



Saffron Rice Pilaf with Pistachios

As an accompaniment to a casserole or curry, this rice is hard to beat.



Ingredients

- 50 mgs saffron (pre-soaked for 24 hours OR grind then add to dish)
- 1 cup white rice
- 2 tablespoons olive oil
- 1/2 cinnamon stick, broken
- 5 cardamom pods or 1/2 teaspoon cardamom seeds
- 4 tablespoons (about 50) roughly chopped pistachio kernels
- 1/4 cup (45g) currants
- 1 teaspoon salt
- Freshly ground pepper

METHOD

1. Wash rice in a sieve under cold running water until water runs clear. Drain well.
2. Heat the oil in a saucepan over a low heat.
3. Add the cinnamon stick and cardamom pods or seeds and gently cook for 2-3 minutes or until aromatic.
4. Add the rice and stir for 1 minute.
5. Increase the heat to high and stir in the pistachios and currants.
6. Add 1 ½ cups of cold water, to cover rice by 1cm.
7. Add salt and pepper.
8. Boil, cover and gently simmer for 5 minutes.
9. Add infused saffron.
10. Cook, covered, for 5 minutes.
11. Leaving covered, set aside for 5 minutes. Serve.