

SAFFRON RICE

Equipment needed –

Chopping boards, knives, measuring cups, measuring spoons, a sieve, a large saucepan and 3 serving bowls.

Ingredients from the Garden –

- 2 large onions

Ingredients from the Pantry –

- 4 tablespoons of ghee
- 3 cups of basmati rice
- 1 teaspoon of saffron thread
- 16 whole cloves
- 8 green cardamom pods
- 2 teaspoons of salt
- 1 teaspoon of black pepper

What to do –

1. Soak the saffron threads in 1 cup of boiling water for 30 minutes.
2. Peel and finely dice the onions.
3. Measure out the ghee and melt in a large saucepan over a medium heat. Add the onions and sauté until tender.
4. Measure out 3 cups of rice and place in a sieve. Rinse well with cold water and allow to drain.
5. Add the rice, 1 cup of saffron water and 5 cups of hot water.
6. Add the cloves, cardamom pods, salt and pepper and mix well to combine.
7. Bring to the boil over a medium heat, then reduce the heat, cover the pan with a lid then cook on low until the rice is tender, about 15-20 minutes.
8. If any liquid remain, drain well and divide into 3 serving bowls.

Serves –

- 28 students.