

Zafrani Pilau

Saffron Rice

Hari
GHOTRA



Ingredients

1 tbsp vegetable oil
1 tsp cumin seeds
1 tsp salt
1 tsp butter
50ml cream
100g Basmati rice
Pinch of saffron

Method

- 01** Wash the rice in two or three changes of water until the starch water runs clear. Then leave it to soak in warm water for 30 mins. Pre-heat the oven to 180°C.
- 02** Boil 300ml water in the kettle and keep to one side.
- 03** In a wide based pan, add the oil and leave to heat up before adding the cumin seeds. Fry for 30 seconds until you can smell the cumin aroma and pour in the boiling water, salt, butter and cream.
- 04** Bring the water back to the boil, drain the rice and add it to the pan. Bring back to the boil. Leave to cook until the water has just been absorbed (about 6 minutes).
- 05** Remove from the heat and wet a clean tea towel. Cover the rice first with the wet tea towel and then with the lid of the pan.
- 06** Place the pan in the oven for 8 minutes.
- 07** Meanwhile, crush the saffron strand in a pestle and mortar and add to a little warm water. Leave to steep.
- 08** Remove the pan from the oven, remove the lid and the tea towel (be careful - it will be hot). Check the rice is cooked and then leave the rice to stand for a few minutes. If it's not cooked, leave in the oven for another couple of minutes.
- 09** Pour in streaks of the saffron water and very gently fork through the rice before serving.



More on this recipe

<http://www.harighotra.co.uk/zafrani-pilau-recipe>

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