



Indian Spiced Rice

INGREDIENTS

(Adjust amounts to your needs)

3 c basmati rice
1 cinnamon stick
4 cardamom seeds
2 full T cumin seeds
2 t salt
2 cloves
4.5 c water
4 T oil (I use olive oil but vegetable or canola works too)
scallions, thinly sliced, optional

INSTRUCTIONS

1. Soak the basmati in water for 15 minutes to take out some of the starch. This helps to make the rice fluffy and not sticky.
2. Toast the dried spices in a large pot with oil.
3. Meanwhile, cut up red and yellow onion and then add them to the pot. Let them cook over medium low heat to allow the onions to cook down to right before the caramelized state.
4. Drain the rice, add it the onion and spice mixture and let the rice get coated with the all the oil, onions and spices. Just as you would making a risotto, or paella. (I like using this method of cooking rice whenever I am adding other ingredients to the cooking stage.)
5. Add the water, bring to a boil, then cover and lower the heat. (I use a 1 to 1.5 ratio of rice to water.) Cook for 10-12 minutes. The rice should be light and fluffy and no water left.

Serve with Dal (lentil stew), Chana Masala (chick pea stew), chicken or lamb.