

Happiness Pilau

(Serves 4-6)

Ingredients:

- 2 tablespoons of oil
- 4 cloves
- 4 green cardamon
- 2 black cardamon
- 4 cinnamon sticks
- 2 bay leaves
- 2 chopped small green chilies (optional)
- 1 teaspoon grated fresh ginger
- 1 small potato diced into ¼ inch pieces
- ¼ cup diced carrots
- 5 cauliflower florettes (about ¾ cup)
- ¼ cup chopped cabbage
- ½ cup diced red bell pepper
- ½ cup diced green bell pepper
- ¼ cup frozen peas
- 3 diced plum tomatoes
- 2 teaspoon cumin powder
- ½ teaspoon turmeric powder
- ½ teaspoon red chili powder
- salt to taste
- 1 cup uncooked basmati rice

Method:

1. Wash the rice at least 5 – 6 times until water runs clear.
2. Cook the rice in a rice cooker with about 1 ¾ cups of water.
3. Heat the oil in a medium sized pot. Add bayleaf, cinnamon, cumin seeds, cardamoms, cloves and saute for 2 minutes, until fragrant.
4. Add the green chili (optional), grated ginger, diced potato, carrots, and cauliflower and saute for 3-4 minutes over medium heat.
5. Add the remaining vegetables, spices, and salt and saute for an additional 3-4 minutes, stirring frequently so that the vegetables do not burn.
6. Turn down the heat to low and mix in the cooked basmati rice and cover with the pot with a lid and allow the contents to cook for another 2 minutes and serve.