



Spicy Vegetable Palao

Prep Time: 1.5 Hours. Serves: 20 people

Ingredients:

- Basmati Rice – 4 Cups (soaked for 2+ hours in water)
- Onions – 3 Medium Sized (cut in half and sliced thin)
- Tomatoes – 2 Medium Sized (diced)
- Bay Leaves (dried) – 4
- Garlic (puréed) – 2 teaspoons
- Ginger (puréed) – 2 teaspoons
- Green Chilies (Cayenne, chopped) – 6
- Turmeric Powder – 1 teaspoon
- Cayenne Pepper Powder – 1 teaspoon
- Coriander Powder – 2 teaspoons
- Mixed Vegetables (Cauliflower, Green Beans, Potatoes and Carrots), chopped – 6 Cups
- Green Peas (frozen or fresh) – ½ cup
- Water – 7 Cups
- Salt – 2 teaspoons
- Cloves (whole) – 8
- Black Pepper (whole) – 12
- Cinnamon Stick – 3
- Green Cardamoms (whole) – 5
- Black Cardamoms (whole) – 3
- Cumin Seeds (whole) – 1.5 teaspoons
- Cilantro Leaves (chopped) – 1 Cup
- Canola Oil (or any other cooking oil) – 8 tablespoons

Procedure:

- 1) Rinse the rice several times until the water runs clear. Soak it for 2+ hours in the water.
- 2) In the meantime, chop all the vegetables and set them aside.
- 3) Fry the sliced onions in a large pot on medium-high heat until they start to turn golden brown (20+ minutes). Make sure to stir them often so they don't burn in the bottom.
- 4) Add the dry/whole spices to the pot and fry until they sputter and give off their aroma.
- 5) Add tomatoes, garlic, ginger, salt, turmeric, green chilies, cayenne pepper and coriander powder to the pot and cook until the tomatoes get soft and mushy.
- 6) Add the chopped vegetables (including the peas) and sauté for a few minutes on medium-high heat. Turn down the heat to medium, add a little bit of water (from the 7 cups of water set aside for the cooking of the rice dish) as needed, and cover the pot with a lid and let them cook until the vegetables are three quarters of the way cooked.
- 7) Drain the rice and add it to the pot. Add the remainder of the 7 cups of water to the pot. Turn the heat to high.
- 8) Bring the rice mixture to a boil (uncovered). Once it is boiling, turn the burner to low and cover the pot again with a lid.
- 9) Let the rice cook in the covered pot on low heat for 15 minutes (without checking it so that it cooks in the steam).
- 10) Uncover the lid and see if the rice and vegetables are fully cooked. If the rice is not fully cooked, place the lid back on the pot and then check back in 5-7 minutes.
- 11) The rice can be eaten with any curry dish. Enjoy!