





## About the Author



I am Vaishali Parekh, a resident of Kolkata, India and a Graduate Nutritionist. My passion for health and nutrition and a natural love for cooking drove me to come up with the website [www.indian-cooking.info](http://www.indian-cooking.info) in the year 2007.

I perpetually keep on searching for new ideas and information related to cooking, health and nutrition. Wherever I go and whatever I do, my antennas are always alert for any whiff of something new and interesting. As soon as I get hold of an interesting piece of info, I process it and deliver it to my readers with the help of my site.

Most of the times I deliver info for free. But at times when the cost of acquiring specialized info is quite high, I am left with no other option but to charge my readers.

Enjoy this free e-book, and after you have finished, don't forget to visit the link below for some well researched specialized information.

<http://www.indian-cooking.info/HomeRemedies/eBook.htm>

*Vaishali Parekh*



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## Beef Biryani

Preparation Time	Serves
2 ½ hours	4

### Ingredients :

<ul style="list-style-type: none"> <li>✓ Onions – 2 (large)</li> <li>✓ Garlic (chopped) – 2 cloves</li> <li>✓ Ginger, peeled and roughly chopped – 1 inch pieces</li> <li>✓ Green chilly, seeded and chopped – 1</li> <li>✓ Coriander (chopped) – 2 tbsp</li> <li>✓ Almonds flaked (sliced) – 4 tbsp</li> <li>✓ Water – 2 to 3 tbsp</li> <li>✓ Ghee – 1 tbsp</li> <li>✓ Butter for the rice – 2 tbsp</li> <li>✓ Vegetable oil – 3 tbsp</li> <li>✓ Sultanas (golden raisins) – 2 tbsp</li> </ul>	<ul style="list-style-type: none"> <li>✓ Ground coriander – 1 tsp</li> <li>✓ Braising or stewing stake, cubed – 500 gms</li> <li>✓ Ground cumin – 1 tbsp</li> <li>✓ Ground fenugreek – ½ tsp</li> <li>✓ A good pinch of ground cardamom</li> <li>✓ Whisked yoghurt – ¾ cup</li> <li>✓ Basmati rice – 1 ½ cups</li> <li>✓ Hot chicken stock or water – 5 cups</li> <li>✓ Salt and black pepper – to taste</li> <li>✓ Hard boiled eggs, quartered – 2 to garnish</li> </ul>
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### Method :

- ❖ Roughly chop 1 onion and place it in a food processor or blender. Add the garlic, ginger, chilly, fresh coriander and half the flaked almonds. Pour in the water and process to a smooth paste. Transfer the





paste to a small bowl and set aside.

- ❖ Finely slice the remaining onion into rings or half rings. Heat half the ghee or butter with half the oil in a heavy flame proof casserole and fry the onion rings for 10-15 minutes till they are deep golden brown. Transfer to a plate with a slotted spoon.
- ❖ Fry the remaining flaked almonds briefly until golden and set aside with onion rings, then quickly fry the sultanas until they smell. Transfer to the plate.
- ❖ Heat the remaining ghee in the casserole with a further 1 tbsp of oil. Fry the cubed meat, in batches, until evenly browned on all sides. Transfer the meat to a plate and set aside.
- ❖ Wipe the casserole clean with kitchen paper, heat the remaining oil and pour in the onion, spice and coriander paste made earlier.
- ❖ Cook over medium heat for 2-3 minutes, stirring all the time, until the mixture begins to brown lightly. Stir in all the additional spices, season with salt and ground black pepper and cook for 1 minute more.
- ❖ Lower the heat and stir in the yoghurt, a little at a time. When all of it has been incorporated into the spice mixture, return the meat to the casserole. Stir to coat, cover tightly and simmer over a gentle heat for 40-45 minutes until the meat is tender. Meanwhile soak the rice in a bowl of cold water for 15-20 minutes.
- ❖ Preheat the oven to 160 degree Celsius/325 degree Fahrenheit/Gas 3. Drain the rice, place in a pan and add the hot chicken stock or water together with a little salt. Bring back to boil, cover and cook for 5 minutes.
- ❖ Drain the rice and pile it in a mound on top of the meat in the casserole.



Using the handle of a spoon make a hole through the rice and meat mixture, to the bottom of the pan. Place the fried onions, almonds and sultanas over the top and dot with butter. Cover the casserole tightly with a double layer of foil and secure with lid.

- ❖ Cook the biryani the preheated oven for 30-40 minutes. To serve, spoon the mixture onto a warmed serving platter and garnish with the quartered hard boiled eggs.

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## Corn Masala Rice

Preparation Time	Serves
45 minutes	4

### Ingredients :

✓ Basmati rice – 1cup	✓ Sugar – 1 tsp
✓ Corn kernels – 1 cup	✓ Turmeric powder – ¼ tsp
✓ Green peas – 1 cup	✓ Salt to taste
✓ Cashews halved, 10 -12	✓ Juice of 1 lemon
✓ Chili Powder – 1 tsp	✓ Oil or ghee – 2 tbsp
✓ Sambar masala – 1 tsp	✓ Cumin seeds – ½ tsp
✓ Garam masala – ½ tsp	✓ Mustard seeds – ½ tsp

### Method :

- ❖ In a heavy saucepan heat the ghee. Add the cashews and fry till light brown. Remove.
- ❖ To same oil add cumin and mustard seeds to splutter.
- ❖ Add the corn, peas, rice and all dry masalas and 5 cups water. Cover and cook till almost done.
- ❖ Add lemon juice, sugar, coriander and cashews.
- ❖ Cover and cook till rice is done and no water is left.
- ❖ Extra masalas may be added as per desired spiciness.
- ❖ Serve hot with curd.





