
Pea Pilaf

Nina Hira - Marshall Field's Watertown Place

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

Servings: 4

2 cups Indian Basmati long grain rice

1 tablespoon butter

1/2 teaspoon cumin seeds

1 cup frozen peas

salt (to taste)

Soak the rice in water for two hours.

Warm the butter in a three-quart pan and saute' the cumin seeds until they start crackling (1 minute). Thaw the peas and remove the water from the rice. Place the rice and peas into the pan. Add salt. Pour three cups of the water into the rice. Bring to a boil on high heat.

When the pot comes to a boil, lower the heat and cover the pan with a tight lid. Uncover after 15 minutes and see if the rice is separated and cooked.

(Serve with Lamb Curry.)

Side Dishes

Per Serving (excluding unknown items): 54 Calories; 3g Fat (49.6% calories from fat); 2g Protein; 5g Carbohydrate; 2g Dietary Fiber; 8mg Cholesterol; 70mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fat.