

# Indian Yellow Rice

Season: All

Serves: 30 tastes in the classroom

or 6 serves at home

#### Fresh from the garden: coriander

## Equipment:

metric measuring scales, cups and spoons

small frying pan, for toasting

seeds

2 clean tea towels

chopping board cook's knife

medium-sized saucepan

with lid

wooden spoon

fork

serving dish

## Ingredients:

1 tbsp olive oil

400 g basmati rice

2 cups water

1 cup vegetable stock

1 tsp salt

1 tsp dark mustard seeds, toasted

1 tsp cumin seeds, toasted

1 cinnamon stick

1 tsp ground turmeric

1/4 cup currants

1 small handful of coriander, finely chopped

#### What to do:

- 1. Prepare all of the ingredients based on the instructions in the ingredients list.
- 2. Heat the oil in the saucepan over a medium—high heat. Add the rice and fry for 1–2 minutes, stirring all the time.
- 3. Pour the water and stock into the saucepan, add the salt, spices and currants, and stir through the rice.
- 4. Bring the rice to a simmer over a medium heat, then reduce the heat to its lowest setting. Place a folded clean tea towel over the saucepan and put the lid on.
- 5. Cook for 15 minutes or until all the water has evaporated. Remove the saucepan from the heat and let it stand, still covered, for 5 minutes.
- 6. Remove the tea towel and lid, fluff the rice with a fork, and transfer to the serving dish.
- Sprinkle with the coriander and serve.

