

Shahi Pilau Rice



Ingredients

2 cups Basmati rice
1 medium onion finely sliced
15 - 20 cashew nuts, halved (optional)
Salt to taste
2 tsp sugar
1 tbsp ghee or 2tbsp cooking oil

Whole spices

4 green cardamoms
4 cloves
2 cinnamon sticks
1 strand of mace
2 bay leaves
1 tsp whole cumin

Method

1. Wash the rice in cold tap water and drain off all of the water.
2. Soak the water in 4 cups of cold water and set aside for 30 mins before cooking. Strain reserving the water.
3. Heat oil or ghee in a non-stick pan. Add sugar and let it caramelise (take care not to burn it!).
4. Add onions and fry for 2 - 3 mins. They will turn golden brown.
5. Add whole spices and sauté for 1 minute.
6. If using them, add the cashew nuts and sauté till lightly brown.
7. Add the rice and fry for 2 minutes. Add salt according to your own taste.
8. Add 3 $\frac{1}{2}$ cups of the reserved water, stir lightly and cover with lid. Allow to simmer on the lowest heat.
9. Occasionally stir, gently folding from side to side, taking care not to break the grains of rice.
10. After 12 to a max of 15 mins check a grain of rice to see if it's done. Take the lid off and remove from heat.

Serve with any kind of curry.