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| **Peas Pulao**Peas Pulao is an eternal favorite. It is simple, yet tasty. Basmati rice is a fragrant variety of long grained, high quality rice. It is grown in the North India and is regarded as the "King of all rice". It is used to make biryanis and pulao.2 cups basmati rice1/2 cup green peas1/2 teaspoon cumin seeds5 to 6 whole cloves1 bay leaf2 tablespoons oilsalt to taste4 cups hot waterWash and drain the rice. Set aside for 20 minutes. Heat the oil on medium high. Add the cloves, bay leaf, and cumin seeds and stir for a few seconds. Then add the rice and continue to sauté for 5-8 minutes, stirring constantly. Now add the peas and stir. Transfer to a rice cooker. Add the 4 cups of water and the salt (approx. 1½ teaspoon). Cook until cooker turns off to keep. Turn off the heat and allow it to stand, still covered for 5 minutes, until the rice is tender and has absorbed all the liquid. Before serving fluff up the rice with a fork and lightly season with a little butter or oil.**Raita**Ingredients1 cucumber, peeled and diced small1 tomato, seeds removed and diced small1 carrot, grated8 oz. yogurtsalt1 small bunch cilantrochili powder (optional)In a medium sized bowl, mix together cucumber, tomato and carrot. Beat yogurt with a fork, and add to vegetables. Add salt and garnish with a little chili powder and cilantro. Serve with Peas Pulao.**Potato Curry (Sabzi)**Ingredients* 4 medium size potatoes

3 green chilies, chopped1 onion, chopped* 1 tsp mustard seeds
* 1/2 tsp turmeric powder
* 2 tsp red chili powder
* 2tsp coriander powder
* salt to taste

 3 Tbsp oil* 1/4 cup water

**Directions**Boil, peel and cube the potatoes. Heat oil in a pan, add the mustard seeds, slit green chilies and add, and fry till the seeds start spluttering. Add salt and turmeric powder. Add onions and cook till soft. Add cubed potatoes, add a little water, and simmer for 4-5 minutes till well blended. Serve the potato curry hot with roti (wheat tortilla) or make a sandwich (see below).**Potato Sandwiches**IngredientsBread slices (whole wheat or white)ButterPotato curry**Directions**Plug in sandwich maker. Take out two slices of bread. Lightly butter one slice (optional). Place two tablespoons of potato curry on the slice. Cover with another slice. Toast in sandwich maker.Serve with ketchup or chutney.Variation: Use puff pastry instead of bread. Bake in oven until golden brown.  |   |