

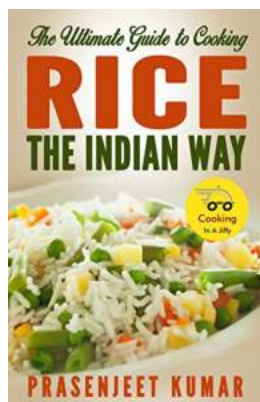
# The Ultimate Guide To Cooking Rice The Indian Way: How To Cook Everything In

Are you a fan of Indian cuisine? Do you love the aromatic flavors and unique spices that make these dishes so delicious? If so, then you must try cooking rice the Indian way! In this ultimate guide, we will take you through the step-by-step process of cooking perfect rice with all the Indian flavors infused in it. So put on your apron and get ready to learn!

## Understanding Indian Rice Varieties

Before we dive into the cooking process, it's important to understand the different rice varieties used in Indian cuisine. The most commonly used rice varieties are Basmati rice and Sona Masoori rice.

1. Basmati Rice: Known for its long grains and distinctive aroma, Basmati rice is a staple in Indian cooking. It is often used to make biryanis, pulao, and other fragrant rice dishes.



## The Ultimate Guide to Cooking Rice the Indian Way (How To Cook Everything In A Jiffy Book 6)

by Prasenjeet Kumar (Kindle Edition)

★★★★☆ 4.8 out of 5

Language	: English
File size	: 2901 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 164 pages
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2. Sona Masoori Rice: This short-grain rice is lighter and less aromatic compared to Basmati rice. It is commonly used in everyday Indian cooking for dishes like rice bowls, fried rice, and khichdi.

## Preparing Rice for Cooking

Properly preparing the rice is essential for achieving the perfect texture and flavor. Here are the steps to prepare rice for cooking:

1. Rinse the Rice: Rinse the rice thoroughly under cold water until the water runs clear. This step helps to remove any excess starch and prevents the rice from becoming sticky.
2. Soak the Rice (Optional): Soaking the rice for 30 minutes to an hour can help improve the texture and ensure even cooking. This step is particularly beneficial when using Basmati rice.

## The Cooking Process

Now that your rice is ready, let's dive into the cooking process:

1. Measure the Rice: Use a measuring cup to determine the amount of rice you want to cook. A general rule of thumb is one cup of uncooked rice per person.
2. Add Water: The ratio of rice to water varies depending on the type of rice you're using. For Basmati rice, the ratio is usually 1:1.5 (1 cup rice to 1.5 cups water). For Sona Masoori rice, the ratio is usually 1:2 (1 cup rice to 2 cups water).

3. Cook on the Stovetop: Place the rinsed and soaked rice in a pot and add the measured water. Bring the mixture to a boil over medium heat, then reduce the heat to low and cover the pot with a tight-fitting lid. Let it simmer for about 15-20 minutes (for Basmati rice) or 20-25 minutes (for Sona Masoori rice) until the rice is cooked and the water is absorbed.

4. Fluff the Rice: Once the rice is cooked, remove the pot from the heat and let it sit, covered, for a few minutes. Then, fluff the rice gently with a fork to separate the grains.

## **Enhancing the Flavor**

Indian cuisine is all about bold flavors, and there are various ways to enhance the flavor of your cooked rice:

1. Add Whole Spices: Before cooking the rice, you can add whole spices like cardamom pods, cinnamon sticks, cloves, or bay leaves to infuse the rice with aromatic flavors.

2. Sauté the Rice: To add an extra dimension of flavor, you can sauté the rinsed and drained rice in ghee or oil with some minced garlic, ginger, and onions before adding water to cook.

3. Garnish with Herbs: Once the rice is cooked, you can garnish it with fresh cilantro, mint leaves, or fried onions to add a refreshing touch.

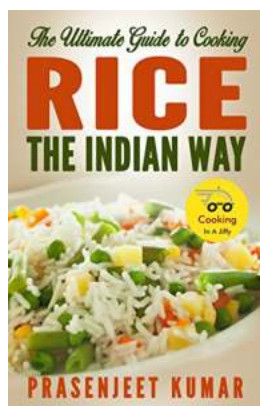
## **Delicious Rice-Based Indian Dishes**

Now that you've mastered the art of cooking rice the Indian way, it's time to explore some delicious rice-based Indian dishes:

1. Biryani: This fragrant and flavorful rice dish is made with layers of spiced rice and meat or vegetables. It is a celebrated main course in Indian cuisine.
2. Pulao: Similar to Biryani, Pulao is a one-pot rice dish but is typically lighter and less spicy. It is often made with a mix of rice, vegetables, and spices.
3. Khichdi: This comfort food consists of a mixture of rice and lentils, cooked with various spices and served with yogurt or pickles.
4. Fried Rice: A popular street food in India, fried rice is made by stir-frying cooked rice with vegetables, eggs, and spices.

