

Indian Rice Sachets

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Yield: 6 sachets

6 cinnamon stick
12 cardamom pods
6 teaspoons turmeric
12 dried chiles de arbol
12 cloves
3 teaspoons coriander seeds, divided
3 teaspoons cumin seeds, , divided
3 teaspoons mustard seeds, divided
6 squares cheesecloth
kitchen twine

Wrap one cinnamon stick, two cardamom pods, one teaspoon of turmeric, two dried chiles de arbol, two cloves, 1/2 teaspoon of coriander seeds, 1/2 teaspoon of cumin seeds, 1/2 teaspoon of mustard seeds in each of six squares of cheesecloth to make six sachets.

Tie the sachets with kitchen twine.

(To use: Add one sachet to the water for every one to two cups of uncooked rice.)

Per Serving (excluding unknown items): 584 Calories; 24g Fat (27.5% calories from fat); 12g Protein; 129g Carbohydrate; 75g Dietary Fiber; 0mg Cholesterol; 221mg Sodium. Exchanges: 8 1/2 Grain(Starch); 1/2 Lean Meat; 4 1/2 Fat.