

Jeere Ke Chawal (Cumin Flavoured Rice with Onions)

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Everyday Indian



Delicately flavoured with cumin, this rice dish cooks up light and tasty.

Servings: 6

*2 tbsps vegetable oil
2 tsps cumin seed
2 1/2 ozs onion, sliced
1 tsp salt
8 ozs basmati rice
20 fl ozs water
1 tsp lemon juice*

Preparation Time: 5 minutes

Start to Finish Time: 1 hour

Serving Ideas: This rice is delicious served with dishes with lots of gravy, and also good with raita.

Rinse rice in fine sieve under cold running water until water runs clear.

Put rice in bowl with enough water to cover and let soak 30 minutes.

Heat oil in heavy-based saucepan over high heat. Add cumin seeds.

When seeds splutter, add onions and stir-fry 30 seconds, until transparent but not browned.

Drain rice: add to pan along with salt, stirring to coat grains in oil.

Stir in water and bring to boil, uncovered.

When water boils, add lemon juice, then cover pan, lower heat, and simmer about 10 minutes until all water is absorbed and the grains are tender.

Transfer to serving dish and garnish with lime rind, if you wish. Serve immediately.

Per Serving (excluding unknown items): 183 Calories; 6g Fat (27.5% calories from fat); 4g Protein; 29g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 386mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat.