



**Nutritious Delicious Cooking Resources**  
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### **Indian Style Vegetable Fried Rice**

*4 cups of rice (washed)*

*1 cup finely chopped vegetables (any available vegetables including, carrots, cabbage, peas and beans, corn)*

*1 inch ginger root, peeled and grated*

*1 tsp mustard seeds*

*1 tsp cumin seeds*

*1 tsp coriander powder*

*1 tsp red chilli powder*

*¾ tbsp lemon juice*

*salt to taste*

*1 ½ tbsps vegetable oil*

#### **Utensils :**

Pressure Cooker and Cooking/Serving Spoon

#### **Method:**

1. Heat half the oil in a pressure cooker and once the oil is piping hot, add the mustard seeds till they pop
2. Turn off the heat. Add the rest of the oil and then all the spices and ginger followed by the chopped veggies. Toss them on high heat for 3-4 minutes
3. Add salt. Cook on high for a minute.
  4. Add the washed rice and combine well.
  5. Add 7 cups of water and pressure cook to 1 whistle.
  6. Let the pressure come to normal (after the sizzling stops).
  7. Add lemon juice and toss all the contents. Garnish with chopped cilantro (optional) and serve hot or warm.

\* PS: I made rice without the veggies for the workshop yesterday because we were having stir fried veggies as a side dish. For that I used 2 cups of washed rice 3 ½ cups water, 1 tsp cumin seeds, 2 pepper corns, 2 cloves, 2 bay leaves, seeds from 1 pod of cardamom and 1 inch ginger root (peeled and grated) + salt to taste. The method was similar as above except that I used medium heat, added all the spices, then rice and water and salt and cooked to 1 whistle.

## Indo Chinese Style Fried Rice

(Does not require the use of a pressure cooker)

*4 cups of cooked (cold)rice*

*1 cup finely chopped vegetables (any available vegetables including, carrots, cabbage, peas and beans, corn)*

*1 inch ginger root, peeled and grated*

*1 tsp mustard seeds*

*1 tsp cumin seeds*

*1 tsp coriander powder*

*1 tsp red chilli powder*

*¾ tbsp lemon juice*

*salt to taste*

*1 ½ tbsps vegetable oil*

### **Utensils:**

Wok and Stirring/Serving Spoon

### **Method:**

1. Heat half the oil in a large wok and once the oil is piping hot, add the mustard seeds till they pop
2. Turn off the heat. Add the rest of the oil and then all the spices and ginger followed by the chopped veggies. Toss them on high heat for 3-4 minutes
3. Add salt. Cook on high for a minute. Add the cooked cold rice and combine well. Spread it all over the pan and leave on medium high for a minute. Combine again, spread out and leave on medium high for another minute.
4. Add lemon juice and toss all the contents on high heat for 30 secs. Turn off heat. Garnish with chopped cilantro (optional) and serve hot or warm.

## Split Pea Soup

Lentils/peas are the best source of proteins for vegetarians along with beans. Lentils in India are known as daals. They are of many kinds but are found as two major varieties: Whole and Skinned (with the outer cover removed). A variation could be split with the outer cover on. Whole daals need to be pre-soaked overnight before cooking. The skinned and the split varieties can be cooked instantly. It is best to use a pressure cooker for cooking daals however they can be cooked in metal pots with lids too. The cooking method I present here is suitable to be used when time is a constraint (especially for students like me). I have found that there is no compromise with taste when the daals are cooked this way rather than the traditional way where they are boiled first and then spices/ masalas are fried in oil/ghee/butter and added on to boiled daals (the process being called 'tadka' or 'baghaar' in different languages). Here the spices are fried in oil, the daal added and everything boiled together. Saves time, uses fewer utensils (so less

washing) and is easy. I present a split pea soup. Any lentil can be cooked pretty much the same way.

*1 cup yellow split peas washed thoroughly*

*3.5 cups water*

*1/4 tsp asafetida*

*1 tsp turmeric powder*

*1 tsp red chilli powder (only if you love hot spices)*

*2 tbsps vegetable/ canola/ sunflower cooking oil*

*1 medium tomato diced*

*1/2 tbsp ginger paste or chopped ginger*

*2 tsps coriander powder*

*1 tsp cumin seeds*

*1 tsp mustard seeds*

*2 green chillies chopped fine (optional, only if you love hot spices)*

*Salt to taste*

*Chopped cilantro leaves to garnish (about 1/4 cup) –optional*

**Utensils:**

Pressure cooker or a Heavy Bottomed Pan with Lid; Stirring/Serving Ladle

**Preparation:**

1. Heat the cooking oil in a deep, heavy-bottomed pan or pressure cooker (whichever you are using) on medium to high heat/flame. Add mustard seeds and allow them to pop/splitter.
2. Reduce the heat, add cumin.
3. Add the tomatoes, green chillies and ginger and fry till the tomatoes are soft and pulpy.
4. Add all the powdered spices - coriander, and turmeric and red chilli powders. Mix well and fry for 5-7 minutes.
5. Add the washed split peas to the oil and spices, tomatoes mix in the pressure cooker/cooking vessel and add water. Add the asafetida, and salt to taste and cover. Set up to cook on a medium flame/heat. Allow two to three whistle/pressure release and turn off. Keep aside without opening the pressure cooker. \*\*\*
6. Release the steam from it and open the pressure cooker. Check the consistency, too liquidy/watery or too thick and add water or keep cooking as desired for few minutes on a medium flame/heat, stirring occasionally.
7. Garnish with chopped coriander leaves and serve hot with Chapatis/naans or plain boiled rice.

\*\*\* If not using a pressure cooker let it boil in the cooking vessel and keep stirring adding more water if necessary. Will take about 30 to 40 minutes to boil and cook.