# Dhan Saak Rice

Preparation Time	Serves
60 minutes	8

## Ingredients :

<p>For dhan-saak</p> <ul style="list-style-type: none"> <li>✓ Toovar dal – 1 cup</li> <li>✓ Moong dal – 1 tbsp</li> <li>✓ Masoor dal – 1 tbsp</li> <li>✓ Val dal – 1 tbsp</li> <li>✓ Urad dal – 1 tbsp</li> <li>✓ Potato – 1</li> <li>✓ Brinjal – 1 small</li> <li>✓ Tomatoes – 2</li> <li>✓ Spring onions with leaves – 3</li> <li>✓ Fenugreek leaves – 1 small bunch</li> <li>✓ Red pumpkin (2" x 3") – 1 slice</li> <li>✓ White pumpkin – 1 slice</li> <li>✓ Tamarind water – 6 tsp</li> <li>✓ Ghee – 4 tbsp</li> <li>✓ Onion (chopped) – 1</li> <li>✓ Salt to taste</li> <li>✓ Water – 7 cups</li> </ul>	<p>To be made into powdered masala (for dhan-saak):</p> <ul style="list-style-type: none"> <li>✓ Cardamoms – 3</li> <li>✓ Cloves – 2</li> <li>✓ Cinnamon – 3 sticks</li> </ul> <p>To be ground into paste (for dhan-saak):</p> <ul style="list-style-type: none"> <li>✓ Green chilies – 4</li> <li>✓ Red chilies – 8</li> <li>✓ Garlic – 10 cloves</li> <li>✓ Ginger – 1 inch piece</li> <li>✓ Cinnamon – 3 sticks</li> <li>✓ Cloves – 3</li> <li>✓ Peppercorns – 3</li> <li>✓ Cardamoms – 3</li> <li>✓ Coriander seeds – 4 tsp</li> <li>✓ Cumin seeds – 2 tsp</li> <li>✓ Chopped fresh coriander – 1 tbsp</li> </ul>
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### Ingredients for the rice:

- ✓ Uncooked rice – 3 cups
- ✓ Onions – 2
- ✓ Cinnamon – 2 sticks
- ✓ Cloves – 2
- ✓ Crushed garlic – 1 tsp (optional)
- ✓ Sugar – 3 tsp
- ✓ Ghee – 2 tbsp
- ✓ Salt to taste

### Method :

#### For dhan-saak:

- ❖ Mix the dals and wash them.
- ❖ Cut the vegetables into big pieces.
- ❖ Mix the dals and vegetables, add water and cook in a pressure cooker.
- ❖ Sieve this mixture. If it is very thick, add a little water.
- ❖ Heat the ghee in a vessel and fry the chopped onions a little. Add the paste and fry again for 3 minutes.
- ❖ Add the dal mixture and salt and boil for 30 minutes.
- ❖ Add the tamarind water and sprinkle the powdered masala and cook for a few minutes.



#### For the rice:

- ❖ Chop the onions.
- ❖ Heat the ghee in a vessel and fry the onions a little or till golden brown.
- ❖ Add the cinnamon, cloves, crushed garlic and fry again.



- ❖ Add the rice, salt and enough water to cook the rice.
- ❖ Cook the sugar mixed with 1 tsp of water on a low flame. When it becomes brown, add to the rice while it is cooking.
- ❖ Put off the flame when the rice is cooked.
- ❖ Serve this rice with dhan-saak.

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## Egg Biryani

Preparation Time	Serves
50 minutes	4

### Ingredients :

<ul style="list-style-type: none"> <li>✓ Basmati rice - 2 cups</li> <li>✓ Water - 3 ½ cups</li> <li>✓ Eggs - 6</li> <li>✓ Onion (thin-sliced) - 1</li> <li>✓ Ginger paste - 1 tsp</li> <li>✓ Garlic paste - 1 tsp</li> <li>✓ Green chili (thin-sliced)- 2</li> <li>✓ Cloves - 3</li> <li>✓ Black pepper - 7</li> <li>✓ Bay leaves - 2</li> </ul>	<ul style="list-style-type: none"> <li>✓ Brown cardamom - 1</li> <li>✓ Green cardamom - 2</li> <li>✓ Red chili powder - 1 tsp</li> <li>✓ Coriander powder - 1 tsp</li> <li>✓ Garam Masala Powder - 1 tsp</li> <li>✓ Cinnamon sticks (thin) 3-4</li> <li>✓ Cumin seeds - 1 tsp</li> <li>✓ Vegetable oil - 4 tbsp</li> <li>✓ Salt to taste</li> <li>✓ Chopped coriander leaves</li> </ul>
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### Method :

- ❖ Heat oil (3 tbsp.) in a pan.
- ❖ Add cumin seeds, green and brown cardamom, cinnamon sticks, cloves, black pepper and the bay leaves.
- ❖ Fry for a minute. Reduce the heat.
- ❖ Add sliced onion, green chili, ginger garlic paste and fry until light golden brown.
- ❖ Add red chili powder, coriander powder, garam masala and salt. Mix well.