## In

Cooking rice the Indian way is not only a skill worth mastering but also opens up a whole world of flavorful dishes that can be enjoyed by everyone. With this ultimate guide, you now have the knowledge and techniques to create delicious Indian rice dishes right in your own kitchen. So, grab your favorite spices and ingredients, and start exploring the incredible world of Indian cuisine today!



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\*\*\* From a Bed for Curries, to Pilaf, Biryani, Khichdi, Idli, Dosa, Savouries and Desserts, No One Cooks Rice as Lovingly as the Indians Do

From Prasenjeet Kumar, the #1 bestseller of the “Cooking In A Jiffy” series of books, comes the ultimate rice cookbook that anyone looking for gluten-free food should just grab with both hands.

\*\*\* Cataloguing the legendary “love affair” that Indians have with rice.....

The book narrates how rice forms an intrinsic part of every Indian’s life from birth till death.

Every religious ceremony has to involve rice.

Rice is stuck on the red vermilion that is applied to your forehead as akshat.

Rice is poured into the holy fire lit during religious ceremonies as an offering to the gods.

Rice is sprinkled over guests, worshippers and the newlyweds to bless them, with the incantation: “May your life be full of dhan (wealth) and dhanya (rice).”

\*\*\* Rice is “popular” because it is one of the easiest foods to digest.

Being totally gluten free, it is the best food for infants when they have to be weaned.

For young adults and old people too, who may have wheat allergies or even celiac disease, adopting a rice diet would be what every sensible doctor would prescribe as the first step to adopting a totally gluten free diet.

For the same reason, rice is great for relieving digestive disorders like diarrhoea, dysentery, colitis and even morning sickness.

This is why 70% of the world, including USA and northern Canada, grows and consumes rice.

Rice grows in almost any part of the world which is wet and humid and NOT colder than 21 degree Celsius (70 degree F).

There is hardly any type of soil in which rice cannot be grown including alkaline and acidic soils.

Rice in India is grown from below sea-level to an elevation of 2000 metres in the Himalayan regions.

\*\*\* Indians cook rice with anything and everything; with lentils, veggies, meat, fish, chicken and seafood.

In addition, they have plain or spiced rice as a bed for curries and ground rice for making all kinds of pancakes like appams and dosas.

Rice flour is also used for crisping savouries called pakoras.

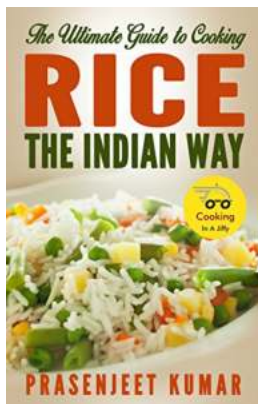
Most temples serve as prasadam (blessings) the Indian rice pudding called kheer or payasam.

And then in many Himalayan states, from Ladakh to Sikkim, fermented rice is used for making the potent brew called chhang.

In this background, this rice cookbook presents a total of 35 mouth-watering rice dishes, including 20 dishes where rice cookers can be used. There are eight plain rice recipes, five for cooking rice with lentils, five each for cooking rice with vegetables and meats, five ways to use rice in snacks and seven as desserts.

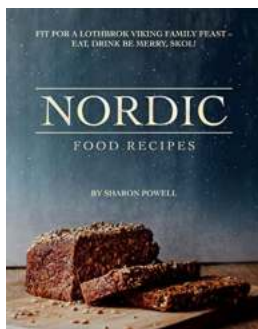
There is no Chhang recipe, sadly because that is one dish that, as Prasenjeet says, is not made in his house!

\*\*\* So What are you waiting for? Scroll up and grab a copy today!



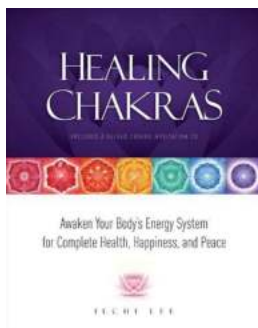
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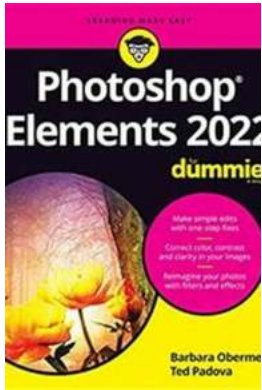
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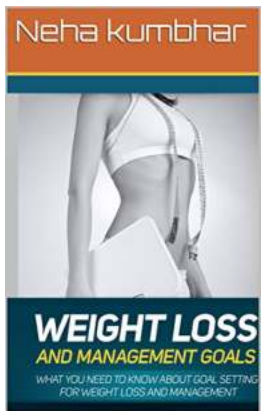
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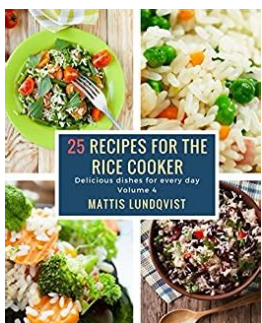
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