

Pilau Rice – from The Hairy Bikers' Comfort Food

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Ingredients

- ½ tsp coriander seeds
- 6 cardamom pods
- 1tsp cumin seeds
- 8 cloves
- 1 cinnamon stick
- 2 bay leaves
- 75g butter
- 1 small onion finely chopped
- 1 garlic clove finely chopped
- ½ tsp ground turmeric
- ½ tsp black mustard seeds
- 300g basmati rice, rinsed and drained
- 500ml vegetable stock made with Boullion powder
- Sea salt and freshly ground black pepper

Method

1. Using a pestle and mortar, pound the coriander seeds into a coarse powder. Add the cardamom pods and grind until the husks split and the seeds are lightly crushed. Add the cumin, cloves, cinnamon and bay and pound very lightly for a few seconds to mix.
2. Melt half the butter in a sauté pan over a medium heat. Fry the onion and garlic for 5 mins or until softened, stirring regularly. Sprinkle in the turmeric and mustard seeds, plus all the ingredients from the pestle and mortar. Fry gently for 2 mins whilst stirring.
3. Mix in the rice to coat it in the buttery spices. Add the stock.
4. Stir well and bring to the boil. Give a final stir then cover the pan with a tightly fitting lid. Reduce the heat to its lowest setting and cook for 15 minutes. (NB Don't be tempted to open the lid whilst the rice is cooking, the water needs to be fully absorbed and steams the rice evenly if kept secure in the pan)
5. When the rice is cooked, cut the rest of the butter into small pieces, remove the pan lid and dot the butter over the hot rice. Leave to melt for a few seconds, then quickly fluff up the rice using a fork taking care not to break up the grains.
6. Replace the lid and leave to stand for 5 mins before seasoning and serving (warn your guests not to eat the cardamon pods, cinnamon, bay leaves or any whole cloves!) with your favourite curry.