- ❖ Add rice and water. Stir well. Cover it and cook for 20 minutes on medium heat. Slowly toss the rice upside down once, while its getting cooked.
- ❖ Meanwhile keep three eggs for boiling.
- ❖ Take the remaining three eggs and beat in a bowl. Add salt to it and beat again.
- ❖ Heat oil (1 tbsp.) in a pan. Pour the beaten eggs. Continuously stir it and cook until golden brown.
- ❖ Cut the boiled eggs into rings (thin slices). Arrange in the corners of the serving dish plate.
- ❖ Once you are done with the rice, add the scrambled eggs to the rice and slowly mix it taking care that you do not break the rice grains.
- ❖ Put the rice in the centre of the serving plate.
- ❖ Garnish with coriander leaves and serve hot.

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## Fish Biryani

Preparation Time	Serves
50 minutes	4

### Ingredients :

✓ Basmati rice – 500 gms	✓ Onion - 1 chopped
✓ Fish – 500 gms	✓ Garlic - 4 cloves
✓ Coconut - 1	✓ Turmeric – 1 tsp
✓ Cumin seeds – 1 tsp	✓ Ghee – 4 tbsp
✓ Green Chilies - 4	✓ Salt to taste

### Method :

- ❖ Cut and wash the fish and boil in a cup of water with salt.
- ❖ Remove the bone from it (leaving one small fish). Keep aside.
- ❖ Wash, soak and drain rice.
- ❖ Grind turmeric, cumin seeds, chilies, garlic and half the onion to a paste.
- ❖ Extract 3 cups of coconut milk.
- ❖ Heat ghee in a saucepan. Slice and fry remaining onion, add rice stir well.
- ❖ Pour coconut milk and little water if required when rice is almost cooked.
- ❖ Add the ground paste, boned fish and salt. Mix gently and reduce heat or bake in a moderate oven till the rice is sufficiently dry.





- ❖ Serve garnished with the remaining complete, boiled fish.

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## Gatta Rice

Preparation Time	Serves
60 minutes	4

### Ingredients :

<ul style="list-style-type: none"><li>✓ Basmati rice - 1 cup</li><li>✓ Boiled peas - ¼ cup</li><li>✓ Bay leaves - 2</li><li>✓ Cloves - 2</li><li>✓ Cinnamon - 1" stick</li><li>✓ Cardamoms - 2</li><li>✓ Curry leaves - 1 stalk</li><li>✓ Red chili powder - 1 tsp</li><li>✓ Garam masala - ½ tsp</li><li>✓ Coriander powder - ½ tsp</li><li>✓ Turmeric powder - ¼ tsp</li><li>✓ Salt to taste</li><li>✓ Juice of 1 lemon</li></ul>	<ul style="list-style-type: none"><li>✓ Cashew nuts - 1 tbsp</li><li>✓ Golden raisins - 1 tbsp</li><li>✓ Ghee or oil - 2 tbsp</li><li>✓ Ghatta pieces - ½ cup</li><li>✓ Cumin seeds - 1 tbsp</li><li>✓ Mustard seeds - 1 tbsp</li></ul> <p>For Gattas</p> <ul style="list-style-type: none"><li>✓ Gram flour - ½ cup</li><li>✓ Oil - ½ tbsp</li><li>✓ Chili powder</li><li>✓ Salt to taste</li><li>✓ Oregano seeds - ¼ tsp</li></ul>
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### Method :

#### Method for gattas

- ❖ Mix flour, oil, chili powder, salt and oregano seeds, add 1 tbsp water.
- ❖ Make a hard dough. Break off a piece and roll into shape and size of a finger.
- ❖ Put plenty of water to boil. Submerge ghattas (the rolls) and boil till done.



(About 1/2 hour)

- ❖ Drain, cool and chop into round 1-1 1/2 cm. long. Keep aside.

#### Method for Rice

- ❖ Boil rice in plenty of water. Each grain should be separate.
- ❖ Heat ghee in kadai (pan). Add mustard seeds, jeera, cashews, bay leaves, cloves, cinnamon, cardamoms and curry leaves.
- ❖ Add gattas and peas. Add masalas, lemon juice and salt.
- ❖ Stir fry till ghee separates. Add to the rice.
- ❖ Mix slowly and well. Heat either in warmer, heavy skillet, oven or cooker.
- ❖ Garnish with coriander.
- ❖ Serve hot with curd.

#### Tip :

- ❖ You can even use the readymade gattas easily available in the market. Boil them in the same way.

