Mixed vegetable pulao recipe in pressure cooker / How to make veg pulao



Mixed vegetable pulao recipe in pressure cooker is an easy one pot meal that can be made in a very short time. It goes well

with any gravy like potato kurma or simple zuccini raita or cucumber raita and papad. This veg pulao is tasty and healthy as we add a lot of mixed vegetables like carrot, beans, peas, mushroom and potato. You can add any vegetables of your choice. The secret tip for tasty pulao is my mom used to say that more oil or ghee you add, the pulao will be more tasty. This is a pressure cooker pulao recipe, I also make veg pulao in stove top, will share that recipe in future. You can pack this veg pualo for kids lunch box or office goers lunch box. Also check my veg biryani recipe in pressure cooker, peas pulao, spinach pulao, mint pulao, tomato pulao, chickpeas pulao, methi pulao

How to make Mixed vegetable pulao recipe in pressure cooker

Ingredients for Mixed vegetable pulao recipe

Preparation Time: 30 mins Cooking Time : 20 mins Serves: 2-3

• 1 Cup of Raw Rice
• 2 Cups of Water

To Grind

• 1/2 Onion
• 5 Garlic Cloves
• 1 Inch of Ginger
• 3 Green Chilly
• 1/2 Tsp of Fennel Seeds
• 1 Medium Size Cinnamon Stick
• 3 Cloves (small)
• 1 Cardamom
• 5 Cashews or almonds
• 1 Star Anise (small)

To Saute

• 1 Tbsp of Cooking Oil
• 1 Tbsp of Ghee
• 1 Bay Leaf
• 1/2 Tsp of Lichen (kalpasi)
• 1/2 Tsp of Fennel Seed
• 1 Red Onion, Chopped
• 2 Carrots, Chopped
• 10 Beans, Chopped
• 1/3 Cup of Peas
• 1 Potato, Small
• 3 Mushroom, Chopped
• 1/2 Tsp of Red Chilly Powder
• 1/2 Tsp of Garam Masala
• 2 Tsp of Coriander Powder
• Salt to taste
• 2 Tsp of Fried Onions
• 1 Tsp of Lemon Juice.
• Few Coriander Leaves
• 3-5 croutons

Method for Mixed vegetable pulao recipe

• Wash and soak the rice in water for 30 mins.
• In a blender, add all the ingredients listed under “To Grind” along with water to a smooth paste.
• Chop all the vegetables and onion, keep it aside.
• Heat a pressure cooker, add oil and ghee, when it is hot, add bay leaf, kalpasi, fennel seeds and mint leaves, then add onion, saute well for 2 mins till it turns golden brown.
• Add the ground masala paste, saute well until raw smell vanishes. Add coriander powder, garam masala and red chilly powder, saute this for a min.
• Add chopped vegetables and salt, saute this for 2 mins.
• Finally add rice, water, mix well. Check the salt. Add fried onion on top. Close the lid. Pressure cook for 2 whistles and turn off the flame.
• Open the lid, add lemon juice and coriander leaves, gently mix with fork. Add salt, if needed.
• Hot, yummy mixed vegetable pulao is ready to serve with onion or cucumber raita.

Tips

• Add more green chilly, if you want it spicy.
• I made this pulao with sona masoori rice (raw rice/paccharisi), you can make this pulao with basmathi rice too.
• If you are using basmathi, use 1.5 cups of water for 1 cup of rice. For sona massori, use 2 cups of water for 1 cup of rice.
• If you don’t have ghee, adding butter gives a nice flavor.
• Adding fried onion gives rich taste to pulao.
• You can add any vegetables of your choice like capsicum or cauliflower or beetroot.

