



7.1 Jackfruit Pulao: Pulao is a rice item. Which forms the main course. Jackfruit is high in fibre hence forms a very staple diet for vegetarians. The fruit is eaten as it is or as a dessert etc. However the tender jackfruit when raw is marinated in yoghurt after either boiling or frying choice is individual and then added to the cooked rice with ingredients when biryani is made to give more flavor to the rice . These raw jackfruits are called Kathal hence the name Kathal Briyani.



7.2 Vegetable Biryani: A main course with aromatic rice. Namely Basumathi Rice is used for these Biryani or pulao. It is cooked by both vegetarians with vegetable and non- vegetarians with meat etc. They are layered with vegetables and spices form the main aromatic ingredient like cinnamon, nutmeg, clove, cardamom etc. However, even the most costliest spice saffron is used which gives the best aroma to the food. One can use clarified butter or ghee and some use dahi or reduced hot milk to add to the flavor.