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## Hariyali Pulao

Preparation Time	Serves
55 minutes	6

### Ingredients :

<ul style="list-style-type: none"> <li>✓ Rice - 2 cups</li> <li>✓ Baby potato - 200 gms</li> <li>✓ Sliced onions - 2</li> <li>✓ Ghee - 4 tbsp</li> <li>✓ Bay leaves - 2</li> <li>✓ Cinnamon - 1" piece</li> <li>✓ Cardamoms - 3</li> <li>✓ Cloves - 3</li> <li>✓ Salt to taste</li> </ul>	<p>For spice paste :</p> <ul style="list-style-type: none"> <li>✓ Green chilies - 4</li> <li>✓ Garlic - 7 pods</li> <li>✓ Ginger - 1" piece</li> <li>✓ Coriander leaves, chopped-50 gms</li> </ul> <p>For garnishing :</p> <ul style="list-style-type: none"> <li>✓ Coriander leaves (chopped)</li> </ul>
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### Method :

- ❖ Grind all the ingredients for the spice paste.
- ❖ Peel the baby potatoes, prick with a fork, sprinkle salt and keep aside.
- ❖ Wash and drain the rice.
- ❖ Heat the ghee in a pan and fry the onions till they are a light golden brown.
- ❖ Add the whole spices and fry for one minute.
- ❖ Mix in the spice paste and fry for another minute.





- ❖ Add the potatoes and fry for another 2-3 minutes.
- ❖ Mix in the rice and salt to taste.
- ❖ Stir well and add enough water to cook the rice.
- ❖ Cover with a lid and cook till the rice is tender.
- ❖ Serve garnished with coriander leaves.

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## Hyderabadi Mutton Biryani

Preparation Time	Serves
50 minutes	6

### Ingredients :

<ul style="list-style-type: none"> <li>✓ Rice – 1 kg</li> <li>✓ Mutton – 1 kg</li> <li>✓ Cardamom – 10 gms</li> <li>✓ Cinnamon – 10 gms</li> <li>✓ Cumminseed – 10 gms</li> <li>✓ Cloves – 10 gms</li> <li>✓ Ginger – 40 gms</li> <li>✓ Garlic – 20 gms</li> </ul>	<ul style="list-style-type: none"> <li>✓ Green Chilies – 100 gms</li> <li>✓ Fried Onion – 50 gms</li> <li>✓ Coriander Leaves – 1 bunch</li> <li>✓ Mint leaves – 1 bunch</li> <li>✓ Lemon - 2</li> <li>✓ Curd – ¼ cup</li> <li>✓ Ghee – 250 gms</li> </ul>
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### Method :

- ❖ Wash mutton and put it in a vessel.
- ❖ Grind green chilies, ginger, garlic, spices, fried onion, and mix them all, then add this mixture to the meat.
- ❖ Then add curd to it, mix thoroughly. Keep aside for half an hour.
- ❖ Boil 2 litres of water.
- ❖ When water comes to a boil add the rice. Take out the semi-cooked rice and spread it on the meat and spices mixture as a layer. Take some more rice and spread as second layer. Finally, spread the fully cooked rice.





- ❖ Prepare a mixture of one cup of boiled water and 1/4 kg ghee and spill it on the rice.
- ❖ Now cover and seal the edges with dough. Put the vessel on the stove, cook for 15 minutes on medium flame.
- ❖ Let it cool a bit for 10-15 minutes and take off the seal.
- ❖ Hyderabadi mutton biryani is ready to serve.

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## Kashmiri Pulao

Preparation Time	Serves
45 minutes	4

### Ingredients :

<ul style="list-style-type: none"> <li>✓ Long Grain (Basmati) Rice - 500 gms</li> <li>✓ Onion sliced vertically - 100 gms</li> <li>✓ Cinnamon - 5 gms</li> <li>✓ Cardamom - 5 gms</li> <li>✓ Cloves - 5 gms</li> <li>✓ Turmeric powder - 1 tsp</li> </ul>	<ul style="list-style-type: none"> <li>✓ Saffron - 1 gm</li> <li>✓ Milk - 10 ml</li> <li>✓ Walnut - 20 gms</li> <li>✓ Cashew nut - 20 gms</li> <li>✓ Water - 1 litre</li> <li>✓ Oil - 50 gms</li> <li>✓ Salt to taste</li> </ul>
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### Method :

- ❖ Wash and soak rice.
- ❖ Heat oil and fry onions till golden brown and then remove.
- ❖ Fry whole spices, turmeric powder, add rice and sauté.
- ❖ Add half-saffron dissolved in little warm milk.
- ❖ Add hot water and mix well.
- ❖ Cook a little. Add the remaining saffron and cook till grains are separated and done.
- ❖ Garnish kashmiri pulao with fried onions, walnuts & cashew nuts.



## Kofta Biryani

Preparation Time	Serves
60 minutes	6

### Ingredients :

<ul style="list-style-type: none"> <li>✓ Cooked chick peas - 200 gms</li> <li>✓ Mozzarella cheese - ½ pack</li> <li>✓ Basmati rice -2 cups</li> <li>✓ Bread - 2 slices</li> <li>✓ Green chili - 1</li> <li>✓ Salt to taste</li> <li>✓ Ginger – 1"</li> <li>✓ Tomato - 2</li> <li>✓ Onion paste - 1 tbsp</li> </ul>	<ul style="list-style-type: none"> <li>✓ ½ onion cut in to small pieces</li> <li>✓ Cumin powder - ½ tsp</li> <li>✓ Chili powder -1 tsp</li> <li>✓ Garlic - 2 cloves</li> <li>✓ Oil &amp; ghee - 3 tbsp</li> <li>✓ Saffron soaked in milk - ½ cup</li> <li>✓ Biryani masala - 1 tsp</li> <li>✓ Milk cream - 2 tbsp</li> </ul>
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### Method :

- ❖ Make a paste of chickpeas. Add crushed ginger, green chili and salt.
- ❖ Now add mozzarella cheese & two pieces of bread to the mixture and make dough.
- ❖ Make small balls and bake it in oven at 350°C for 30 minutes.
- ❖ Heat a pan and add oil. Fry onions add tomato, cumin seeds, garlic-ginger paste, chili powder, turmeric powder and biryani masala.





