

Chana Dal Pilaf

Yield: 6 Servings

Ingredients

1/2 c vegetable oil
2 bay leaves
6 peppercorns
6 black cardamom pods -- * see note
6 whole cloves
1/3 cinnamon stick -- (1 piece)
1 1/2 ts cumin seed
1 1/2 c chana dal -- * see note (soaked in water for 2 hours and drained)
2 1/2 c basmati rice
1 tb salt
4 1/2 c water

*available at East Indian food stores

Instructions

To cook reduced quantities: reduce all ingredients proportionately but not below one-fourth.

1. Heat oil in cooker on medium-high heat. Add bay leaves, peppercorns, cardamoms, cloves, cinnamon and cumin seed. Stir for a few seconds till cumin seeds darken a few shades.
2. Add dal. Stir fry for about 3 minutes.
3. Add rice. Stir fry till rice turns opaque (approximately 3 minutes). Add salt and water. Stir.
4. Close cooker. Bring to full pressure on high heat. Reduce heat and cook for 3 minutes.
5. Remove cooker from heat. Allow to cool naturally to 5 minutes. Press finger-tip control lightly to release pressure.
6. Open cooker. Fluff up rice gently with a fork to separate grains. Discard bay leaves, cardamoms and cinnamon. Serve hot, accompanied with yogurt.

Recipe By : Hawkins Futura Cookbook - 1987 Supplement
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