

Recipe- Spicy Tahari

Tahari

(Potato and Cauliflower cooked with Rice in Indian Spices)



Ingredients

Basmati Long Grain Rice 1 cup (Washed and soaked in water for an hour)

Potato 1 medium (Washed and peeled then cut in to 1 inch cubes)

1 medium (Washed and separated in florets)

Water 2 cups

Salt 1 tsp or as per taste

Roasted Jeera Powder 2 tsp

Garam masala 1 tsp

Ghee 2 tbsp

Asafoetida/ Hing 2 pinch

Cumin Seeds /Jeera 1 tsp

Black Pepper whole 1 tsp

Bay Leaves /Tej Patta 4-5 nos

Cloves /Laung 4-5 nos

Big Cardamom /Badi Elaichi 2 nos

Onion 1 big (Sliced lengthwise)

Green Chili 3-4 nos (Roughly chopped)

Ginger 1 inch (Sliced lengthwise)

Turmeric Powder 1 tsp

Coriander Powder 4 tsp

Red Chili Powder 2 tsp

Method

- Drain the soaked rice and keep aside.
- Take ghee in a non stick pan and heat on medium flame.
- When ghee is hot enough add hing and jeera and let it cracker.
- Then add whole black pepper, bay leaves, cloves and cardamom, fry till golden brown.
- Now add sliced onion and fry till pink in color.
- Add chopped green chilis and ginger, fry till change in

color.

- Now add turmeric powder, coriander powder and red chili powder, fry.
- Add cubed potatoes and cauliflower florets, mix well and fry for 1-2 minute on high flame.
- Now add salt and water and let it boil.
- When boil comes add washed and already soaked rice, mix very gently.
- Cover the pan and turn the flame to low.
- Check in 7-8 minutes, when rice seems cooked and no water left, switch off the flame and cover the pan again for 5 minutes.
- But if rice is not cooked, cook it for further 3-4 minutes on low flame.
- Now when you serve garnish with roasted jeera powder, red chilli powder and garam masala.
- Serve hot with green chutney and curd.

Tips

Use only basmati long grain rice.

While washing rice be gentle as do not want to mash it.

Use only soaked rice for around half an hour.

Its important to drain the rice before proceeding as we do not want extra water in rice.

You may also use variety of vegetables here.

Adjust salt and chili as per your taste.

For more aroma and taste top with 1 tbsp of ghee while serving.