

# Ghee Rice

## Ingredients:

- 1 - 2 onions
- 3 - 4 green chillies
- Cumin seeds
- 3 - 4 whole nutmeg
- 1 small clove garlic mashed nicely
- 1/2 inch piece ginger mashed or cut
- A few cashew pieces
- 3 tbs **Amul Ghee**
- 1 cup Basmati rice

## Method:

- Cut onion to small pieces and fry in **Amul Ghee** along with chillies, cumin seed, nutmeg, garlic ginger and cashew till onion turns little brown.
- Wash rice and fry for a minute or so along with above and add 2 cup water to it and cook till done. Add salt and lemon.
- When all is done add cilantro, Serve with raita.

# Vegetable Cutlet

## Ingredients:

- 2 small potatoes, boiled, peeled and mashed
- 1/2 tsp amchor mango powder
- 1/2 tsp garam masala powder
- 2 green chillies, finely chopped
- 1 tsp ginger-garlic paste
- 1 tsp chopped coriander leaves
- 1 tsp chopped cashewnuts
- 1 cup breadcrumbs
- Salt to taste
- 1 tbs **Amul Ghee**
- Oil for shallow frying the cutlets
- 3 cups vegetables, chopped finely, boiled and drained well  
(You can use beets, carrots, peas, cabbage, etc)
- 1 tsp red chilli powder
- 1 tsp dhania (coriander) powder
- 1 tsp cumin powder
- 1/2 tsp saunf (fennel) powder

## Method:

### For preparing vegetable cutlet:

- Heat the **Amul Ghee** and add the ginger-garlic paste and green chillies.
- Fry for about a minute.
- Now add the cashewnuts and all the powdered spices. Add the coriander leaves.
- Fry for 1/2 a minute.
- Now add all the drained vegetables and mix well. If there is any water, fry till all moisture is totally lost.
- Mix in the mashed potatoes and salt to taste. Heat through and take off the stove top. Make flat rounds of the above. Shallow fry on both sides till golden brown.
- Eat when hot with chutney.