



# INDIAN SPICED RICE



## INGREDIENTS

SERVES 4-6

- 2 cups basmati rice
- 8 cups water
- 2 teaspoons salt
- 2 cloves
- 2 cardamom pods
- One 2-inch piece of cinnamon
- Vegetable oil
- 1 tsp mustard seeds
- 1 tsp cumin seeds
- 1 large onion, chopped
- 4 garlic cloves, chopped
- 1 tsp turmeric

2 cups uncooked rice equals  
6 cups cooked rice

## EQUIPMENT

- Large frying pan
- Wooden spoon
- Measuring spoons & cups
- Rice cooker or large pot

## INSTRUCTIONS

1. Place rice in a sieve and run cool water through it to rinse it until the water runs clear. Soak the rice in cool water for 30 minutes. Drain and set aside.
2. Bring 8 cups of water and the salt to a boil in a large pot. Add the rice and stir. Add the cloves, cardamom and cinnamon. Simmer for 10 minutes.  
*Alternatively, use a rice cooker and adjust rice to water ratio as required.*
3. When the rice is cooked to your liking, drain the rice into a colander and rinse with cold water to stop it from cooking.
4. Remove the cloves, cardamom and cinnamon and discard. Set the rice aside to drain.
5. In a pan large enough to hold the rice, heat the oil over medium heat. Add the mustard seeds and cumin. Cook until the mustard seeds start popping, then add the onion. Sauté until the onion begins to brown for approx 5 mins.
6. Add the garlic and sauté another 2-3 minutes. Add the rice and mix well. Sprinkle the turmeric over the rice and mix well. Cook for another 3-4 minutes, stirring often. Serve warm.