- ❖ Fry the masala till the oil separates; then add water, bring it to boil.
- ❖ At the end add the baked koftas, cook for another few minutes and put off the flame.
- ❖ Add cream to the kofta.
- ❖ Prepare basmati rice separately.
- ❖ Now in a baking dish grease it with ghee, add a few bay leaf, spread one layer of rice, add one layer of kofta with gravy and then add another layer of rice.
- ❖ At the top add saffron soaked in milk and then sprinkle ghee over the rice.
- ❖ Cover with an aluminium foil; put it in the oven at warm for half an hour.
- ❖ Serve immediately.

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## Mango Rice

Preparation Time	Serves
45 minutes	6

### Ingredients :

<ul style="list-style-type: none"> <li>✓ Cooked rice - 2 cups</li> <li>✓ Grated green mango - 1 cup</li> <li>✓ Chopped onions (optional) - ½ cup</li> <li>✓ Salt - 2 tsp</li> <li>✓ Chili powder - 2 tsp</li> <li>✓ Turmeric powder - 1 tsp</li> </ul>	<ul style="list-style-type: none"> <li>✓ A pinch of Asafoetida</li> <li>✓ Mustard - 1 tsp</li> <li>✓ Oil - 2 tbsp</li> <li>✓ Small bunch curry leaves</li> <li>✓ A handful fried peanuts</li> <li>✓ Yogurt - ½ cup</li> <li>✓ Baby okras - 8</li> </ul>
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### Method :

- ❖ Heat oil in a pan and add mustard, turmeric powder and asafoetida.
- ❖ After the mustard splutters, add chopped onions and fry till they turn golden brown.
- ❖ Add the grated mango, chili powder and salt.
- ❖ Cook the mango till it becomes very soft.
- ❖ Now, add the cooked rice. Stir well and garnish with curry leaves.
- ❖ Sprinkle fried peanuts on top just before serving.



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# Methi Pulao

Preparation Time	Serves
45 minutes	4

### Ingredients :

<ul style="list-style-type: none"> <li>✓ Long Grain (Basmati) Rice - 1 ½ cup</li> <li>✓ Green peas - 1 cup</li> <li>✓ Paneer (cut into small cubes, deep fried) - 50 gms</li> <li>✓ Chopped fenugreek leaves - a small bunch</li> <li>✓ Tomatoes, chopped - 2</li> </ul>	<ul style="list-style-type: none"> <li>✓ Garlic paste - 5 flakes</li> <li>✓ Green chilies, chopped - 3</li> <li>✓ Turmeric powder - 1 tsp</li> <li>✓ Red chili powder to taste</li> <li>✓ Salt to taste</li> <li>✓ Oil / butter - 1 tbsp</li> </ul>
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### Method :

- ❖ Wash methi properly and drain the water and keep aside.
- ❖ Heat oil in the pan and add garlic paste and fry till light brown.
- ❖ Now add tomatoes, peas, methi, green chilies, salt, chili powder and turmeric powder.
- ❖ Stir-fry for 8-10 minutes.
- ❖ Add rice and fry well for another 5 minutes.
- ❖ Add enough water and pressure cook on low flame for 5 minutes.
- ❖ Garnish with fried paneer.
- ❖ Serve the methi (fenugreek) pulao hot with chilled raita.

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# Moghlai Biryani

Preparation Time	Serves
60 minutes	6

## Ingredients :

✓ Basmati rice – 2 cups	✓ Red chilies – 5
✓ Mutton – 500 gms	✓ Milk - ½ cup
✓ Lime - 1	✓ Turmeric powder – a pinch
✓ Almonds or cashewnuts – ½ cup	✓ Cardamom - 3
✓ A few spring mint	✓ Cloves - 3
✓ Ghee – 6 tbsp	✓ Cinnamon – 1 stick
✓ Coriander leaves - ¼ bunch	✓ Bay leaf -2
✓ Onions – 1 cup	✓ A pinch sweet cumin
✓ Ginger – 1” piece	✓ A little saffron
✓ Green chilies (finely chopped)	✓ Wheat flour paste enough to seal pan
✓ Garlic – 3 flakes	
✓ Curd – 1 cup	

## Method :

- ❖ Wash, clean and cut the mutton into small pieces.
- ❖ Peel and slice the onions, coriander leaves and mint.
- ❖ Peel ginger and garlic. Grind ginger, red chilies, garlic and nuts into a fine paste. Heat ghee. Fry onions till golden brown and crisp.

