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North Indian Recipes by Sunita Shastri

Green Vegetable Pulao

This is a delicious rice dish made with green vegetables cooked with aromatic spices and cilantro mint puree.

Prep Time: 10- 16 mins, Cooking time : 30 minutes, Servings : 6

Ingredients

- Basmati rice soaked – 2 cups
- Sprouted mung beans – 2 cups
- Green beans – 1/2 lbs diced into small pieces
- 1 cup peas
- 1 small onion sliced thin
- Fresh cilantro leaves ½ bunch
- Cloves 3-4
- Cinnamon Stick 1 inch
- black pepper 6
- Green cardamoms 2
- Bay leaf 1
- 1 tsp lemon juice
- ½ cup oil
- 1 tsp cumin seeds,
- ½ cup mint chopped
- ¼ tsp turmeric
- cashews
- Salt to taste
- 3 cups of water

Cilantro Mint Puree Ingredients

- Fresh mint leaves 10-15
- Green chilies - 3 thai chilies
- Ginger roughly chopped - 1inch
- Garlic pods 5-6
- Coriander Seeds 1 tbsp
- Black Pepper 6-8
- 1 cup water
- 1 tbsp lemon juice

Method

Make a puree in a blender with cilantro, mint, green chilies, garlic, ginger, pepper, coriander seeds and lemon with 1 cup of water and keep it aside.

Heat ½ cup oil in pan/large pot (if you prefer to cook the pulao on a stove top), add cloves, cinnamon, peppercorns, green cardamoms, bay leaf, cumin seeds and turmeric and sauté for a minute. Add onions and sauté for 2 minutes. Add basmati rice, cashews and roast for 2 minutes. Add chopped beans, peas, sprouted mung beans and 2 ½ cup of water and salt to taste. Mix well and taste the broth to make sure salt is sufficient. At this point you can choose to transfer all the ingredients to a rice cooker or cook on stove top in the same pot. If you are cooking on stove top, bring the rice to a boil and then turn the heat to low setting to simmer slowly. This should take about 10-15 minutes. When rice is done, turn off the heat and add lemon juice and adjust salt if needed. Transfer the pulao into a serving plate and serve hot garnished with mint leaves. Raita is a great accompanying side dish with pulao as this yogurt sauce has a cooling effect on all the spices used in the pulao.

Method to make mung beans sprouts: Wash 1/2 cup of green mung beans and soak with 3 cups of water overnight (10 hrs) by keeping the bowl open. In the morning drain the water completely and lay a cheese cloth on a container and tie a knot to make a secure ball and place this in a container and partially cover it with a lid. If you do not have a cheese cloth, you can use a dry glass pyrex container and place the drained mung beans and partially cover with a lid and keep it in a warm place in the house. Depending on the room temperature, usually the sprouts start around 12-15 hours and takes full 24 hours to get ½ inch sprouts.

Beetroot Raita

Soy yogurt (vegan option) sauce with beetroot.

Ingredients

- One large cooked beetroot grated
- Plain Soy Yogurt 2 cups
- 5 cashews cut into small pieces
- Chopped cilantro 1 tbsp.
- 2 mint leaves finely chopped
- Pinch of crushed black pepper
- Cumin Powder ¼ tsp.
- Salt to taste

Method:

Combine all the ingredients in a small bowl and serve it with pulao or your main dish.

Chole Palak Curry – Chickpeas and Spinach Curry

This is a delicious gravy curry made with garbanzo beans and spinach cooked with aromatic spices and simmered in a tomato gravy and coconut cream.



Cook Time: 30 Mins | **Serves:** 4-6

Ingredients:

- Garbanzo Beans Cooked 24 oz(two cans)
- 1/2 Bunch Spinach chopped
- 2 tbsp oil
- 1 tbsp cumin seeds
- 1/2 tsp cumin powder
- 1/2 tsp coriander powder
- 1 tsp garam masala
- 1/4 tsp red chili powder
- 1/4 - 1/2 tsp chili powder
- 1 tbsp chopped cilantro
- 1 bay leaf
- 4-5 black pepper
- Salt to taste
- 1 tbsp cilantro chopped
- 1/2 tsp sugar
- 2-3 tbsp coconut cream

Tomato Puree:

- 2 medium tomatoes diced
- medium onion diced
- Ginger – 1 inch grinder chopped
- 8 garlic pods
- 1 green chili

Method:

- Puree tomato puree ingredients and keep it aside.
- Heat oil in a pan over medium heat and add cumin seeds, bay leaves, and black pepper.
- When cumin seeds start to sizzle, add tomato puree and roast for 5 mins. When oil starts to separate, add turmeric, garam masala, red chili powder, cumin powder, coriander power and blend the spices well with the gravy and let it cook in oil for a minute.
- Add chopped spinach and cook with 1/2 cup of water over low flame for 5 mins.
- Drain garbanzo beans and add it to the gravy and mix well. Add salt, sugar, coconut cream and adjust the liquid consistency depending on how you plan to eat this dish.
- Simmer over low flame for 5 mins and turn off the heat and garnish with chopped cilantro.