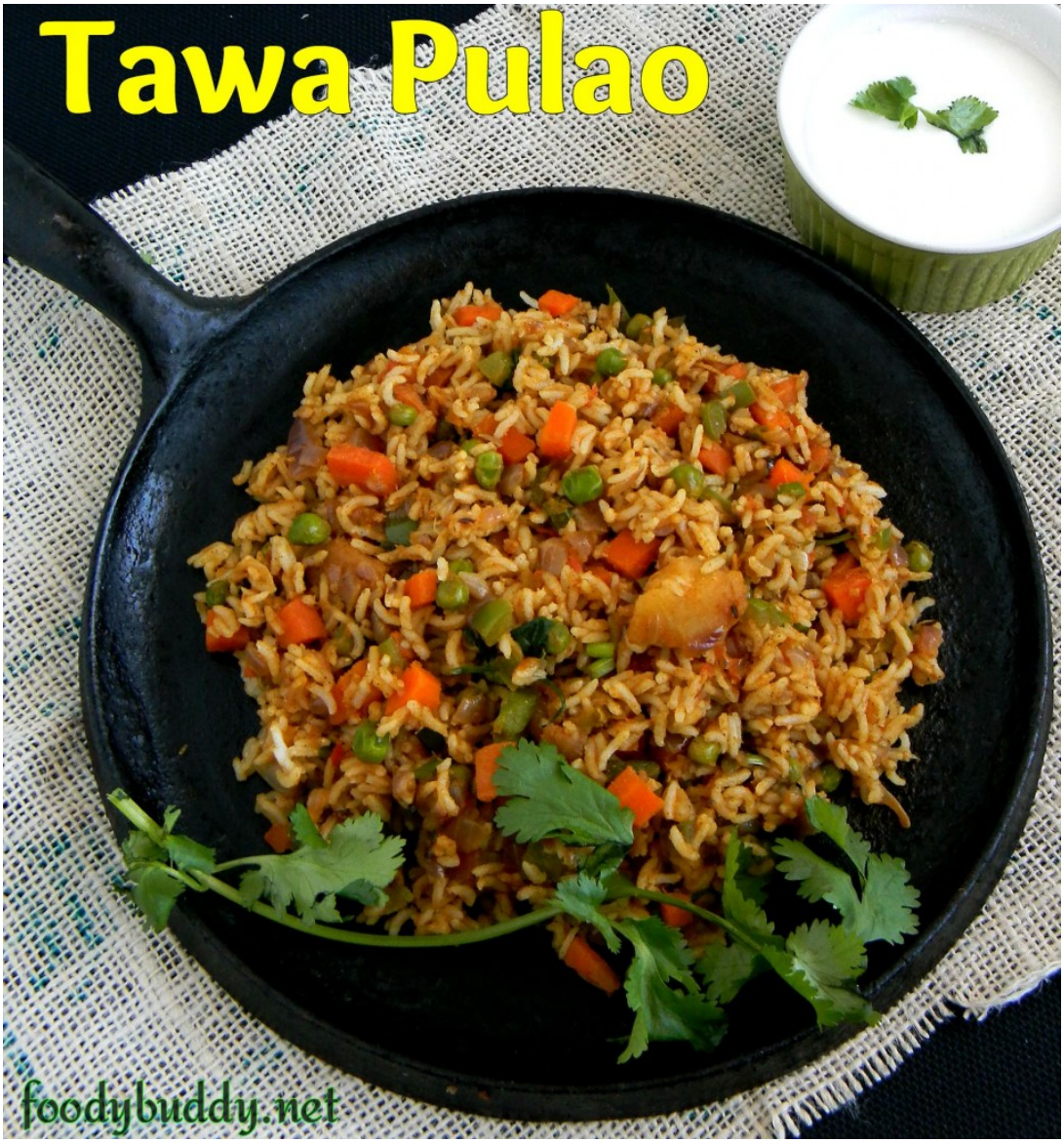


Tags: veg pulao, veg pulao recipe, mixed vegetable pulao, mixed vegetable pulao recipe in pressure cooker, pulao recipe

in cooker, veg pulao in cooker, how to make vegetable pulao recipe at home, prepare easy veg pulao, easy pulao recipe, spicy vegetable pulao, kids lunch box veg pulao, restaurant style veg pulao,pulao recipe for bacholer

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Easy Tawa Pulao Recipe (Mumbai Style)



Tawa pulao is a famous Mumbai street food . It is actually

vegetarian pulao made on tawa (griddle) with lot of veggies, pav bhaji masala and butter. Making tawa pulao is very similar to chinese fried rice. Both are made with leftover rice and veggies. I got this veg pulao recipe from my husband's friend who is from Mumbai. This Mumbai style tawa pulao is healthy, colorful and very easy to make pulao and tastes simply irresistible. Main ingredient for tawa pulao is pav bhaji masala. I used ready-made which I bought from nearby grocery stores. Bacholer can make this tawa pulao easily and it is perfect to pack for lunch box. Try this tawa pulao for lunch or dinner, serve with raita and papad. Let us learn how to make easy tawa pulao recipe at home.

Mumbai style Tawa Pulao Recipe

Ingredients for easy tawa pulao recipe

Preparation Time: 30 mins Cooking Time: 30 Mins Serves :3

• 1 Cup of Rice (I used Sona masoori Rice)
• 1 Big Red Onion, Chopped
• 2 Big Tomatoes, Chopped
• 2 Carrots, Chopped
• 1/4 Cup of Green Peas (Frozen)
• 1 Potato (Big), Chopped
• 1 Green Capsicum, Chopped
• 4 Garlic and 1/2 Inch of Ginger, Crushed using mortar and pestle
• 2 Green Chilly, Slit
• 1 Tsp of Red Chilly Powder
• 1.5 Tsp of Pav Bhaji Masala
• Pinch of Black Salt
• Few Coriander Leaves
• Salt to taste
• 2 Tsp of Lemon Juice