- ❖ Remove. Add bay leaf, ground masala, and fry.
- ❖ Add tepid water and cook with lid on till meat is tender and gravy is thick.
- ❖ Boil rice till three-fourths cooked. Add salt.
- ❖ Meanwhile strain curds with a fine piece of muslin.
- ❖ Add powdered cloves, cinnamon, cardamom, sweet cumin, turmeric, chopped green chilies, coriander leaves and mint.
- ❖ Add limejuice and mix well. Add curds mixture to mutton. Stir well.
- ❖ Dissolve saffron in some milk and sprinkle over half the rice.
- ❖ In a strong pan put in layers of rice, mutton and fried onion.
- ❖ Repeat till all ingredients are used up.
- ❖ Pour remaining milk and fat over the rice. Cover pan and seal edges with wheat flour paste.
- ❖ Place in an oven 143°C for one hour and serve very hot.



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## Mushroom Rice With Prawns

Preparation Time	Serves
35 minutes	4

### Ingredients :

<ul style="list-style-type: none"> <li>✓ Basmati rice – 2/3 cup</li> <li>✓ Oil – 1 tbsp</li> <li>✓ Onion (chopped) – 1 (medium)</li> <li>✓ Black peppercorns – 4</li> <li>✓ Cinnamon stick – 1 inch</li> <li>✓ Bay leaf – 1</li> <li>✓ Cardamom – 2</li> <li>✓ Garlic (crushed) – 1</li> <li>✓ Ginger (grated) – 1 tsp</li> <li>✓ Garam masala – 1 tsp</li> <li>✓ Lemon juice – 1 tbsp</li> <li>✓ Frozen peas – ½ cup</li> </ul>	<ul style="list-style-type: none"> <li>✓ Chilly powder – 1 tsp</li> <li>✓ Salt to taste</li> <li>✓ Frozen cooked peeled prawns (shrimp) thawed – 1 cup</li> <li>✓ Mushrooms (cut into large pieces) – 1 ½ cups</li> <li>✓ Fresh coriander (chopped) – 2 tbsp</li> <li>✓ Yoghurt – ½ cup</li> <li>✓ Water – 1 cup</li> <li>✓ Seeded and sliced fresh red chilly – 1 to garnish</li> </ul>
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### Method :

- ❖ Wash the rice well and leave it to soak in water for 30 minutes.
- ❖ Heat the oil in a heavy pan and add the chopped onion, peppercorns, cinnamon, bay leaf, cumin seeds, cardamom pods, garlic, ginger, garam masala, chili powder





and salt.

- ❖ Lower the flame and stir fry the mixture for 2-3 minutes.
- ❖ Add the prawns to the spice mixture and cook for 2 minutes, then add the mushrooms.
- ❖ Stir in the coriander and yoghurt followed by the lemon juice and peas and cook for 2 more minutes.
- ❖ Drain the rice and add it to the prawn mixture.
- ❖ Pour in the water, cover the pan and cook over a medium heat for about 15 minutes, checking once to make sure that the rice has not stuck to the base of the pan.
- ❖ Remove the pan from the heat and leave to stand, still covered, for about 5 minutes.
- ❖ Transfer to a serving dish and serve garnished with a sliced red chili.

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## Peas And Mushroom Pulao

Preparation Time	Serves
35 minutes	6

### Ingredients :

✓ Basmati rice – 2 ¼ cups	✓ Salt to taste
✓ Oil – 1 tbsp	✓ Tomato (sliced) – 1 medium
✓ Cumin seeds – ½ tsp	✓ White button mushrooms – 2/3 cup
✓ Black cardamom – 2	✓ Green peas – ¾ cup
✓ Cinnamon sticks – 2	✓ Water – 3 cups
✓ Garlic (sliced) – 3 cloves	

### Method :

- ❖ Wash the rice well and leave it to soak in water for 30 minutes.
- ❖ In a medium heavy pan, heat the oil and add the spices, garlic and salt.
- ❖ Add the tomato and mushrooms and stir fry for 2-3 minutes.
- ❖ Tip the rice into a colander and drain it thoroughly. Add it to the pan with the peas.
- ❖ Stir gently, making sure that you do not break up the grains of rice.
- ❖ Add the water and bring it to a boil. Lower the heat, cover and continue to cook for 15-20 minutes.
- ❖ Just before serving, remove the lid from the pan and fluff up the rice with





a fork.

- ❖ Spoon into a dish and serve immediately.

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## Pudhina Pulao

Preparation Time	Serves
45 minutes	6

### Ingredients :

✓ Basmati rice – 1 ¾ cups	✓ Cloves - 4
✓ Ginger – 2" piece	✓ Large cardamoms - 4
✓ Curd - ¾ cup	✓ Black peppercorns -10
✓ Mint leaves – 1 ½ cup	✓ Water for cooking – 3 ¼ cups
✓ Bay leaves - 2	✓ Ghee - 3
✓ Green cardamoms 5	✓ Salt to taste

### Method :

- ❖ Clean and wash the rice. Soak the rice in water for at least half an hour.
- ❖ Peel and grind the ginger to a paste and also whisk the curd.
- ❖ Wash & chop the mint leaves reserving few for the garnish.
- ❖ Heat ghee in a thick-bottomed pan and put the bay leaves, green cardamoms, large cardamoms, cloves and black peppercorns.
- ❖ When they begin to crackle, put the ginger paste, stir well and put beaten curd. Cook for 3 minutes.
- ❖ Put water and allow it to boil. Add the salt for taste.
- ❖ Drain the water from the soaked rice. Add it to the water & bring to a boil.





