

Peas Pulao Recipe / How to Make Peas Pulao



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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.



Green Peas Pulao Recipe

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](#)

[Vazhakkai Bajji / Raw Banana Bhajji / Bajji Recipes](#)

Vazhakkai Bajji Recipe



[Pinit](#)

Here it comes a most popular South Indian snack – Bajji / Bhajji. Bajji is a hot, crispy evening tea time snack. It is a dish prepared by dipping sliced raw banana in gram dal -rice flour batter and finally deep frying it in a hot oil. You can make bajji with any vegetables like potato, onion and eggplant . Best accompaniment for this bajji are coconut chutney or [peanut chutney](#) and [tea](#).

Ingredients

- 1 Big Vazhakkai / Raw Banana
- 3/4 Cup of Gram (Besan) Flour
- 1/4 Cup of Rice Flour
- 1 Tsp of Corn Flour
- 1/4 Tsp of Baking Soda
- A Pinch of Asafoetida
- 1.5 Tsp of Red Chilly Powder
- 1 Tsp of Salt

Water as needed , about 2/3 cup of water
Oil for Frying



Method

- Wash and peel the skin of raw banana/ vazhakkai.
- Slice them lengthwise into long and thin slices.
- In a bowl, add besan flour, rice flour, corn flour, asafoetida, red chilly powder, baking soda, salt and add water little by little to get batter. Batter should not be too thick or too thin.
- In the meantime, heat oil in a shallow pan for deep frying.
- When oil gets hot (323 degree F), dip the banana slices in the batter and make sure it is coated well on both sides.
- Carefully drop the slices one by one into the oil, cook them until it turns golden brown color on both sides.
- Transfer them to a paper towel(Tissue paper) lined container to absorb oil.
- Serve immediately with [tea](#) and coconut chutney or [peanut chutney](#).



Tips

- Addition of asafoetida is for digestion.
- You can add pinch of orange food color, to get colorful bajji.
- Adjust the amount of red chilly powder and salt according to your taste.
- Always cook in a medium high flame.

Health Benefits of Vazhakkai / Raw Banana

- Good source of resistant starch, a type of starch that cannot be broken down by enzymes in our digestive system, acts like fiber than starch, good for diabetes.
- High in potassium and vitamin B6.
- High in fiber content.



[How to make Good Cup of English Tea with video](#)



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Tea is very good for health as it has a lot of health benefits. Recently I have been to a place called Teavana in my nearby mall, where I saw lots and lots of tea from all over the world like black tea, oolong tea, white tea, green tea, puerh tea and variety of herbal tea and flavored tea. Tea is more than just a hot drink that is consumed by people everyday of the year, throughout the world. Everyone brew their tea in a different ways. I love Indian method and UK method .Let see how to make a good cup of English tea..

How to make good cup of British Tea

Ingredients

- A Tea Kettle

- A Ceramic Tea Pot
- 2 Tsp of Loose Tea or Tea Bags
- Tea Strainer
- 150 ml of Water
- 2-3 Tsp of Sugar, I used Brown Sugar
- 2 Tbsp of Milk

Serving : 1

Method

- Boil the water in a kettle to a boiling point. In the mean time, preheat the tea pot by adding hot tap water. After 2 mins, empty out the water from tea pot. This is called " Warming the pot". This is absolutely essential. You cannot make a nice cup of tea in a cold tea pot.
- Add the loose tea or tea bags to the tea pot. Now pour the boiling water from the kettle to the tea pot containing tea.
- Wait for 5 mins to let tea steep, more or less depending on what tea you are making and the recommended brewing time for black tea is 3-5 mins.
- Add milk to the cup, then place the stainer and pour the tea from tea pot to a cup, add sugar, stir well.
- Drink the cup of tea at a leisure place and enjoy the goodness of tea. Accompanied with biscuits or cake or scones or any other snack.
- Here is a video for making an English cup of tea.

Tips

- Brewing time for black tea is 3-5 mins.
- You can also have tea with or without milk.
- You can add milk at two stages, one is before adding the brewed tea and second is after adding the brewed tea.
- Warming the tea pot is most essential step in making tea.
- You can follow the same step by using tea bags .



Health Benefits of Black Tea

- Boosts the immune system.
- Lowers the risk of heart disease.
- Rehydrates the body.
- Prevents cancer.
- Good for brain, dental and bone health.

Tags: [british tea](#), [british cup of tea](#), [how to make british](#)

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