To Temper

• 2 Tbsp of Butter
• 1 Tsp of Cumin

Method for easy tawa pulao recipe

• Soak the rice in water for 30 mins. Wash and pressure cook the rice for 3 whistles. Cool the rice and set it aside.
• Boil the carrots and potato in microwave for 5 mins.
• Heat the butter on large tawa, add cumin seeds. After it crackles, add onion, saute on a medium flame for 2 mins.
• Add ginger garlic paste, saute until raw smell vanishes. Add green chilies, saute for a while. Add tomatoes, cook this until it turns soft
• Add boiled carrots, boiled potatoes, green capsicum, green peas and salt, saute this for 3 mins.
• Add pav bhaji masala, red chilly powder, black salt and coriander leaves, mix well and cook for few mins. Add lemon juice and mix well. Switch off the flame.
• Add the cooked rice, gently mix with masala using fork and spoon. Garnish with coriander leaves.
• Hot, yummy tawa pulao is ready to serve with raita or papad.

Tips

• You can use raw rice or basmathi rice or even left over rice to make this pulao.
• If you don’t have pav bhaji masala, try with equal amount of kitchen king masala, garam masala and chat masala. I tried this masala version, it tastes good.
• Add vegetables of your choice.
• Adjust amount of red chilly powder according to your taste. My chilly powder is really spicy so I used only 1 tsp.
• Adding turmeric powder is optional.



Tags : tawa pulao, tawa pulao recipe, easy tawa pulao recipe, mumbai style tawa pulao, mumbai street food recipe, pulao recipes, north Indian pulao recipe, leftover rice recipe.

Peas Pulao Recipe / How to Make Peas Pulao



Peas Pulao Recipe / Matar pulao / Pattani sadham is one of my favourite rice recipe and easy to make one pot meal. This is my mom's recipe and my husband's favourite dish too. Whenever he comes to my home, my mom prepares this rice and a mushroom gravy for him. He just loved it. You can make this peas pulao recipe either in stove top or in pressure cooker. This pulao can be done in 15 mins and it tastes yummy. It's great to pack for lunch box for kids and adult. It goes

well with any spicy gravy like aloo palak and cucumber raita.

Ingredients

- 1 Cup of Basmati Rice
- 1/2 Cup of Green Peas
- 1 Large Red Onion, Finely Chopped
- 3 Small Onion
- 1 Tbsp of Fried Onions(Optional)
- 5 Garlic Cloves
- 2 -3 Green Chillies, slit
- 2 Cloves
- 1 Cinnamon
- 1 Cardamom
- 1 Bay Leaf
- 1/4 Tsp of Fennel Seeds
- 5-7 Curry Leaves
- 10 Mint Leaves
- 2 Tbsp of Chopped Coriander Leaves
- Salt to taste
- 1 Cup of Water
- 1/2 Cup of Coconut Milk
- 2 Tsp of Lemon Juice
- 2 Tsp of Oil
- 2 Tsp of Ghee



Method

- Soak the basmati rice in water for 30 mins. Drain the water and rinse it in tap water for 2 times. Keep this aside.
- Heat oil and ghee in a cooker, add clove, cinnamon, cardamom, bay leaf, fennel seeds, curry leaves. Saute this for few secs. Add chopped red onion, small onions, green chillies and salt, saute this for 2 mins until it turns golden brown.
- Add garlic cloves, fry for a min.
- Add mint leaves, coriander leaves and peas, fry this for a min.
- Add rice, saute this for a min.
- Add water, coconut milk and fried onion, mix well. Check the salt. Close the pressure cooker with a lid and cook for 2 whistles. Turn off the flame. Let the pressure release on its own.
- Open the cooker, add lemon juice, mix gently with a fork

or spoon.
- Serve hot with any spicy gravies like aloo palak and raita. I had with mushroom korma.

Tips

- You can use ginger garlic paste instead of using whole garlic cloves.
- Adding fried onions are optional.
- Use lot of small onions instead of large onion, if you want more taste.
- If you don’t have coconut milk, just use water alone.
- Don’t break the rice while mixing.
- Addition of lemon juice gives a mild tangy taste.
- Rice : water ratio is for 1 cup of rice :1.5 cups of water.

Health Benefits of Peas

- They are low in fat.
- Prevents stomach cancer.
- Anti-aging, strong immune system and energy.
- Prevention of wrinkles.
- Regulates blood sugar levels.



Tags :green peas pulao, pulao recipe, peas pulao, peas pulao recipe, matar pulao, mutter pulao, how to make peas pulao, how to prepare peas pulao, peas pulao in pressure cooker, pulao recipe, easy pulao recipe. pattani sadham, pattani pulao