



PRESSURE COOKER RECIPES (Breakfast, lunch, & dinner mouth-watering recipes)

Tom Humphrey

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This book contains irresistible mouth watering recipes that would make your kitchen glow. A chef with an experience that spans over two decade and a gourmet chef per excellence, driven by a passion for great food and motivated by his highly selective taste buds, decided to compile a list of PRESSURE COOKER BREAKFAST LUNCH AND DINNER RECIPES into a book that would help you in your kitchen. These recipes are simple to read, easy to understand and great recipes you wouldn't find just anywhere, they were carefully handpicked for your reading, cooking and eating pleasure. Thanks for downloading this book. Enjoy as you read and cook.

Mutton Pilaf

Total Time 1hour 15minutes

Prep 35 minutes

Cook 40 minutes

Ingredients

Servings 5 Units US

300grams of mutton, pieces

1 sliced large onion

1 1/2 cups of basmati rice (washed and soaked in water)

1 quartered and fried large potato

1 peeled and chopped large tomatoes

1 inch cinnamon

4 cloves

3 tsps of ginger paste

3 tsps of garlic paste

1 tbsp of fennel seed, powdered

2 tsps of coriander, paste

1 tsp of cumin powder

1 tsp of red chili powder

1/4 cup of oil

1/2 tsp of turmeric powder

1 tbsp of yoghurt

Salt

Directions

In a pressure cooker, add the mutton in two cups of water to which salt, a little turmeric powder, cloves and a piece of cinnamon has been added, and then pressure cook.

Heat up another skillet and then add oil. Once oil is hot, add the onions. And then stir-fry until it is fragrant

and is golden brown.

You then add the tomatoes and fry until it becomes softened. Add the ginger and the garlic pastes. Then fry for a minute until you can't perceive the raw smell again.

You now add the cooked mutton pieces and the yoghurt. Then cook for three mins. Then add the fried potatoes, the salt and the powdered spices. Roast cook for two mins. Then add water to cook the rice, and then bring to a boil. Now, add the drained rice.

You should cook on low flame for twenty mins until all the water becomes absorbed by the rice. Then serve hot with a salad and a vegetable dish on the side.

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