



A Brown Rice Pulao Recipe



Pulao, a fragrant and flavourful dish, is a staple in many Indian households, especially vegetarian one. Traditionally made with white rice, this dish can be reimagined using brown rice, which adds a nutty flavor and numerous health benefits.

Brown rice is a whole grain that retains its bran and germ layers, making it richer in fiber, vitamins, and minerals than its white counterpart. This essay explores a delicious brown rice pulao recipe, highlighting its ingredients, preparation method, and nutritional advantages.

Ingredients

To prepare a delightful brown rice pulao, you will need the following ingredients:

- **1 cup Basmati Brown Rice** (for enhanced flavor)
- **2 cups water or vegetable broth** (for more flavor)
- **1 tablespoon oil or ghee** (clarified butter)
- **1 medium onion, thinly sliced**
- **2-3 cloves of garlic, minced**
- **1-inch piece of ginger, grated**
- **1-2 green chillies, slit** (adjust according to spice preference)
- **1 carrot, diced**
- **1/2 cup green peas** (fresh or frozen)

- **1/2 cup bell pepper, diced** (optional)
- **1 teaspoon cumin seeds**
- **1 bay leaf**
- **2-3 cloves**
- **1-2 cardamom pods**
- **Salt to taste**
- **Fresh coriander leaves, chopped** (for garnish)
- **Lemon wedges** (for serving)

Preparation Method

1. **Rinse the Brown Rice:** Start by rinsing the brown rice grains under cold running water to remove any impurities or choose Organic Brown Rice (easily available at any [nearest grocery store](#)) to be sure about its purity and naturalness. Soak the rice in water for at least 30 minutes, which will help reduce cooking time and improve texture.
2. **Prepare the Base:** In a heavy-bottomed pot or pressure cooker, heat the cooking oil or cooking ghee over medium heat. Add the jeera seeds(cumin), tej patta(bay leaf), laung(cloves), and elaichi dana(cardamom pods). Sauté them until they become fragrant, releasing their essential oils.
3. **Sauté the Aromatics:** Add the sliced onions to the pot and sauté until golden brown. Then, stir in the minced garlic or crunchy garlic, grated ginger, and slit green chilies. Cook for another minute until the raw smell disappears.
4. **Add the Vegetables:** Incorporate the diced carrots, green peas, and bell pepper (if using). Stir-fry the vegetables for a few minutes until they are slightly tender.
5. **Combine Rice and Water:** Drain the soaked brown chawal and add it to the pot. Gently mix the brown rice with the sautéed vegetables and spices. Pour in the water or vegetable broth, and season with salt while bringing the mixture to a boil...

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