

# 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**



### INGREDIENTS

- 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.