

## **Parsi Pilau Recipe**

**(Spiced Rice, Parsi Style Recipe)**

**Ingredients:** Serves 5-6

2½ cups long grain rice  
½ teaspoon saffron strands  
2 tablespoons boiling water  
2 tablespoons ghee  
4 cardamom pods, bruised  
1 small cinnamon stick  
4 whole cloves  
10 black peppercorns  
4 cups hot water  
2½ teaspoons salt  
rind of 1 orange, finely grated  
2 tablespoons sultanas  
2 tablespoons blanched sliced almonds  
2 tablespoons blanched halved pistachios

**Method:**

If rice needs washing, do so and leave to drain and dry thoroughly. Soak saffron in boiling water for 10 minutes. Heat ghee in heavy saucepan and gently fry cardamom, cinnamon, cloves and peppercorns for 2 minutes. Add rice and continue stirring and frying for 2 or 3 minutes. Add hot water, salt, soaked saffron strands and liquid, orange rind. Stir well and bring quickly to the boil, then turn heat very low, cover tightly and cook for 20 minutes. At end of this time scatter sultanas over surface of rice, replace lid and continue cooking for 5 minutes longer. Serve garnished with almonds and pistachios. This is very good served with dhansak, a famous Parsi dish of meat or chicken cooked with lentils and vegetables.

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