



## COOKING WITH MADHU

Madhu has chosen two recipes to show us how to make. The first is Vegetable Pulav Instant Pot Recipe and of course, dessert Mango Lassi.

Here's what Madhu says about her recipes:

“This recipe is my own but a modification from the north Indian cuisine. This rice dish is traditionally made with lamb or chicken which I will mention at the time of cooking. There's an additional step if you are using meat instead of vegetables. Lassi also took birth in north Indian, but a savory version of the same is practiced in south where I am from. For generations we are vegetarians. Vegetarians in India means, no eggs, no meat, no fish or seafood, but dairy ok.”

### ***Vegetable Pulav Instant Pot Recipe***

Main course

Prep Time: 30 minutes

Cook time; 15 minutes

Serves; 6

## Ingredients

3 cups Basmati Rice - wash 4-5 times and soak in water for 30 minutes  
3 and 1/2 cups water to cook  
1 large onion thinly sliced  
1 small piece of ginger - chopped fine or grated  
5 cups mixed vegetables - can include potatoes, green beans, carrots and peas. Cut all large vegetables into 1 inch pieces

## Oil & Spices

1 and 1/2 cups olive oil..or use Ghee for best results  
1 tsp cumin seeds  
1 large bay leaf  
1 small cinnamon stick  
3 cloves  
6 black pepper corns  
4 small green cardamom pieces  
1 and 1/2 teaspoons of Garam masala  
4 tsp. salt or to taste

## Instructions

Take rice in a bowl and wash under cold water till water runs clear. It will take 4-5 washes. then soak the washed rice in 4 cups of water for 1/2 hour. while the rice is soaking, wash, peel and chop the vegetables and keep them ready for use. After 1/2 hour drain the water out of the rice and set aside for cooking.

### COOKING ON THE SAUTE MODE

Place in inner pot inside the IP. Plug it in and press the SAUTE mode on High. Once the screen displays HOT, add oil/ghee to it. Also add cumin seeds, bay leaf, cinnamon stick, cloves, black pepper corns and green cardamom to the pot. Sauté for a few seconds.

Now add sliced onions and ginger to the pot. sauté for about 5 minutes and add all the other vegetables. Garam Masala and salt. Stir. Add soaked rice to the pot. Continue stirring and add 3 and 1/2 to 4 cups of water. SWITCH OFF THE SAUTE MODE.

NOTE: the water quantity can be adjusted. The point is that it should be slightly above the rice so that all of the rice is submerged inside it for even cooking. DO NOT ADD MORE WATER than that.

## COOKING ON THE MANUAL /PRESSURE COOK MODE

Place the lid of the IP and lock it to NO VENTING. Press the PRESSURE COOK MANUAL MODE and set it to 4 minutes on HIGH PRESSURE.

it will take about 7-8 minutes for IP to kick in. Once the timer goes off after 4 minutes, do QPR (Quick Pressure Release). As soon as the safety pin drops down, open the lid. Let it sit uncovered for about 5-7 minutes. Then take a fork and fluff the rice.

## *Mango Lassi*

### Ingredients

1 cup mango chopped  
1/2 cup plain yogurt  
1/2 cup milk  
2 Tbsp honey or 30 g sugar  
Pinch of cinnamon or cardamom  
A few strands of saffron (5-6)

### Instructions

Add saffron in 1/2 cup of milk and slightly warm it. (microwave for 1 min). let the saffron soak in the warm milk for about 20-30 mins. now blend all ingredients in a blender until smooth, adding a pinch of cinnamon or cardamom to taste.

Pour it over a few cubes of ice and enjoy!