

LENTILS AND RICE WITH VEGETABLES RECIPE

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

INGREDIENTS

1 cup basmati rice
2 tablespoons ghee or vegetable oil
1 teaspoon cumin seeds
¼ teaspoon asafetida
1 cup green lentils
1 teaspoon ground turmeric
1 teaspoon salt
4 cups water
½ cup coarsely chopped broccoli
1 cup cauliflower florets
½ cup fresh or frozen peas, thawed
½ cup chopped carrots
Juice of 1 lime

Serves 6

PREPARATION

1. Rinse the rice with cold water to remove the excess starch; drain. Soak the rice for at least 30 minutes. Drain and set aside.
2. Heat the ghee or oil over medium heat in a medium pot with a lid. Add the cumin seeds and asafetida and cook, stirring, until fragrant, about 1 minute. Add the rice, lentils, turmeric and salt and stir continuously until well mixed. Add the water, bring to a boil and then reduce the heat to low. Add broccoli, cauliflower, peas, and carrot and stir well. Cover and cook for another 15 to 20 minutes, until the mixture has a thick, risotto-like consistency. With a whisk, mix the rice and stir in the lime juice. Serve hot.

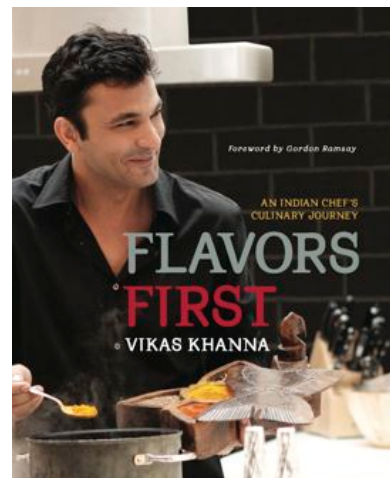


Dara O'Brien

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



Find out more: <https://tinyurl.com/2m857c3k>
Buy the book: <https://tinyurl.com/5z9zyyx8>