

Spicy Vegetable Rice

From Ayurvedic Cooking for Self Healing by Dr Vasant Lad

2 cups Basmati rice
½ cup zucchini, chopped
½ cup green beans, chopped
½ cup fresh peas
(you can substitute other vegetables such as cauliflower, potatoes, carrots, or broccoli)
3 cloves garlic
1 inch piece of fresh ginger, peeled and chopped fine
¼ cup fresh cilantro leaves
2 tablespoons shredded unsweetened coconut
½ cup water
½ cup ghee
1 tsp cumin seeds
1 tsp black mustard seeds
¼ tsp turmeric
1 pinch of hing
12 whole cloves
8 bay leaves
10 cardamom pods
2 inch piece of cinnamon stick, broken into small pieces
2 pinches of salt
½ tsp cayenne
5 cups of water
lime, coconut and cilantro for garnish

Wash the rice twice and drain. Wash and chop the vegetables into bite sized pieces. Put the garlic, ginger, cilantro, coconut and the ½ cup water into a blender and blend until liquid. Set aside.

Heat a good sized saucepan on medium and add the ghee, mustard seeds, cumin seeds, turmeric and hing. Cook for a moment until the seeds pop. Add the cloves, bay leaves, cardamom, cinnamon and cayenne. Mix well.

Pour in the blended mixture and salt and cook until slightly browned.

Stir in the rice and vegetables and mix well to coat with spices. Pour in the water and bring to a boil for a few minutes. Cover loosely and turn down the heat to low. Cook until tender, about 15 – 20 minutes.

Garnish with fresh lime, a sprinkle of cilantro and coconut.

For high pitta constitutions, omit the garlic, cayenne and cloves.