

Pulao Rice

Pulao adds a little bit of celebration to an everyday meal with whole garam masala giving it a tantalising fragrance

Prep time – 10 minutes
Cooking time – 15-20 minutes
Serves 4

Ingredients:

1 cup of rice, 2 cups of water, 2tbsp oil, 1tsp cumin seeds, whole garam masala (cloves, cardamom, cinnamon, bay leaves, star anise) 1/2 cup of frozen peas and salt to taste.

Method:

Wash the rice well. The trick is to wash it 2-3 times and ensure that the water is clear when you add it to the pan. Soak the rice in 2 cups of water and set aside.

In a large saucepan, add the oil, cumin seeds and garam masala. Stir for 2-3 minutes. Add the rice along with the water and stir. Add the peas and a pinch of salt, then allow the rice to come to a boil.

Once it starts to boil, turn the heat down to medium- low and cover. Cook for a further 15-20 minutes, checking occasionally. When the grains of rice at the top start to look as though they're standing up, the rice is ready. Turn the heat off and leave the lid slightly askew.