- ❖ Now add the chopped mint leaves and mix lightly.
- ❖ Cover and cook on low heat for at least eight minutes or till the rice is completely cooked.
- ❖ Garnish with mint leaves.
- ❖ Serve steaming hot.

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# Sofyani Biryani

Preparation Time	Serves
90 minutes	4

## Ingredients :

✓ Chicken – 800 gms	✓ Onions – 100 gms
✓ Basmati rice – 450 gms	✓ Ginger paste – 5 tsp
✓ Ghee – 150 gms	✓ Garlic paste – 5 tsp
✓ Green cardamom – 6	✓ Chilly powder – 2 tsp
✓ Black cardamom – 2	✓ Yoghurt – 500 gms
✓ Cloves – 6	✓ Lemon juice – 30 ml
✓ Cinnamon – 2 inch piece	✓ Saffron – a few threads
✓ Bay leaves – 2	✓ Milk – 2 tbsp
✓ Mace powder – a pinch	✓ Mint leaves – a small bunch
✓ Black cumin seeds – 1 tsp	✓ Coriander leaves – 2 tbsp
✓ Salt to taste	

## Method :

- ❖ Cook the well washed and soaked rice for 30 minutes.
- ❖ Heat the ghee in a pan and keep aside. Add the whole spices and black cumin seeds. Let them crackle on low heat.
- ❖ Add the grated onions and sauté until golden brown.





- ❖ Add ginger-garlic paste and chili powder and stir fry for 1 minute.
- ❖ Add the chicken and stir fry for 2 minutes.
- ❖ Add yoghurt a little portion at a time. Add 2 tbsp of water and bring to a boil.
- ❖ Simmer till the chicken is almost cooked.
- ❖ Sprinkle lemon juice and salt to taste.

### Assembling:

- ❖ In the pan with the semi-cooked chicken, sprinkle half of the saffron mixed with milk. Add few chopped mint leaves and coriander leaves.
- ❖ Then spread half of the cooked rice. Alternate again with chicken, saffron and mint layer.
- ❖ Then again spread the remaining rice.
- ❖ Cover and cook in oven at 160 degree Celsius for 30-35 minutes or cook in a pressure cooker without whistle for 15-20 minutes

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## Spinach Cheese Rice

Preparation Time	Serves
35 minutes	4

### Ingredients :

<ul style="list-style-type: none"><li>✓ Spinach leaves washed, drained - 1 bunch</li><li>✓ Grated cheese – ½ cup</li><li>✓ Basmati rice – 1 ½ cup</li><li>✓ Green chilies – 5</li><li>✓ Ginger – 1"</li><li>✓ Butter – 1 tbsp</li></ul>	<ul style="list-style-type: none"><li>✓ Onion, slice into thin long strips - 1</li><li>✓ Salt to taste</li><li>✓ Cinnamon – ½ tsp</li><li>✓ Clove powder – ½ tsp</li><li>✓ Cabbage thinly chopped – 1 cup</li><li>✓ Juice of 1 lemon</li><li>✓ Milk – ¼ cup</li></ul>
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### Method :

- ❖ Boil 3 ½ cups of water. Add salt, 8-10 drops lemon juice and rice. Cook till almost done.
- ❖ Drain in colander. Cool by spreading on a thali or plate. Keep aside.
- ❖ Put spinach, green chilies and ginger in a blender. Do not add water. The sustained water is enough for blending.
- ❖ Melt butter in kadai (pan), add the onions. Fry till they are light brown.
- ❖ Add the spices and cook for 1-2 minutes.
- ❖ Add cabbage, lemon juice, salt and spinach paste. Fry for 5 minutes.
- ❖ Add the above fried masala to rice leaving behind 1 tbsp of the masala



mixture.

- ❖ Add half cheese. Delicately blend the masala with rice till evenly mixed, preferably with finger so the grain does not break. Transfer to an ovenproof casserole; spread the leftover paste on the rice.
- ❖ Sprinkle the remaining cheese and the milk.
- ❖ Bake for 15 minutes, covered with foil or cling film depending on the oven.
- ❖ Serve hot.

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## Vegetable Biryani

Preparation Time	Serves
60 minutes	4

### Ingredients :

<ul style="list-style-type: none"><li>✓ Basmati rice – 1 cup</li><li>✓ Mixed vegetables, diced (carrots, beans, capsicum, cauliflower) – 1 cup</li><li>✓ Onions grated – 2 large</li><li>✓ Crushed ginger – 2 tsp</li><li>✓ Crushed garlic – 2 tsp</li><li>✓ Potatoes (sliced into long strips) – 2 (large)</li><li>✓ Cabbage leaves (cut into large pieces) – 3 leaves</li><li>✓ Oil to deep fry</li><li>✓ Ghee – 2 tbsp</li><li>✓ Salt to taste</li></ul>	<ul style="list-style-type: none"><li>✓ Water – 2 cups</li><li>✓ Biryani masala – 4 tsp</li><li>✓ Green cardamom – 2</li><li>✓ Black cardamom – 2</li><li>✓ Cloves – 2</li><li>✓ Cinnamon – 1</li><li>✓ Mace – 2</li><li>✓ Peppercorns (coarsely crushed) – 4</li><li>✓ Curd – ½ cup</li><li>✓ Turmeric powder – ½ tsp</li><li>✓ Cumin seeds – 1 tsp</li><li>✓ Saffron – a few threads</li><li>✓ Milk – 2 tbsp</li></ul>
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### Method :

- ❖ Wash the rice properly and soak for 30 minutes.
- ❖ Cook it with water until just cooked.
- ❖ Drain it in a strainer or colander and keep aside.
- ❖ Dissolve saffron in milk and keep aside.



