

Rice Calendar 2019

from Sahaja Samrudha (www.sahajasamrudha.org)

A gift for the gods; the first food for babies; sacred and auspicious, almost half the world's population eats rice.

Rice Calendar 2019 reveals the richness of Rice Diversity prevailing in India. The calendar will help the consumers to pick a rice variety and aid in cooking it by providing mouth-watering recipes.

Aromatic Rice Recipes

Few rice varieties are naturally aromatic which adds pleasant aroma and taste. Aromatic rices are generally used for some special cuisines like palau, biryani and sweet payasam. India is host for many indigenous varieties of scented rice which excel in aroma and cooling qualities. But many of these varieties have not received the attention to the extent that Basmati has. As a result, most of this valuable wealth has either already vanished or is on a decline.

GANDHASAALE PARAMANNA/ PINDI PAYASAM



Ingredients
Gandhasaale rice – 1 cup
Grated jaggery – 1 cup
Ghee – 2o. 2 tsp
Coconut – 2 tbsp (grated)
Cardamom powder – 1 tsp
Cashew bits – as needed (fried in ghee)

Preparation Method
Wash rice, soak for 15 minutes.
Boil 2 to 3 cups of water, add rice, cook until it is done.
Now boil, melt the jaggery by adding a cup of water, sieve and discard any impurities.
Add jaggery solution to rice, boil until it becomes thick.
Next add ghee, cardamom, coconut, cashew and boil for 2 minutes, and stir, serve.

Recipe: Dr. Kiran, Bengaluru | www.sahaja.org

It is a flavoured and scented rice variety of Karnataka and Kerala. Gandhasaale is known especially for its rich aroma and is popularly known as Farmer's basmati. It is a scrumptious variety with excellent cooking quality, highly fragrant, exclusive aroma and unforgettable taste. During flowering stage whole field is filled with aroma.
It can be used in any special rice dishes like biryani, pulao, ghee rice, and best for payasam too. A fistful of this variety added with regular rice and cooked makes the whole rice aromatic.

JEBRAKA SAALA PUTTU



Ingredients
1 1/2 cups rice flour, 1 cup grated coconut, salt to taste

Preparation Method
The rice and flour is moistened with water. Just enough to make it moist without lumps and kept aside.
Boil water in the puttu maker. When the water comes to boil into the cylinder put a small ring of grated coconut and then the moistened flour loosely (so as to allow steaming of the puttu). Mid way through filling the puttu maker add another layer of coconut, again flour and coconut at the top. Put the cylinder on top of the vessel with the boiling water (pressure cooker inside the cooker without the weight). Let this steam for about 10-15 minutes when you start getting the fragrance of the steamed puttu.
Push out the puttu from the vessel using a long handled spoon. Have the puttu with black gram curry, banana, sweetened milk or papaya.

Recipe: Manju | Organic Bazaar | Teuvannathapuram

The rice takes its name from Jebra (Jenggam in Tamil), because the small oval grains share an uncanny resemblance to Jebra (Cumin), while Saala refers to the season when this rice is grown. This variety scrumptious and used in rice cuisine like Ghee Rice, Pulao, Biryani, Payasam, Khichdi and lot of other occasional dishes.
The rice's ability to absorb large quantities of water while cooking without turning mushy makes it ideal for special rice dishes. It has a very distinct taste, unique fragrance. Boils up well when cooked and south Indian biryanis are made with this rice.

GOBINDOBHOG KHEER



Ingredients
1 cup rice, 5 cups milk, 3 cups water
1 cup sugar, 1 tsp cardamom (elaich) powder
1 tbsp ghee, pinch of saffron (kesar) strands
2 tbsp condensed milk, 2 cups grated carrot

Preparation Method
Soak in warm water for 24 hours. Drain the rice completely, and heat ghee in a heavy bottomed pan. Fry the rice in this ghee at medium flame for 3-6 min. Transfer the rice to pressure cooker and add 3 cups of water and pressure cook for two whistles.
When the pressure eases off, add milk and carrot and simmer for 20-25 min stirring frequently in between. The milk should remain half of its quantity by now. Add cardamom, sugar and condensed milk and stir for 10 more min till the kheer thickens. Mix saffron with 2 tsp of milk and add to this kheer, mix and turn off the flame. You can garnish with nuts, sweet hot chillies.

Recipe: Dr. Kiran | Organic | Kolkata

Gobindobhog is a small grain aromatic rice from West Bengal. Towards the end of 19th century, the Seth family founded a village in the east bank of river Ganga and named it Gobindopur after their deity, Govindjee (Lord Krishna). An aromatic rice was specifically cultivated to offer Govindjee thus its name, Gobindopur along with Sukani's and Kaligut later became what is now Kolkata.
Apart from being a premium table rice, it is used to make pulao, biryani, payas, khichdi, pitha as well as scented rice flake.

The calendar costs Rs.100 (including postal charges).

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