Happiness Pilau
(Serves 4-6)

Ingredients:

2 tablespoons of oil
4 cloves
4 green cardamom
2 black cardamom
4 cinnamon sticks
2 bay leaves
2 chopped small green chilies (optional)
1 tablespoon 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.