



DESHI MIX

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The versatile staple

Rice is a staple food in many countries around the world. People in most Asian countries like India, Malaysia and Bangladesh have rice as their main dish, while in Western countries it is used as a side-dish.

In Asian countries, basic steamed rice is served with some curry or 'dal' and some other dish on the side. It is also used to prepare many variety of dishes in which cooked rice is seasoned and flavored with lemon, tomato, tamarind, curd or coconut.

Vegetables can be added while cooking rice to make



different one pot meals called pulao. Biryani is yet another famous preparation with rice and meat that is made during special occasions. Rice is also made into flour or batter many dishes are prepared. There are also dessert prepared with rice.

The varieties of rice are typically classified as long, medium, and short grained. The grains of long-grain rice tend to remain intact after cooking, medium-grain rice becomes more sticky. Medium-grain rice is used for sweet dishes. Some varieties of long-grain rice that are high in amylopectin, known as Thai sticky rice, are usually steamed. Stickier rice grains are used for sushi, the stickiness allows rice to hold its shape when molded. Short-grain rice is often used for rice pudding.

There are many varieties of rice available which varies in size, colour and texture. There is white, brown, red and black rice that have different nutritional benefits. All rice varieties contain carbohydrates, protein, trace amount of fat and sodium and are gluten free. Whole-grain rice contains more protein, fiber, vitamins and minerals than white rice.

HORCHATA

Horchata is a refreshing, cool and creamy rice drink, popular in Mexico. It is the perfect summertime refreshment. There are many variations of Horchata. In Mexico, it is made with rice. Horchata is a white milky looking drink. It does not contain mil as, it will not spoil as easily as a dairy-containing beverage. Pulverizing the rice eliminates the chalky sediment and gritty taste. Grinding the rice also helps open up the flavours as well as thickening the drink.

Ingredients

1 cup uncooked white rice, ground
6 cup hot water
2 cloves, whole
1 cinnamon stick
½ tsp vanilla
2 cups simple syrup
For thin simple syrup
2 cups water
1 cup sugar



2 green cardamom
1 black cardamom
1 tbsp coriander, finely chopped
2 green chilli
Salt to taste
4 cup water

Method

Wash and soak the rice for at least half an hour. Drain the water and keep it aside. Heat ghee in a pan. Add the whole garam masala and fry for a few seconds. Add the cumin seeds and when it begins to crackle, add the drained rice, stir fry for a couple of minutes till the ghee coats the rice and it looks glossy. Add hot water and salt. Cover the pan and bring to a boil. Once it boils, reduce the flame to low, cover with a lid and cook for about 15 minutes till all the moisture is absorbed by the rice. The rice will be cooked soft and small holes will appear on top. Fluff it up with a fork to keep rice grains separate. Garnish with chopped coriander or fried onion.

Serving tip: This jeera rice can be served with any kind of gravy, either vegetarian or non-vegetarian. I love to serve it with beef bhuna, butter chicken or fish fry.

CHICKEN AND BROWN RICE

Brown rice is whole grain rice. It has a mild nutty flavour and is chewier and more nutritious than white rice. 100 grams of cooked brown rice contains 2.32 grams of protein, 112 calories and 1.8 grams of dietary fiber. It also contains vitamin B complex and minerals.

Ingredients

1 cup long-grain brown rice
1 whole cut-up chicken, skin removed, breasts halved crosswise
2 tbsp olive oil
Coarse salt and ground pepper
1 medium onion, chopped
4 cloves garlic, crushed



Method

In a medium saucepan combine sugar and water. Over low heat allow the sugar to melt, stirring until it has dissolved. Allow to cool. In a food processor, pulverise the rice so it has the consistency of ground coffee. In a large saucepan over high heat, bring the water to boil. Remove from heat, add rice, cinnamon stick, and cloves. Cover and let it soak for eight hours or overnight at room temperature. After soaking, break cinnamon stick in half, and place the water, rice, broken cinnamon stick and clove in a blender. Purée for 2-3 minutes. Pour the liquid through a fine strainer lined with a double layer of cheesecloth, into a pitcher. Squeeze the excess liquid and discard the solids. Stir in the vanilla and 2 cups of thin simple syrup. Cover and refrigerate until you are ready to serve. Stir before pouring and serve over ice.

JEERA RICE (CUMIN RICE)

Jeera rice is one of the easiest of rice dishes. The ingredients used for making jeera rice are very basic. We need good quality aromatic rice, cumin seeds and some ghee. All other ingredients are optional. It goes along with any kind of side dish, so jeera rice is the best choice for parties or any kind of get-together.

Ingredients

2 cup aromatic rice
3 tbsp ghee
1 tsp cumin seeds
2 bay leaves
3 cloves
1" cinnamon stick
1 star anise