
Indian Rice Pilaf

Servings: 6

1/4 teaspoon saffron

1/4 cup hot water

3 tablespoons extra virgin olive oil, or clarified butter (ghee)

1/2 onion, finely chopped

3/4 inch fresh ginger, minced

1 teaspoon ground cumin

1/2 teaspoon ground turmeric

1 dash ground cinnamon

pinch cayenne pepper

1 bay leaf, fresh or dried

salt

1 cup basmati rice

2 cups hot water

1 carrot, chopped, 3/4 in. diagonal

3/4 cup frozen peas

1/4 cup sliced almonds

Soak saffron in 1/4 cup hot water while you're assembling the rest of the ingredients, at least 15 minutes.

Sauté onion, ginger and spices in oil for five minutes over medium heat in large pan or pot (that has a close-fitting lid).

Add rice and a generous pinch of salt and stir for two minutes, until all rice is well coated with spices.

Add saffron with its soaking water, bay leaf and remaining two cups water. Bring to a boil, reduce heat to a simmer (very low heat) and cover with lid.

After 25 minutes, add carrots on top of rice (don't stir in, just place on top in one layer) and continue cooking, covered.

After 10 more minutes, add peas and almonds in the same manner.

After another 10 minutes, turn off heat (it takes a total of 45 minutes to cook).

Let sit, covered, for five minutes. Then fluff with a fork and serve.

Serving Ideas: As a side dish; or main dish with channa masala or other curried vegetables, lentil etc.

Mix with 'raita' or plain yogurt as the last course to 'cool off' the effect of spices consumed earlier!

Cuisine: Indian

Greek Grill_1

Per Serving (excluding unknown items): 225 Calories; 11g Fat (42.6% calories from fat); 5g Protein; 28g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 49mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 2 Fat.