

Ghee Rice Recipe

(Sri Lankan Ghee Rice Recipe)

Ingredients: Serves 4-5

2 cups Basmati or other long grain rice
2 tablespoons ghee
1 large onion, peeled and finely sliced
4 whole cloves
6 cardamom pods, bruised
1 cinnamon stick
3½ cups beef, chicken or mutton stock or water and stock cubes
2½ teaspoons salt

Method:

Wash rice well and drain in a colander for at least 30 minutes. Heat ghee in a saucepan and fry onion until golden and aromatic, add spices and drained rice. Fry, stirring with slotted metal spoon, for 5 minutes over a moderate heat. Add hot stock and salt and bring to the boil. Once boiled, reduce heat to very low, cover pan tightly with lid and simmer for 15-20 minutes without lifting lid. At the end of cooking time, off fire and let rice sit in the pot, covered for 5 minutes before opening. When ready, gently fluff up rice with a fork, removing whole spices. When transferring rice to a serving dish, again use a slotted metal spoon to avoid crushing grains of rice. Serve hot, accompanied by curries of meat and vegetables, pickles and sambols.

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