

## Sesame Rice Recipe

**Ingredients:** Serves 4

225g basmati rice, washed and soaked for 15 minutes

½ teaspoon salt or to taste

2 tablespoons sesame seeds

2-4 dried red chilies, cut into small pieces

2 tablespoons sunflower or vegetable oil

½ teaspoon black mustard seeds

½ teaspoon cumin seeds

½ teaspoon ground turmeric

**Method:**

Drain the rice thoroughly and place in a saucepan. Add the salt and pour in 475ml hot water. Bring to the boil, and allow to boil steadily for 1-2 minutes. Reduce the heat to low, cover the pan and cook for 8 minutes without lifting the lid. Remove from the heat and leave it undisturbed for 6-7 minutes, then fork through and set aside. Meanwhile, grind the sesame seeds and the chilies together. Heat the oil over a medium heat in a large saucepan or a sauté pan, preferably with a non-stick surface. When hot, but not smoking, throw in the mustard seeds, followed by the cumin. Stir in the turmeric and follow quickly with the ground sesame/chili mixture. Cook for 1 minute, then carefully fold in the cooked rice.

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