

scarlet night

2011 Gala Recipes

Makai Pulao

Ingredients

- 1 Cup Brown Rice
- 3 Cups Water
- 1 tbsp Canola Oil
- 2 Cups Sweet Corn, Boiled
- 2 medium Onions Chopped
- Salt to taste

For whole Garam Masala

- 2 Bay Leaves
- 3 - 4 Cloves
- 2 Green Cardamom (Chotti Elaichi), Crushed
- 2 Black Cardamom (Motti Elaichi), Crushed
- 2 pieces Cinnamon (Dalchini)
- 1 tsp Cumin Seeds (Jeera)
- 1 tsp Fennel Seeds (Saunf)

Method

1. Wash and soak Brown Rice for half an hour.
2. Heat oil in a kadai (Indian wok) and add whole Garam Masala and fry for a minute.
3. Next add Bay leaves and fry for 2 minutes. Add Onions and fry until they turn translucent.
4. Add the Corn and mix well. Now add soaked Rice, Salt and fry for 2 minutes.
5. Add water and cook until the water evaporates. Now close the lid and cook on low flame for 2 to 3 minutes. Serve hot with Dal Curry or Raitha.

Nutrition Facts			
Serving Size 0.50 cup(s) (179g)			
Amount Per Serving			
Calories	250	Calories from Fat	48
			% Daily Value
Total Fat	5.3g		8 %
Saturated Fat	0.5g		3 %
Trans Fat	0.0g		
Cholesterol	0.0mg		0 %
Sodium	202.9mg		8 %
Total Carbohydrate	49.2g		16 %
Dietary Fiber	4.5g		18 %
Sugars	4.4g		
Protein	5.7g		
Vitamin A	4 %	Calcium	4 %
Vitamin C	16 %	Iron	10 %