

Cumin Rice

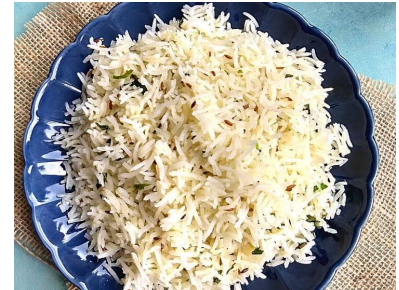
Season: Spring

Type: Side

Serves: 28 tastings

From the garden: -

Class focus: Cooking rice using absorption method on the stove.



Equipment:	Ingredients:
Small saucepan & lid x 1 Wooden spoon x 1 Measuring cups Measuring spoons Serving bowl x 5 Serving spoon x 5	2 cups basmati rice (rinse the rice 3 times) 3 cups water (from the tap) 1 teaspoons salt * For Year 5 class: 2 ½ cups basmati rice 3 ¾ cups water (from the tap) 1 ¼ teaspoons salt 1 teaspoon cumin seeds ¼ teaspoon cinnamon powder 1 bay leaf 5 cloves 2 tablespoons canola oil

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Put all the ingredients in a small saucepan, stir to mix evenly, set aside for 30 minutes.
3. After 30 minutes, heat the rice in the saucepan over high heat.
4. Bring it to the boil, put the lid on, turn the heat to low and simmer until rice is cooked, about 15 minutes. Remove from heat.
5. **It is important NOT to stir the rice while cooking. Doing so will cause the rice to stick to the saucepan.**
6. Serve into 5 large serving bowls with a serving spoon in each.