

Kesar Cheval - Saffron Rice

Category: Vegetable

Servings: 6

Rating: 10

Source: Time-Life - The Cooking of India

Description:

Ingredients:

ibasumati rice	2 cup imported or uncooked long-grain white rice
'saffron	1 teaspoon threads
ighee	6 tablespoon
lcinnamon	2" stick of
.cloves	4 whole
lonion	1 cup finely chopped
ijaggery	1 tablespoon crumbled imported or dark brown sugar combined
lsalt	2 teaspoon
'cardamom seeds	1/4 teaspoon

Instructions:

Pour 3 T boiling water over the saffron and soak for 10m or so. Pour the rice into a sieve and set into cold water. Rub the grains to remove all surface starch. Changing the water 4-5 times, wash until the water runs clear. Drain. Heat the ghee over moderate heat until very hot. Add the cinnamon and cloves, stir to coat, and add the onions. Turning constantly, sautŽ for 7-8m, until the onions are golden brown. Add the rice and stir for about 5m, or until all the liquid has evaporated and the grains are a delicate golden color. Add 4c boiling water and the sugar mixture, salt, and cardomom seeds. Bring to a boil, add saffron with its water, and reduce heat to very low. Cover and cook for 25m, or until the rice is tender and no liquid remains.