



COCONUT RICE - Fresh Coconut Pulao

by Shella Grover

When you think of coconuts, you are always carried away to golden sands on the beach, the mesmerizing waves hitting the shore. Drinking coconut water with a loved one on sandy beaches watching one of God's greatest and unfathomable creations.

The coconut palm is known to be used in totality: the root for medicinal purposes, the trunk for its wood, the leaves woven into fencing and many other products. But the most versatile is its fruit. It is added into sweet meats and also to make thick rich gravies and curries. This fruit is used as soon as its tender stage to provide sweet delicious water, which is full of nutritional benefits, and the flesh inside is relished for its creamy texture and sweetness.

The coastal belt of many countries will boast of a cuisine with coconut as main ingredients, and the Southern belt of India has a wide range of recipes using coconut as a main ingredient. Today I share with you a dish straight out of the kitchens of Tamil Nadu, a state from the Southern Coast of India.

Serves - 2-3 as a main dish

Prep Time - 15 minutes

Cooking Time - 5 minutes

Ingredients:

- 2 cups -boiled basmati rice
- 1 cup -shredded coconut
- 3 tbspn -peanuts
- 1 handful -cashewnuts
- 1 tspn - mustard seeds
- 2 twigs - curry leaves
- Salt as per taste
- Green Chillies - as per taste
- ½ inch pc -ginger, grated

Method:

- In a wok add about a teaspoon of oil. Fry the peanuts and cashewnuts in the oil and remove.
- Add the mustard seeds into the oil. They will sputter, so beware.
- Add ginger, green chillies and curry leaves.
- Add the rice and coconut and mix well along with salt
- Garnish with the peanuts and cashews

Serve with some pickles

Tips:

- This is a great and healthy lunchbox recipe
- You can prepare the rice well in advance and just do the final tempering when you need
- You can add some veggies or shredded meat to the rice as per your liking

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