

Prawn Pulao

Courtesy : Preeti Varkey Karimpanal

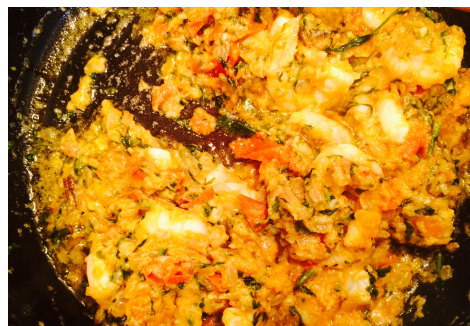


Ingredients

Cardamom, cloves, cinnamon - 2 each
Basmati Rice (washed, soaked and drained) - 2 cups
Prawn (cleaned & deveined) - 1 cup
Turmeric - a pinch
Onion (chopped) - 2 nos
Green chilly - 4-6
Ground ginger - 1 tsp
Ground garlic - 1 tsp
Tomato - 3 nos
Grated coconut - 2 tbsp
Fennel seeds - 1/2 tsp
Coriander - bunch
Lime juice of 1/2 lime
Ghee-oil mix - 1/2 cup
Boiling water - 4 cups
Salt - approx 1.25 tbsp

This prawn pulao is a subtle blend of flavours. As you take a mouthful you would experience each and every flavour added to it but in harmony.

- Wash and soak the rice. Set it aside
- Grind fresh ginger and garlic
- Grind coconut, green chillies and fennel seeds in a dry grinder. You may add a little water for ease of grinding.
- Chop the onions, tomatoes and coriander leaves
- Extract of half a lemon is almost 2 tsp
- Be careful when adding turmeric powder as a wee bit more can totally change the visual appeal of the dish.
- Add 1 tbsp of salt with rice. Later add the rest after adding the water depending on your taste.



So let's get this party started!!

- Heat the ghee and oil mix in a deep covered sauté pan.
- Add the spices and sauté till fragrant.
- Sauté the onions, ground ginger & garlic and a pinch of turmeric.
- Sauté the green chillies and coconut mix.
- Sauté the coriander bunch and then the tomatoes.
- Once tomatoes are completely mixed, add the prawns and sauté till it changes colour or dries up.
- Now sauté the drained rice for a couple of minutes . Add salt to taste.
- Add the boiling water to the rice and then the lemon juice.
- Now check the salt and add more if required. The ideal level of salt should be a little more than our normal taste level.
- Cook on high flame till you start seeing holes appear in the rice and the water is almost absorbed.
- Now reduce the flame and cover the pan.
- Let it cook on low flame for exactly 5minutes.
- Now remove the pan from the flame and let it remain covered for another 15 minutes.
- After this, open the pan and mix the pulao from deep down.
- The pulao would look over cooked and sticky. But soon it'll get back to its perfect consistency.

For any queries
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