

one pot rice

Makes 8 servings

RECIPE FROM: Anish Sohoni, SAS India, sharing an Indo-Chinese dish

PREP TIME: 10-15 minutes

COOK TIME: 20-25 minutes

2 cups Sella basmati rice, soaked for ~20 minutes
water, as required
salt, to taste
1 tsp oil

1½ Tbsp oil
½ inch fresh ginger, chopped
2-3 garlic cloves, chopped
1 large onion, diced
2 dry red chiles, broken in half
2 star anise
2 bell peppers (1 yellow, 1 red), diced
½ carrot, cut diagonal
⅓ cup cauliflower, medium-size florets
⅓ cup cabbage, diced
⅓ cup paneer, cut into small cubes (can sub tofu, chicken, shrimp or other protein of choice)
a little water
1 Tbsp soy sauce
2 spring onions, chopped (white and green parts)
1 tsp green chile sauce (optional)
1 cup water
salt, to taste
splash of vinegar, to taste
½ tsp sugar
1 tsp fresh ginger, finely chopped
2 Tbsp corn starch slurry
1 tsp toasted sesame oil

PLACE water in a pot with salt and 1 tsp oil and bring to a boil on the stove top.

ONCE the water is boiling, add soaked basmati rice and cook over medium heat until ~70% cooked.

STRAIN rice and set aside.

HEAT 1½ Tbsp oil in a wok and then add ginger and garlic and saute it well.

ADD onion, dry red chiles and star anise and saute.

ADD one by one all the vegetables along with paneer and toss well to combine.

ADD a little water and soy sauce and mix well.

COVER wok with a lid and cook over medium heat until it boils.

ADD the white part of the spring onions and green chile sauce, stirring to combine.

STIR in 1 cup water, salt, vinegar, sugar, ginger, corn starch slurry and toasted sesame oil.

COOK until sauce thickens and vegetables are cooked.

ADD cooked rice to a bowl or plate, pour prepared gravy on top and serve hot. Garnish with the green parts of the spring onion.

NOTE ABOUT THE RECIPE FROM ANISH

This dish is an Indo-Chinese fusion. Indo-Chinese culture originated about 400 years ago when Chinese people from the Hakka province migrated to India. It really gained popularity in India in the 1990s due to a boom in the economy as well as some overlapping characteristics that appeal to the Indian palate (e.g., umami flavors, heavy use of spices, rice/noodle/carbohydrate base).

