

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
¼ 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.
7. Sprinkle with the coriander and serve.

