

Brown Basmati Pulao

Makes 4 servings

What you'll need...

2 tbsp (30 mL)	coconut oil
1	small onion, finely diced
1 tbsp (15 mL)	finely chopped ginger root (1 tsp/5 mL) dried
1 tsp (5 mL)	whole cumin seeds
1 tsp (5 mL)	cinnamon
$\frac{1}{4}$ tsp (1.25 mL)	ground cardamom (or 2 whole cardamom pods)
1	bay leaf
pinch	saffron threads, optional
1 cup (250 mL)	brown basmati rice
1 $\frac{1}{2}$ cups (375 mL)	water
$\frac{1}{2}$ cup (125 mL)	coconut milk
2 tbsp (30 mL)	dried currants or raisins, optional
2 tbsp (30 mL)	slivered almonds, optional
	sea salt, to taste

What to do...

1. In medium saucepan, heat coconut oil over medium. Add

onions; cook 2-3 minutes or until starting to soften.

2. Add spices and rice. Cook 1 minute longer, stirring constantly. Stir in water and coconut milk; increase heat to medium-high and bring to boil.
3. Reduce heat, cover and simmer for 30-45 minutes, or until rice is tender and moisture is absorbed. Brown rice brands can vary greatly, if the pan is dry and rice is still tough, add a few tablespoons of hot water, cover and keep cooking.
4. Fluff rice with a fork. Serve topped with dried currant and slivered almonds, if desired.