

## Vegetable Saffron Pulao by Chef: Bishandutt Dabral

🕒	Total Prep Time:	30-40 mins
🕒	Prep Time:	15 mins
🕒	Cooking Time:	10 mins
🕒	Finishing Time:	5 mins
🍲	Recipe Serving:	4 Person
🌈	Difficulty Level:	Easy



### Ingredients and preparation of Vegetable Saffron Pulao

Basmati Rice	250 gms
Bay Leaf (Tej Patta)	2-3 no
Cinnamon Stick (Dalchini)	1 inch
Shahi jeera	1 tsp
Cloves (Laung)	2-4 piece
Green Cardamoms (Choti Elaichi)	2-3 no
Black Cardamom (Badi Elaichi)	1 no
Whole Pepper Corn	4-5 no
Mace Strands (Javitri)	1 no
Cashews broke	20 gms
Ginger (Paste)	10 gms
Garlic (Paste)	10 gms
Large Onion	2 no
Cauliflower	100 gms
Carrots	1 medium
French Beans	100 gms
Fresh Green Peas	80 gms
Saffron thread	½ gms
Water hot	500-550 ml
Ghee	4 Tbsp

#### How to Prepare Vegetable Saffron Pulao

1) Clean Basmati Rice twice with water and then Soak rice for 15 minutes in clean water, drain the water, keep it aside, Heat 100 ml of water and add saffron thread stir it and keep it aside.  
French beans cut into a diamond cut. Carrots cut into small dice. Onion cut into thin sliced. Cauliflower cut into small florets.

2) Heat a Handi (Clay pot) / Handi (Brass) keep it under slow fire. Add 2 Tbs Ghee when heated add bay leaf stirs it and add 01 Tbs shahi jeera stir it and then add whole peppercorn, Cinnamon Stick, Cloves, Green Cardamoms, Black Cardamom, Mace Strands and Cashew nut stir it for 2 minutes. Add Slice Onion and sauté till golden brown add ginger garlic paste sauté for 2 minutes then add carrots, green peas, cauliflower, French beans cook it for 5 minutes with closed lid, take out the lid and add Rice, Stir it for 2 minutes and add warm 500-550 ml of hot water add salt to taste stir it and close the vessel with tight lid.

3) Cook on a slow flame for 20 minutes. Remove the lid add saffron water from the top of Rice, cook it again on slow fire for about 3-5 minutes and add rest of the 2 Tbsp of ghee from the top. Take out from the fire and add chop coriander and sprig of mint from the top. Serve hot with tomato raita and Roasted Papad

#### Accompaniment

Tomato Raita and Roasted Papad

#### Ingredient for Raita

Curd	150 gms
Cucumber chop	20 gms
Tomato only skin chop	1 no
Mint Leaves	5-6 no
Salt	To taste
Coriander Leaves Fresh	5 gms
Roasted Papad	04

#### Important Tips

- 1) Cooking process of Vegetable Saffron Pulao is a slow process, so cook it under slow fire
- 2) Saffron gives its best colour when added to warm water or warm milk
- 4) Make sure ghee should not get burnt while cooking, ghee becomes toxic, you can add 1 tbs of oil in pot / Handi while frying the onion as cooking oil increase the burning point of ghee
- 5) Try to make Pulao in a homemade ghee
- 6) You can add little Black salt along with normal salt