

Indian Cooking Demo with Radhika Nayak

Jeera Rice

Jeera (cumin) rice is a simple rice dish flavored with cumin seeds (and vegetables – optional). Jeera Rice can be served as a side to any vegetable or protein based dishes.

This recipe will serve 4.

Ingredients:

- 1 cup rice (I prefer basmati rice) - cooked
- 2 tablespoons oil / ghee (clarified butter)
- 1 teaspoon cumin seeds
- 1 inch piece of cinnamon stick
- 2 cardamoms crushed
- 2 bay leaves
- ½ cup green peas
- Salt to taste
- ¼ cup cilantro chopped

Preparation

1. Heat the oil in a saucepan moderately.
2. Add the cumin seeds. When they sizzle, add all the spices cinnamon, bay leaves, and cardamom. Stir for few seconds.
3. Add the green peas and mix well. Let cook for a few minutes.
4. Mix in the cooked rice.
5. Add salt. Cook for 5 to 7 minutes.
6. Turn off the heat add cilantro.

Serve hot. Can be stored in refrigerator for a couple of days.