- ❖ Heat 1 tbsp of ghee in a pan. Add cumin seeds and let them crackle.
- ❖ Add the onions and let it sauté till it gets golden brown. Add the ginger-garlic paste and stir fry for 1 minute.
- ❖ Now add all the vegetables except potato and add salt and turmeric powder and cook for few minutes or till the vegetables get tender.
- ❖ Deep fry the potato fingers till golden brown.
- ❖ Add to the vegetables and mix. Add the biryani masala or dry grind green cardamom, cloves, cinnamon, 1 mace after dry roasting it for 2-3 minutes.
- ❖ Add the remaining mace, peppercorns and stir fry for 2-3 minutes on low flame.
- ❖ Add the beaten curd and mix properly.
- ❖ Put off the flame.
- ❖ In a thick bottomed pan arrange the layering in the following manner.
- ❖ Start with a rice layer. Spoon a tablespoon of cooked rice and spread it evenly in a thick bottomed pan.
- ❖ Now spread the vegetables. Cover it with a layer of rice. Sprinkle one spoon of saffron added with milk evenly on the rice.
- ❖ Now again repeat the layering. End with a rice layer.
- ❖ Now heat 1 tbsp of ghee and pour it over the rice.
- ❖ Cover tightly and cook on a tava or a pan for 30-35 minutes on low flame





or cook it in a preheated oven at 160 degree Celsius for 20-25 minutes.

- ❖ Serve hot with raita or pudina lassi.

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## Yakhni Pulao

Preparation Time	Serves
45 minutes	4

### Ingredients :

✓ Mutton – 100 gms	✓ Large chopped onion - 1
✓ Soaked rice - 200 gms	✓ Green chilies - 4
✓ Curd – 100 gms	✓ Red chili powder – ½ tsp
✓ Garam masala – 1 tsp	✓ Eggs - 2
✓ Garlic flakes - 2	✓ Salt to taste
✓ Ginger - 1	✓ Butter – 2 tsp

### Method :

- ❖ Wash the mutton properly.
- ❖ Cut into pieces.
- ❖ Grind garlic flakes and ginger to make a paste.
- ❖ Mix ginger garlic paste, garam masala, curd, 1/2 liter water and salt with mutton.
- ❖ Boil it for 5 minutes in a cooker.
- ❖ Fry onions and green chilies in oil till it turns brown.
- ❖ Mix the mutton stock obtained from the final washing of the mutton pieces to the soaked rice.
- ❖ Boil it till it gets half cooked.





- ❖ Now add boiled mutton pieces and salt to half cooked rice.
- ❖ Cook it till it gets cooked properly.
- ❖ Adorn with boiled eggs.

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## Zafrani Kheer

Preparation Time	Serves
30 minutes	4

### Ingredients :

✓ Soaked Grain Rice - 2 cup	✓ Cashew nuts - 1 tbsp
✓ Milk - 5 cups	✓ Almonds - 1 tbsp
✓ Sugar - 1/2 cup	✓ Cardamoms - 1 tbsp
✓ Ghee - 4 tbsp	✓ Few Saffron strands

### Method :

- ❖ Mix milk, rice, cardamom, sugar and saffron in a heavy bottomed pan.
- ❖ Bring it to boil. Then cook it on medium flame for 5-10 minutes.
- ❖ Meanwhile melt the ghee in another pan.
- ❖ Mix almonds and cashew nuts.
- ❖ Saute it for 1-2 minutes.
- ❖ Add almonds and cashew nuts to kheer.
- ❖ Cook the kheer for another 10 minutes.
- ❖ Keep it aside for cooling.
- ❖ Serve chilled.



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## Nature & Us

In ancient times man was completely at the mercy of nature. Sometimes nature was extremely harsh on him, but at the same time it also took care of him by providing him with all the resources that he needed to survive.

It provided him with all the foods and medicines for him to stay healthy and active. In due course, man prospered and developed in every way possible – intellectually, financially and physically.

Slowly and surely man started drifting away from his roots and today things have come to such a head that he has almost forgotten where his roots are. He has begun considering himself as the Supreme Being who can control everything. In his pursuit of material possessions, he has become blind to the fact that nature has its own way of striking back. And when it does, all his acquired power will not be able to save him, as we have seen so many times in the past.

So, why not try to reconnect with our roots?

Why not try some simple and natural home remedies whenever you are down with some common ailment, instead of running to the doctor?

I have developed an e-book on such remedies with painstaking effort, for you to go through. It shall be your asset throughout life.

Check it out.

<http://www.indian-cooking.info/HomeRemedies/ebook.htm>