

HIMALAYAN RED RICE VEGETABLE PULAO RECIPE

The Himalayan mountains produce the most aromatic red rice in the world. Red rice takes longer to cook because it has more bran than white rice. Red rice is available in the U.S., mostly in health food stores and gourmet shops. —Vikas Khanna

From "Flavors First: An Indian Chef's Culinary Journey" by Vikas Khanna, Lake Isle Press, 2011

INGREDIENTS

- 1 cup Himalayan red rice
- 2 tablespoons unsalted butter
- 1 medium red onion, finely chopped
- 1 teaspoon cumin seeds
- 2 bay leaves
- 4 whole cloves
- 1 tablespoon finely chopped garlic
- 1 medium zucchini, cut into 1-inch cubes
- ½ cup fresh or frozen peas, thawed
- ½ medium cauliflower, cut into small florets
- ½ small carrot, diced
- 2 cups water
- 1 teaspoon salt
- ½ cup finely chopped fresh cilantro, for garnish

Serves 4

PREPARATION

1. Rinse the rice in cold water and drain; soak it in cold water for 15 minutes. Drain and set aside.
2. In a medium pot with a lid, melt the butter over medium heat. Sauté the onion until translucent, about 2 minutes. Add the cumin
3. seeds, bay leaves, cloves, and garlic and stir until very fragrant, about 1 minute. Stir in the zucchini, peas, cauliflower, carrot, and rice. Sauté for a few minutes, stirring, until the rice is well combined. Add the water and salt and bring to a boil. Reduce the heat to low and simmer, covered, until the water is absorbed and the rice is cooked, about 35 minutes. Discard the bay leaves.
4. Fluff the pulao with a fork, adjust the salt to taste, and garnish with cilantro before serving.

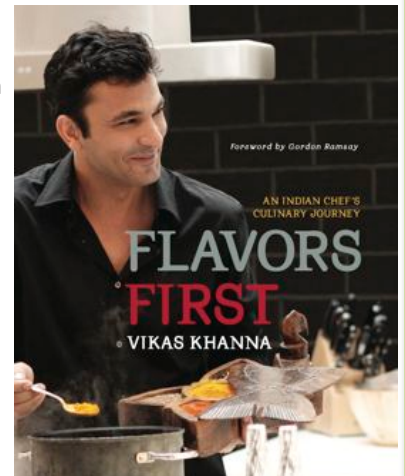


Dara O'Brien

FLAVORS FIRST By Vikas Khanna

"Vikas Khanna's enthusiasm for food is so intense that it practically explodes off the page. I could taste the dishes just by reading the recipes." —Jean-Georges Vongerichten

Flavors First draws from celebrated Indian Chef Vikas Khanna's culinary journey from his native India to his experience as a Michelin-starred chef in New York. With chapters devoted to every part of an Indian meal (even breads, chutneys, desserts and beverages) and an ingredient and spice glossary that includes tips on handling and storage, *Flavors First* is an indispensable resource on Indian home cooking



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