

Jeera Vegetable Pulao – Jain Style



Vegetable Pulao is a one pot meal, easy to make recipe. This recipe is authentic which has no onion and no garlic in it. This tastes different from our usual vegetable pulao recipe. I make this dish for lunch and it can be done in min. This can be served with raita or any spicy subzi

Ingredients for Jeera Rice



- 1 cup Basmati Rice**
- 1.5 cups of water**
- 2 Tbsp Oil/Butter**
- 3 Tsp of Cumin Seeds**
- 1 Shah Jeera(opt)**
- 1 Bay leaves**
- 2 Cloves**
- 1 Big Cinnamon**
- 2 Big Elaichi/ Small Cardamom**
- 1 Teaspoon of Salt**

Ingredients for Masala



- 3 Tblsp oil/Butter**
- 1 Tsp cumin/Jeera**
- 1/4 Cup of Peas**
- 1/4 Cup of Carrot**
- 1/4 Cup of Beans**
- 5-6 Panner Cubes**

1 tsp of Salt
1/2 tsp of Garam Masala
1 tbsp Lemon Juice
2 tbsp Chopped Cilantro

To Grind

2 Green Chillies
1/2inch of Ginger

Method

Making of Jeera Rice



- **Wash and soak the basmathi rice for 1/2 hr.**
- **Heat the oil in a pan/cooker. Test the oil by adding one cumin seed; if seed crackles then your oil is ready. Add cumin seeds.**
- **The sheer smell of cumin seeds frying in hot oil makes it more appetizing .**
- **Add cloves, cinnamon, cardamom, bay leaves and stir for few seconds.**
- **Next add the rice. Stir-fry for 2 minutes.**
- **Add required water and salt, bring to a rolling boil and turn the heat to low. Cover the pan. If you use cooker just close the lid and wait for the whistle.**

- In stove top, Cook for about 15 minutes, or until the rice is tender and the water has evaporated. Turn off the heat and fluffy rice is ready.

Making of Vegetable Masala

- Take a big pan and heat the oil. Test the heat by adding one cumin seed to the oil. If it crackles then oil is ready.
- Add cumin seeds and then add “To Grind” ginger chillies paste. Fry for about 2 minutes.
- Add peas, carrots, paneer and beans. Let them cook for about 4-5 minutes, by closing the lid. Stir occasionally and wait till vegetables are soft.
- Add garam masala and stir well.
- Turn off the heat and add lemon juice.
- Finally transfer the jeera rice into the vegetables masala Hot Vegetable Pulao is ready.
- Garnish the rice with chopped cilantro or coriander leaves and fried cashews.

Tips

- You can add onion and garlic if you want.
- Serve it with onion raita or any raita of your choice.



Cumin Flavored Basmati Rice /
Jeera Rice



Jeera Rice is a popular Indian dish consists of rice, jeera and spices. It's a simple, flavorful and easily digestible rice that can be done in few min.

Ingredients:

- 1 cup Basmati Rice**
- 1 1/2 cups of water**
- 2 Tablespoons Oil/Butter**
- 3 Teaspoon of Cumin Seeds**
- 1 Shah Jeera(opt)**
- 1 Bay leaves**
- 2 Cloves**
- 1 Big Cinnamon**
- 2 Big Elaichi/ Small Cardamom**
- 1 Teaspoon of Salt**

Method



- Soak the basmathi rice for 1/2 hr.
- Heat the oil in a pan/cooker. Test the oil by adding one cumin seed; if seed crackles then your oil is ready. Add cumin seeds.
- The sheer smell of cumin seeds frying in hot oil makes it more appetizing .
- Add cloves, cinnamon, cardamom, bay leaves and stir for few seconds.
- Next add the rice. Stir-fry for 2 minutes.
- Add required water and salt, bring to a rolling boil and turn the heat to low. Cover the pan. If you use cooker just close the lid and wait for the whistle.
- In stove top, Cook for about 15 minutes, or until the rice is tender and the water has evaporated. Turn off the heat and fluffy rice is ready.

Tips

- Serve it with Aloo Gobi or any spicy subzi or raita.
- You can cook this rice either in pan or cooker.

Health Benefits of Cumin

- Cumin may stimulate the secretion of pancreatic enzymes, compounds necessary for proper digestion and nutrient

assimilation.

- It has an anti-carcinogenic properties.
- It is an excellent source of Iron.

Kathirikkai Varuval / Eggplant Fry



Egg Plant is also called Brinjal/Melongene. This plant is used in cuisine of many countries because everyone love Eggplant next to Potato. Eggplant is one of those unique vegetables – alone it doesn't taste like much, but cooked with seasonings it takes on a world of flavor. This recipe is my

mom's recipe. Fry can be served with More Kulambu or any variety rice. So here you go...

Ingredients

- 4 Brinjal/Egg Plant/Melongene**
- 1 Tsp of Fennel Seeds**
- 2 Tsp of Sambhar Powder**
- 1 Pinch of Garam Masala**
- 2 Tbsp of Oil**
- Salt and Water as needed**

Method



- **Cut Brinjal lengthwise and keep it aside.**
- **Take a bowl and marinate brinjal, sambhar powder and salt. Keep it aside for 5 mins**
- **Heat a pan with oil, add this marinated brinjal, mix well and add little water. Close the pan with lid. Keep it in medium flame for 5 mins.**
- **Add Fennel seeds over the brinjal and stir well.**
- **Again keep in low flame for 5 mins. Now add a pinch of Garam Masala. Mix well. Cook covered for another 2 mins.**
- **Brinjal fry is ready. Transfer to a serving bowl.**



Tips

- **Brinjal Fry can be served with More Kulambu , Sambhar Rice or any variety rice.**
- **Follow this same recipe with Potato or Colocasia.**

Health Benefits of Eggplant

- **Eggplants provide 2 g of fiber per cup. Fiber helps with digestion and colon health.**
- **Eggplants also are high in a chlorogenic acid, a powerful antioxidant offering antimicrobial and antiviral activities along with the ability to help lower bad cholesterol levels.**