

## Pilau Rice with Toasted Pine Nuts Recipe

**Ingredients:** Serves 4

225g basmati rice  
40g ghee or unsalted butter  
5cm piece of cinnamon stick  
4 green cardamom pods, bruised  
4 cloves  
½ teaspoon black peppercorns  
2 bay leaves, crumpled  
25g raw cashews (optional)  
a pinch of ground turmeric  
salt, to taste  
1 tablespoon pine nuts

**Method:**

Wash the rice in several changes of cold water then soak it in cold water for 15-20 minutes. Drain thoroughly. In a heavy non-stick saucepan, heat the ghee or butter over a low heat and add the cinnamon, cardamom, cloves, peppercorns, bay leaves and cashews (if using). Stir-fry the ingredients gently for 25-30 seconds and add the rice, turmeric and salt. Stir-fry for 2-3 minutes and pour in 500ml hot water. Bring it to the boil and let it cook, uncovered, for 2-3 minutes. Reduce the heat to low, cover the pan tightly and cook for 7-8 minutes. Remove from the heat and let it stand for 5-6 minutes. Meanwhile, preheat the grill to high and grill the pine nuts until they brown lightly. Fluff up the rice with a fork and transfer it to a serving dish. Scatter the toasted nuts on top and serve. Nuts are often used to garnish pilaus and brianis.

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