



## Bengali Pulao Rice

Pulao is a one-pot rice dish made by cooking fragrant basmati rice with aromatic whole spices. Making a fresh version from scratch, I guarantee you'll be enchanted by the delicious scents and rich yet delicate flavours. Pulao makes the perfect accompaniment to any curry dish.

### Ingredients

1tbsp sunflower oil  
1tbsp of ghee  
2 bay leaf  
4-5 green cardamom pods  
2inch cassia bark(cinnamon)  
2-3 cloves  
Few strips of mace (or about 1/4 tsp of ground mace)

### Continued...

50g cashews  
50g raisins  
200g basmati rice (washed and soaked in water for 20min)  
¼ to ½ tsp turmeric  
400-425g water  
1tps salt (adjust according to your taste)  
2tbsp sugar (you can reduce the amount of sugar if you want to)

**Serves:** 4-5

**Preparation time:** 5-10mins

**Cooking time:** 10-15mins.

## Method

Heat oil and ghee together in a saucepan (make sure the pan has a lid). Then add all the whole spices. If you are using ground mace then don't add it now – sprinkle it over after you add rice.

Fry everything a little then add the cashews. When the cashews are golden, add rice and mix well. Finally, add the turmeric, salt and sugar followed by water. Sprinkle the raisins over and bring to a boil.

Cover and cook it on a low heat for 10 mins. Then turn the hob off and keep it covered for another 10 mins. The residual heat and steam will complete the cooking process.

Once cooked, enjoy with your favourite curry.