

Mattar Pilau Recipe

(Rice with Fresh Green Peas Recipe)

Ingredients:

1 tablespoon ghee or oil
4 whole cloves
1 small cinnamon stick
2 cardamom pods
1 teaspoon cumin seeds
½ teaspoon ground turmeric, optional
1¼ cups long grain rice
1¼ cups shelled green peas
2 teaspoons salt
2½ cups hot water

Method:

Heat ghee in a heavy saucepan and fry the cloves, cinnamon, cardamom and cumin over medium heat for 1 minute. Add turmeric and rice and fry for 2 minutes, stirring. Add peas, salt, water and bring to the boil over high heat, then turn heat very low, cover tightly and cook for 25 minutes without lifting lid or stirring. Fork up and remove whole cloves, cinnamon and cardamom. Serve hot with vegetable or meat dishes.

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