

Cranberry, Cauliflower and Peas Pulao

Serves: 2

Cooking time: 15 minutes + 5 minutes resting time

Preparation time: 30 minutes

Ingredients:

Rice: ½ cup
Cinnamon stick: 1 thin stick
Dried bay leaves: 1-2
Cloves: 4 pcs
Cumin seeds: ¼ tsp
Star anise: 1
Whole black pepper: 8
Cauliflower: 8-10 medium and evenly sized florets
Peas: ½ cup frozen or fresh (I used frozen)
Cranberries: 15 pcs approx. (adjust to your liking)
Sunflower seeds & Pumpkin seeds: In equal amounts ¼ cup in all
Cashew nuts: about 6 pcs, roughly broken in two
Ghee: ½ tsp for the rice and another ½ tsp for frying the garnish
Salt to taste
Boiling water: 1 and ¼ cups

How I did it:

1. Rinse rice two times in water. Let it soak fully covered in water for 15 mins. After 15 mins, set aside to drain the water in a strainer for 10 mins.
2. Soak ½ cup of frozen peas in water for 10 minutes or until almost thawed
3. Meanwhile, cut / break cauliflower into about 8 pcs of medium sized florets. Roughly chop/break the cashew nuts in halves.
4. Heat ½ a tsp of ghee in a pot in which we will make the pulao. Add the cumin seeds and the whole garam masalas. Lower the heat and let it fry making sure they don't burn (30 seconds or so). Add the cashew nuts and ½ of the cranberries. Fry until they start to change color.
5. Add the peas and the cauliflower florets, increasing the heat to medium. Fry for a minute. Add the rice and stir it gently once without breaking the rice making sure it is coated with any bit of ghee there is in the pot.
6. Carefully add 1 and ¼ cup of boiling water and salt. Gently mix and taste for salt.
7. Lower the heat to the lowest mark and cover with a tight lid. Let this cook for 11 minutes, undisturbed.
8. At the end of 11 minutes, turn off the heat and let it rest for another 5 minutes without opening the lid.
9. Meanwhile, prepare your garnish. Fry the sunflower seeds + pumpkin seeds + dried cranberries in half a tsp of ghee until the seeds start to get a nice golden color. Garnish and with these fried beauties and serve immediately.

Notes:

- Do not overcook the vegetables and rice when adding it to the pot. They will cook with the rice and peas For a more crunchy taste, add the cashew nuts as a garnish and fry it together with the cranberries and seeds instead of adding it in the beginning.
- Now if you are like little V, you could have this entire dish with raisins in place of cranberries.
- In its simplest form, you can make the cauliflower and peas pulao without any cashew nuts, cranberries, sunflower seeds or pumpkin seeds. Follow the same instructions but skip these ingredients.