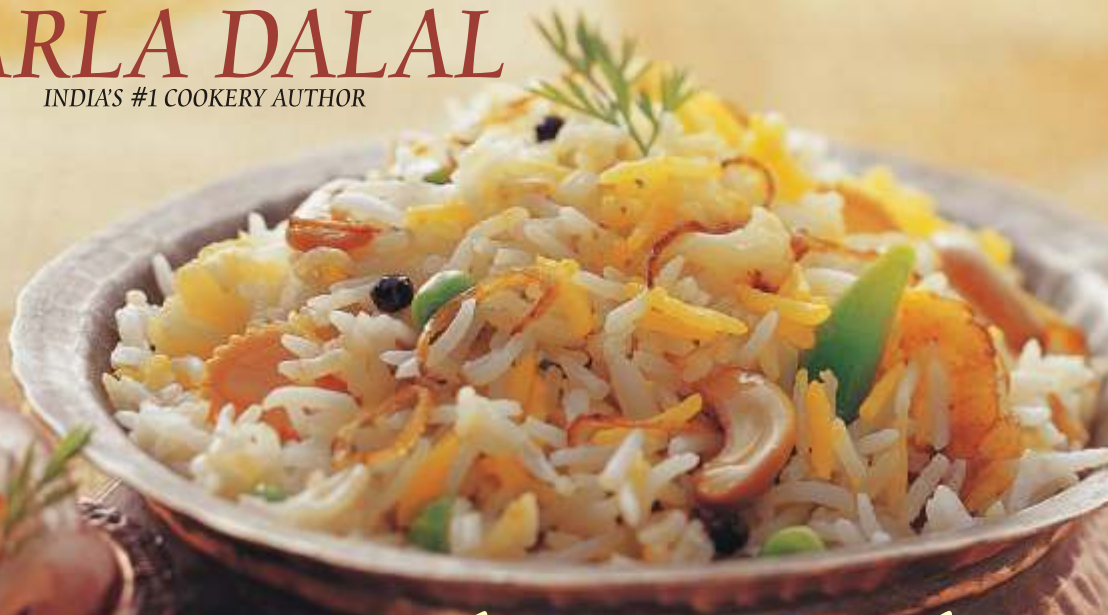


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INDIA'S #1 COOKERY AUTHOR



Chawal

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Introduction

Dear Friends

The simplicity and ease of cooking with rice has made this grain a staple food for more than half the globe.

There are literally thousands and thousands of rice dishes all around the world, ranging from simple everyday fare to delicacies reserved for special occasions. This versatile grain can be enjoyed either hot or cold, as a savoury or a sweet dish. It lends itself easily to the flavours of other foods, and thus forms a perfect base to all kinds of accompaniments.

Rice is savoured in different ways in every corner of the country, each preparation unique and exquisite. It means different things to different people - to a South Indian it may mean cool curd-rice, page 73; for a North Indian, it is the aromatic Vegetable Biryani, page 9.

Cooking rice is an art by itself. Some people always manage to get their rice light and fluffy, with absolutely every grain remaining separate and yet well cooked. How do they do it? Just flip through to page 101 to learn the intricacies of making the perfect rice. Rice used in Indian cuisine can be classified under 3 basic categories Long White Grain Rice - most commonly used for preparations like biryanis and pulaos. Short Grain Rice - used to make khichadis, sweet dishes and fermented rice preparations like the dosas uttpams etc. Round Grain Rice - not very popular in cooking but is used for worship representing Health, Wealth & Fertility.

In this book, I have compiled recipes of my favourite pulaos, biryanis, khichadis , some all-time favourites like the Chinese Fried Rice, page 93 and a couple of desserts.

Happy Cooking !!!

Tarda Datal

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Paneer Tikka Pulao

Preparation time : 15 minutes.

Cooking time : 20 minutes.

Serves 4.

For the paneer tikkas

1½ cups paneer (cottage cheese), cut into 50 mm. (2") cubes

½ cup capsicum, cut into 50 mm. (2") pieces

½ cup onions, cut into thick wedges

½ cup thick curds

½ tsp Bengal gram flour (besan)

1 tsp ginger paste

1 tsp garlic paste

2 tsp chilli powder

½ tsp kasuri methi (dried fenugreek leaves)

½ tsp garam masala

2 tbsp chopped coriander

2 tbsp mustard oil

salt to taste

For the rice

1½ cups long grained rice

½ tsp cumin seeds (jeera)

2 cloves (laung)

1 bay leaf (tejpatta)

25 mm. (1") stick cinnamon (dalchini)

1 tbsp oil

salt to taste

Other ingredients

2 tbsp oil

For the garnish

a sprig of mint

For the paneer tikkas

1. Combine the curds, gram flour, ginger paste, garlic paste, chilli powder, kasuri methi, garam masala, coriander, salt and 1 tablespoon of mustard oil and mix well to prepare a marinade.
2. Add the paneer, onions and capsicum to it and keep aside for 10 to 15 minutes.
3. Arrange the paneer, onions and capsicum on 4 skewer sticks.

4. Heat 1 tablespoon of oil on a non-stick tava (griddle) and sauté the paneer tikkas till they are lightly browned on all sides (approx. 4 to 5 minutes). Remove from the skewer and keep aside.

For the rice

1. Clean, wash and soak the rice for approx.15 minutes. Drain and keep aside.
2. Heat the oil in a heavy bottom pan, add the cumin seeds, cloves, bay leaf and cinnamon and stir.
3. When the cumin seeds crackle, add the rice and salt and sauté for 2 minutes.
4. Add 3 cups of hot water. Cover and cook over a low flame for 10 to 15 minutes till the rice is cooked. Separate each grain of rice very lightly with a fork and keep aside.

