

AROMATIC SPICE PULLAO

INGREDIENTS

125 gms basmati rice
1 tbsp ghee or vegetable oil
1/2 tsp cumin seeds
2 green cardamoms or 1 black cardamom
4 cloves
2 cm stick cinnamon
1 bay leaf
6 whole black peppercorns
1/2 level tsp salt (or to taste)
10 fl oz or 1/2 pint of hot water

METHOD

Wash the rice in cold water. The water will start off cloudy; continue till the water is clear and you can see the grains of rice. This will take several refills. Now soak the rice in fresh clean water so that the rice is covered for about 20-30 mins. Drain the rice in a sieve and let it stand for a minute or two to allow all the water to drain off (give the sieve a gentle shake to remove any excess liquid).

Heat the ghee or oil in a large pan. Add all the spices, fry for one minute, add the rice and salt, stir it again for a few minutes, then add the hot water which should cover the rice by about 2 cms. Cover with a tight fitting lid, lower the heat and allow to cook for about 20 mins until all the moisture has been absorbed and the rice is tender.

Gently fork the rice to separate the grains, working right down to the bottom. Transfer to a heated serving dish and serve immediately.