

Kesar Pilau Recipe

(Saffron and Lemon Sweet Pilau Recipe)

Ingredients: Serves 4-6

1 tablespoon ghee
6 cardamom pods, bruised
4 whole cloves
1 small stick cinnamon
1¼ cups long grain rice
2 cups hot water
¼ cup lemon juice
1 tablespoon sugar
1 teaspoon salt
¼ teaspoon saffron strands
2 tablespoons very hot water

Method:

Heat ghee in a heavy saucepan and fry cardamom pods, cloves and cinnamon for 3 minutes. Add rice and fry, stirring, for 4 or 5 minutes over low heat. Add water, lemon juice, sugar and salt, stir well and bring to the boil over high heat. Turn heat low, cover and cook 10 minutes. Meanwhile pour hot water over saffron strands and allow to soak for 5 minutes. Press the strands between your fingers to extract as much color as possible. At end of the 10 minutes lift lid of pan and sprinkle saffron water and strands over the rice. Do not stir. Replace lid and cook for a further 10 minutes. Uncover, allow steam to escape for a few minutes, remove whole spices. Fluff rice gently with fork before serving.

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