How to proceed

1. Heat the oil in a non-stick pan.
2. Add the paneer tikkas and rice and mix together very lightly. Cook till the rice is hot.
3. Garnish with the sprig of mint and serve immediately.

Paneer Tikka Pulao



Aloo Gobi Ka Pulao

Preparation time : 10 minutes.

Cooking time : 20 minutes.

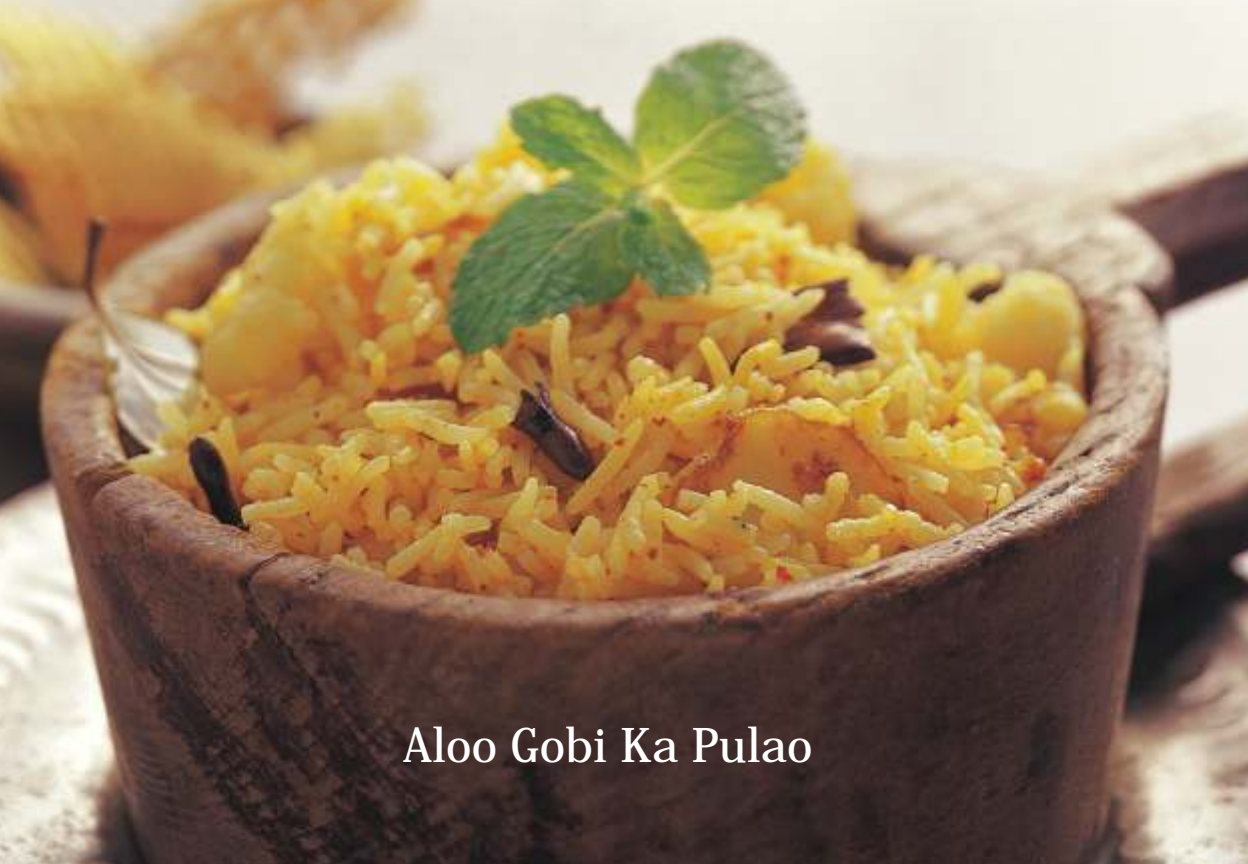
Serves 4.

1½ cups long grained rice
1 cup potatoes, cut into cubes
1 cup cauliflower, cut into florets
2 bay leaves (tejpatta)
5 to 6 cloves (laung)
25 mm. (1") cinnamon (dalchini)
2 tsp turmeric powder (haldi)
¼ tsp dry ginger powder (soonth)
1 tsp chilli powder
1 tsp garam masala powder
2 tbsp oil
salt to taste

For the garnish
a few mint sprigs

1. Clean, wash and soak the rice for approx. 15 minutes. Drain and keep aside.
2. Heat the oil in a pressure cooker and add the bay leaves, cloves and cinnamon.
3. When they crackle, add the turmeric powder, dry ginger powder, chilli powder, garam masala powder, potatoes and cauliflower.
4. Sauté for 2 minutes and then add the rice.
5. Sauté for 2 more minutes, add 3 cups of hot water and salt and pressure cook for 1 whistle.
6. Allow the steam to escape before opening. Separate each grain of rice very lightly with a fork.

Garnish with the mint springs and serve hot.



Aloo Gobi Ka Pulao

Lemon Rice



Mrs Tarla Dalal is India's best selling author in any field, with over 3 million cookbooks sold to date. She is the first to launch a bi-monthly food magazine, '**Cooking & More**', which is the best selling cookery magazine in India, under her own name.

CHAWAL, comprises of my favourite pulaos, biryanis, khichadis, some all-time favourite rice dishes from around the globe and a couple of desserts. I have also given a recipe on how to make the perfect rice that is light and fluffy, with absolutely every grain remaining separate and yet well cooked.

Just flip through the pages of this cookbook for all rice recipes from the Vegetable Biryani of the North to the Coriander Curd Rice of the South and the Masala Bhaat of the West.

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