

PEAS PULAOU

Ingredients

- 1) 3 cups rice, washed and soaked
- 2) 3 cloves
- 3) 1 cinnamon stick
- 4) 3 bay leaves
- 5) 1 tsp cumin seeds
- 6) 2 onions, chopped fine
- 7) 1 chilli, slit length ways
- 8) 1 small piece ginger, chopped fine
- 9) 2 cloves garlic, chopped fine
- 10) 2 pinches sugar
- 11) 1 small handful mint, chopped
- 12) 5 cups water
- 13) 1 cup frozen peas
- 14) Salt
- 15) Oil



METHOD:

Heat a large pot on the stove with a little oil.

Add cloves, bay leaves, cinnamon stick and cumin seeds, sizzle gently to extract flavour.

Add onions and chilli and sautee for about 5mins.

Then add ginger, garlic and mint.

Cook till fragrant without burning, a few mins.

Add salt and sugar, stir.

Add rice and stir through the flavour base, do not over mix this will encourage the rice to break and become sticky.

Add water and bring to the boil.

Put a lid on the pot and reduce heat.

Wash dishes and clean work station.

Cook till tender, about 15mins.

Stir through peas just before serving.