

Fragrant Pilaf

Summary

Yield	Servings
Source	wailana
Prep time	30 minutes
Cooking time	30 minutes
Total time	1 hour

Description

In a pilaf, rice is cooked with vegetables, fragrant spices, and broth until the rice is tender and infused with the flavor of the other ingredients. Turmeric, a key spice in this recipe, gets its deep yellow color from a potent phytochemical called curcumin, which has been identified as one of nature's finest cancer-fighters.

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http://www.wailana.com/recipe/fragrant-pilaf_library.jpg

Fragrant Pilaf - Wai Lana Recipe

Ingredients

1 c
Basmati rice
1
Vegetable bouillon cube
2 c
Hot water
1 Tbsp
Ghee or vegetable oil
1
Onion, finely chopped
3/8 tspn
Freshly ground black pepper
2 tspn
Ground cumin
1/2 tspn
Turmeric
1 tspn
Ground cardamom
1/2 tspn
Cinnamon
1/8 tspn
Ground cloves

1½ c
Pine nuts
1½ tspn
Salt
1
Bay leaf
1½ c
Fresh or frozen peas
1½ c
Cauliflower, cut into small florets
1½ c
green beans, diced
1½ c
dried fruit, chopped

Instructions

1. Rinse the rice and soak in cold water for 30 minutes, then drain well. Dissolve the bouillon cube in the hot water.
2. Heat the ghee in a medium nonstick skillet and sauté the onion on medium heat until lightly browned. Add the spices, pine nuts, salt, and bay leaf and stir-fry for 2 minutes. Add the rice and stir-fry for 2 more minutes.
3. Gradually add the vegetable broth a little at a time, stirring constantly and allowing the liquid to be almost completely absorbed between additions. Add the vegetables, cover, and reduce the heat to the lowest setting. Cook for a further 20 minutes.
4. Add the dried fruit and gently stir to combine. Remove from the heat and let stand for 10 minutes before serving.

Notes

Nutritional Information Per Serving:

Calories: 384, Fat 12.7g (116 cal), Carbohydrate 56.6g (227 cal), Protein 10.3g (41 cal)

Added information: Saturated Fat 1.8g, Cholesterol 0mg, Sodium 493mg, Dietary Fiber 5.5g

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