

Recipe Name: Meethe Chawal Recipe - Zarda Pulao
Diet Type: Vegetarian
Course: Main Course
Cuisine: Awadhi
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 cup Basmati rice - or any long grain rice	4
• 2 Saffron strands	
• 1 tablespoon Milk	
• 1/2 cup Sugar	
• 4 Cardamom (Elaichi) Pods/Seeds	
• 1 inch Cinnamon Stick (Dalchini)	
• 1/4 cup Badam (Almond) - sliced	
• 1/4 cup Pistachios - sliced	
• 2 tablespoon Raisins	
• 1/2 teaspoon Turmeric powder (Haldi)	
• Sunflower Oil - for cooking	

Preparation

- To begin making the Meethe Chawal Recipe (Zarda Pulao), first clean, wash and soak rice in enough water for 15 - 20 minutes.
- Next dry roast the saffron strands in a small pan for few seconds.
- Turn off the heat.
- Add milk and stir to combine.
- Keep aside.
- Now bring 4 cups of water to boil in a large saucepan.
- Add half a stick of cinnamon and 2 cloves in the boiling water.
- Drain the soaked rice in a colander and add in the boiling water.
- Cook the rice till almost done but not fully cooked through.
- Once again drain the cooked rice in a metal colander and keep aside.
- Heat ghee in a heavy bottomed pan.
- Add remaining cinnamon, cloves and cardamom.



- Stir for few seconds to release the aroma of spices.
- Next add the rice along with sugar, saffron, dry fruits, raisins and turmeric.
- Drizzle a tablespoon or so of water.
- Stir to evenly combine.
- Cover the pan with a tight fitting lid and turn the heat to low.
- Let the rice simmer for 5 - 10 minutes on low heat.
- Turn off the heat.
- Do not open the lid immediately.
- Let the rice absorb the flavors for sometime.
- Open the lid, fluff the rice with a fork.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
300	4	65	5	2	20

