

Sweet Pilau Rice Recipe

Ingredients: Serves 4

500g basmati rice
100g ghee
2 tablespoons raisins
100g almonds, blanched
110g pistachios, blanched
4 cardamoms
6 cloves
5-cm stick cinnamon
½ teaspoon mace powder
½ teaspoon saffron or turmeric powder
¼ teaspoon salt
100g sugar
675ml water
4 tablespoons melted ghee
Rose water

Method:

Wash the rice in water and drain. Repeat until the water runs clear. Put 3 cups of water in a saucepan and bring to a boil. Heat half a cup of ghee in a pan and saute the raisins, almonds, and pistachios until they turn light brown. Remove the raisins and nuts, leaving behind the ghee. Add the rice to the pan and lightly brown over low heat. Add the cardamoms, cloves, cinnamon, mace, saffron, salt, sugar and the 3 cups of boiling water. Bring the mixture to a boil over high heat and cook for a further 5 minutes, then lower the heat and cover until done. This will take about 20 minutes; the rice will have fluffed up, and all the liquid will have evaporated. Pour in the melted ghee, stir gently, and add the nuts and raisins. Sprinkle with rose water. This pilau can be served on its own.

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