

SAFFRON RICE

INGREDIENTS

1 cup basmati rice
½ teaspoon saffron threads, steeped in 2 tablespoons boiling water
2 cups chicken stock
6 tablespoons ghee/clarified butter or oil
½ cup minced onion
1 inch piece of a cinnamon stick
2 cloves
1 ½ tablespoons brown sugar
1 ½ tablespoons molasses
1 teaspoon salt
Pinch of ground coriander
Pinch of ground cardamom

DIRECTIONS

Wash the rice in cool water until the water is absolutely clear.

In a large heavy-bottomed saucepan, heat the ghee/butter or oil and sauté the cinnamon and cloves briefly to release some of the essential oils. Add the onions, cooking them until they're soft. Do not brown.

Add the rice and stir for 5 minutes until the grains are golden. Add the stock, sugar, molasses, salt, coriander and cardamom. Stir to combine, making sure the sugar and molasses are dissolved. Bring to a boil, then reduce to a low simmer. Add the saffron and its water; stir gently.

Cover and cook for 25 minutes, or until the rice is tender and the liquid is absorbed. Fluff with a fork and serve.