - 1 tsp
 Cloves - 4
 Whole red chillies - 3
 Green cardamom - 5
 Black cardamom - 2
 Bay leaves - 3
 Cinnamon - 1 inch
 Whole pepper corn - 10
 *Tempering "Chaunk" or "Tadka" in Hindi: refers to the frying of Indian spices to release their aroma (in India).

Preparation

- 1 Wash and soak rice for 30 minutes in enough water.
- 2 Take saffron in a glass bowl, cover and heat it for 30 seconds to make it crisp.
- 3 Take out and crush it and soak in 2 tbsp of milk.

- 4 Chop mix vegetables – carrots, beans, cauliflower, capsicum (or any vegetable of your choice) into small pieces and wash peas and corn kernels.
- 5 Slit green chilies lengthwise.
- 6 Crush and open both the cardamoms and take out the seeds.
- 7 Heat oil in a pan add ghee (you can also use oil, but ghee gives a very nice flavour to any rice preparation)
- 8 When ghee become warm add all the tempering ingredients and cashews, and saute till golden in colour.
- 9 Drain water from the rice, and add rice, raisins and slit green chilies in the ghee and saute gently for few seconds.
- 10 Now add curd and all the vegetables, saute for few seconds
- 11 Add salt, garam masala, mint leaves, rose petals, ginger, paneer and 3 1/2 cups of warm water.
- 12 When water start boiling, lower the heat, cover and cook till 80% done.
- 13 Open the pan and drizzle the saffron mixture, cover and cook till done.
- 14 When done, open the lid after 5 minutes and let it cool down completely otherwise it may overcook due to the heat and steam build up inside.
- 15 Gently fluff the rice after 10 minutes.
- 16 Serve hot.
- 17 Best served with salad, raita, curd and mirchi ka salan (Hyderabadi Mirchi Ka Salan – stuffed jalapeno's in a tangy coconut, cashew and sesame sauce).

Cooks Note

A very delicious and fragrant vegetable pulao with the flavours of biryani.

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