

Kashmiri Pulav is a gentle and aromatic rice dish known for its subtle sweetness, warm spices, and vibrant garnish of dry fruits. This version skips heavy masalas, apples, and peas, making it ideal for a sattvic or healing diet.

What Is Kashmiri Pulav?

A delicately spiced North Indian rice dish that combines basmati rice with dry fruits, mild whole spices, and saffron for aroma and color. It's light on the palate and calming for the system—perfect for both special occasions and everyday simplicity.

How to Make Kashmiri Pulav : The Traditional Way

□ Ingredients:

- 1 cup **basmati rice** (soaked for 15–20 mins)
- 2 tbsp **ghee** or cold-pressed coconut oil
- 1 small piece **cinnamon stick**
- 2 **green cardamoms**
- 2 **cloves**
- 5–6 **cashews**, split
- 5–6 **raisins**
- 1 tbsp **chopped almonds or pistachios** (optional)
- A few strands of **saffron** soaked in 1 tbsp warm water or milk
- ¼ tsp **salt** (or to taste)
- 2 cups **water**

□ Method:

1. In a pan, heat ghee. Add cinnamon, cardamom, and cloves. Let them sizzle gently.
2. Drain soaked rice and add it to the pan. Stir for a minute until aromatic.
3. Add 2 cups of water, saffron infusion, and salt. Cover and cook on low flame until rice is soft and fluffy.
4. In a small pan, roast cashews and raisins in a little ghee until golden. Add chopped almonds if using.
5. Once rice is done, fluff it with a fork and gently fold in the roasted dry fruits.

▣ Ayurvedic Benefits

1. **Saffron** supports ojas and enhances mood
2. **Dry fruits** offer grounding, nourishment, and [vata](#) balance
3. **Rice** is easy to digest and pacifies all doshas when cooked well
4. **Cardamom and cinnamon** gently stimulate digestion without heat

▣ Pro Tips from the Indian Kitchen

- Do not over-stir the rice while cooking—let it remain grainy and fluffy.
- Add dry fruits just before serving to retain texture.
- Keep the saffron subtle—too much can overpower.
- Avoid using onion, garlic, or overly sweet dried fruits for sattvic balance.

♥ Why We Love Kashmiri Pulav

- Elegant and comforting
- Naturally gluten-free and vegetarian
- Mild yet festive
- Can be enjoyed by all age groups

▣ Ideal For

- **Healing diets** or post-illness meals
- [Pitta](#)-pacifying meals
- Fasting or festival days
- Kids, elderly, and those with sensitive digestion
- Pairing with **thambuli**, **Mor Kuzhambu**, or **light soups**

