



THE SCOTCH MALT  
WHISKY SOCIETY



My Elephant Kitchen

## KASHMIRI GOBHI WITH BASMATI RICE AND A DEEP, RICH & DRIED FRUITS SOCIETY FLAVOUR PROFILE



**Prep time:** 15 minutes  
**Wait time:** 2.5 hours  
**Cook time:** 50 minutes  
**Servings:** 4 plates

*For the Kashmiri gobhi:*

**Ingredients:**

1 big cauliflower (*cleaned*)  
4 tbsp sunflower oil  
2 tsp mustard seeds  
1/2 tsp fenugreek seeds  
1 tsp turmeric  
1 tbsp coriander  
1 tsp fennel  
1 tsp salt (*or to taste*)  
5 big tomatoes (*chopped into blocks*)  
4 tbsp tomato puree  
4 tbsp water  
1 tbsp paprika

1/8 tsp nutmeg  
2 tsp ginger (*finely chopped*)  
1/2 tsp green chili (*finely chopped, optional*)  
1/2 cup vegan cream (*or yoghurt*)  
1 tbsp dried fenugreek leaves  
2 tsp cane sugar  
1/2 tsp cardamom  
1/8 tsp cinnamon  
2 tsp garam masala  
8 - 10 saffron strands  
40 g cashews (*ground*)

For more recipes and plant-based inspiration head to [myelephantkitchen.com](https://myelephantkitchen.com)  
or follow Shiruna on Instagram [@eat.click.travel](https://www.instagram.com/eat.click.travel)



### Procedure:

1. Heat up the oil in a heavy bottom pan or wok, throw in the mustard and fenugreek seeds and allow them to crackle for half a minute on high heat.
2. Now add the turmeric, coriander and fennel along with the salt and roast it all for a half a minute on medium heat.
3. Throw in the chopped tomatoes, mix well and cover the wok with a lid and let it simmer for about 5 minutes on medium heat for 10 minutes, stirring occasionally.
4. Mix in the dried fenugreek leaves, saffron, cinnamon, garam masala and sugar. Now gently stir in the soy cream and the milk. Cover and let it cook for another 6-7 minutes on low heat until a gravy is formed.
5. Mix the ground cashews into your gravy and let it simmer for another 2 minutes and then set aside. Place the whole cauliflower into the gravy upside down and cover it entirely with the gravy using a spoon, cover the wok and let the cauliflower marinate for 2.5 hours in the gravy.
6. Heat up the oven to 220°C. Spread the gravy on a baking dish, place cauliflower on top, this time the right side up and cover with the gravy completely. Bake for 10 minutes at 220°C.
7. Reduce the heat of the oven to 170°C and bake for 20 minutes more. Insert a knife in the cauliflower to check if it's ready. If the knife goes in softly, the kashmiri gobhi is ready.

*For the basmati rice:*

### Ingredients:

- |                                   |  |
|-----------------------------------|--|
| 1 ½ cup basmati rice              | ¼ cup cashews  |
| ¼ cup hot water                   | ¼ cup raisins ( <i>washed with hot water</i> )           |
| 15 - 20 saffron strands           | ½ cup green peas ( <i>fresh or thawed</i> )              |
| 3 tbsp sunflower oil              | ¼ cup carrot ( <i>grated or finely chopped</i> )         |
| 1 tsp salt ( <i>or to taste</i> ) | 2 ¼ cup water ( <i>+ extra for soaking and washing</i> ) |
| 2 bay leaves                      | 2 radishes ( <i>sliced</i> )                             |
| 4 cloves                          | 5 tbsp coriander ( <i>freshly chopped</i> )              |
| 1 tsp turmeric powder             | 1 small onion ( <i>sliced in rings</i> )                 |
| 2 inch cinnamon stick             | 1 green chili ( <i>sliced, optional for garnish</i> )    |
| 4 ½ cardamom pods                 |  |

### Procedure:

1. Wash and soak the basmati rice for about half an hour in cold water.
2. Soak the strands of saffron in hot water and set it aside for 20 minutes.
3. In a thick-bottomed vessel, heat up the oil and add bay leaves, cloves, cinnamon, and cardamom. Add the cashews to the pan as well and lightly roast everything until the cashews turn golden brown. Now remove only the cashews and set them aside. Add the turmeric and salt and mix well.
4. Drain the pot with the rice, add this to the pot and mix gently with a spatula.
5. Pour water into the pot, bring to a boil once and then cover and let it simmer on low heat until done.
6. Mix in the saffron water, cover and let it rest for about ten minutes.
7. Serve the rice with a garnish of onions, cashews, raisins, green chili, radish and coriander.

*Pair the basmati rice with the kashmiri gobhi and enjoy!*



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