



Positive Legacy

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Rice Pullao (Basmati rice with whole spices)

Recipe: by Chef Archna Becker

Ready in **20 minutes**

Serves 4

Ingredients:

1 cup Basmati Rice

2 Tbsp. oil

½ cup onion (thinly sliced)

Almost 2 cups water (a little less than double)

1 tsp. Cumin Seeds

3 Whole Cloves

4 Cardamom pods

1 piece cinnamon stick

1 Bay leaf

1/2 Cup frozen green peas (you can add corn, fine diced cauliflower, etc.)

1 tsp. Salt to taste

Preparation:

1. Wash rice gently 3 or 4 times until the water is clear. This takes out the extra starch so it does not stick.
2. Soak 15-20 minutes, this will cook the rice faster.
3. Heat oil in a heavy bottom pan on medium heat.
4. Add the whole spices and wait for the sizzle and aroma.
5. Add the onions and cook for a few minutes till they are translucent.
6. Add the water and salt, bring to boil.
7. Strain the rice and put it into the pot.
8. Cook on high heat till the water comes back to boil.
9. Cover and cook on a simmer for 15 minutes or until rice is almost tender.
10. Add the peas, stir and cook covered for a few more minutes.

First you flavor the oil, then you flavor the water, then you flavor the rice.