

PISTACHIO & ROSE PILAU

Basmati, channa dahl, squash & spice

by Arun Kapil, Green Saffron

I came up with this gloriously fragrant version of pilau rice because I wanted something light, perfumed, and interesting to serve as an accompaniment to curry dishes, rather than the insipid offering coloured by chemicals and general nonsense.

Actually it works wonderfully well with any saucy dish.

I love the layers upon layers of perfume, natural sweetness and vibrant, bright colours.

INGREDIENTS (Serves 4 - 6 people)

- $\frac{1}{2}$ medium onion, finely diced
- 25g butter or a splash of vegetable oil
- 2 cups of Green Saffron Vintage Basmati rice
- $\frac{1}{2}$ cup channa dahl pulses
- 5 cups of hot water, vegetable stock
- 1 tsp turmeric powder
- 2 tsp Garam Masala plus a little extra for garnish 1 heaped tsp sea salt
- good handful bright green (de-hulled) pistachios, lightly crushed
- $\frac{1}{4}$ butternut squash, peeled and roasted in a medium oven, then diced into chunks (optional) 2 tsp desiccated rose petals
- 1 tsp rose water
- Good handful of coriander, flat leaf parsley and chives, finely chopped



INSTRUCTIONS

1. *Preheat your oven to 180°C or Gas Mark 4*
2. *Melt the butter in a casserole dish over a gentle heat, then add the onion and sweat until it's good and soft*
3. *Tip in the rice and channa dahl pulses, then stir around for a minute or two, coating all the grains with the melted butter*
4. *Next, pour the hot water (or stock) into the casserole, sprinkle in the turmeric and the Garam Masala, give it a quick but gentle stir*
5. *Cover the casserole dish with a tight fitting lid or tin foil and place on a middle shelf in your pre- heated oven.*
6. *After 10 to 15 minutes check the dish see if all the liquid has been absorbed. If there's still some liquid remaining, return the covered casserole dish to the oven and give it a couple more minutes until all the liquid has been absorbed and the rice is moist and glossy*
7. *Remove from the oven, take off the lid or gingerly rip off the foil, add the salt, fluff gently with a fork, stir through the pistachios, butternut squash, rose petals, rose water, sprinkle with the soft herbs and a little more fragrant Garam Masala and serve immediately... simple!*

