



Mridula Recipe Card

Pulau or pilau rice

Serves 4



There is a wide variety of pulao in Indian cuisine ranging from the simple to the exotic. This is a fairly straightforward and simple recipe.

Method

Wash the rice gently in cold water until the water runs clear. Soak for 20 minutes and leave to drain in a colander.

In a heavy based saucepan, melt the ghee or butter over a low heat and add the cinnamon, cardamom, star anise and bay leaves. Let them sizzle gently for 20-25 seconds and add the rice, turmeric and salt. Stir to mix well.

Add 450ml warm water and bring it to the boil. Let it boil for about a minute, reduce the heat to very low, cover the pan tightly and cook for 7-8 minutes. Switch off the heat source and let the rice stand, undisturbed, for 7-8 minutes. Fluff up the rice with a fork and serve

Ingredients

- 225g basmati rice
- 2 tbsps ghee or unsalted butter
- 5 cm piece of cinnamon stick, halved
- 4 green cardamom pods, bruised
- 2 star anise
- 2 bay leaves
- ¼ tsp ground turmeric
- Salt to taste
- 15g flaked almonds