



Indian Rice Pilaf *4-6 servings*

Ingredients

¼ teaspoon saffron
¼ cup hot water
3 tablespoons extra virgin olive oil
1 onion, finely chopped
¾-inch piece of fresh ginger, minced
1 teaspoon ground cumin
½ teaspoon ground turmeric
¼ teaspoon ground cardamom
¼ teaspoon ground cinnamon
pinch cayenne
1 bay leaf, fresh or dried
salt
1 cup brown basmati rice
2 cups hot water
1 carrot, chopped into ¾-inch diagonal pieces
¾ cup frozen peas
½ cup sliced almonds

Procedure

1. Soak saffron in ¼ cup hot water while you're assembling the rest of the ingredients, at least 15 minutes.
2. Fry onion, ginger and spices in olive oil for five minutes over medium heat in large pan or pot (that has a close-fitting lid).
3. Add rice and a generous pinch of salt and stir for two minutes, until all rice is well coated with spices.
4. Add saffron with its soaking water, bay leaf and remaining two cups water. Bring to a boil, reduce to a simmer (very low heat) and cover with lid.
5. After 25 minutes, add carrots on top of rice (don't stir in, just place on top in one layer) and continue cooking, covered.
6. After 10 more minutes, add peas and almonds in the same manner.
7. After another 10 minutes, shut off heat (it takes a total of 45 minutes to cook).
8. Let sit, covered, for five minutes. Then fluff with a fork and serve.

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