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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 rice  1/2 cup green peas  1/2 teaspoon cumin seeds  5 to 6 whole cloves  1 bay leaf  2 tablespoons oil  salt to taste  4 cups hot water  Wash 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**  Ingredients  1 cucumber, peeled and diced small  1 tomato, seeds removed and diced small  1 carrot, grated  8 oz. yogurt  salt  1 small bunch cilantro  chili 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, chopped  1 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**  Ingredients  Bread slices (whole wheat or white)  Butter  Potato 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. |  |