

Indian Style Rice with Broccoli

Before you Begin: Wash rice 3 to 4 times, lightly stirring with your fingertips, until the water runs almost clear. Then soak rice in water for 30 minutes or longer.

Ingredients:

- 2 Tablespoons vegetable oil
- 1/2 stick cinnamon
- *Spices of Your Choice, **ground in mortar and pestle**
- 1 small onion, **diced**
- 3 Cups broccoli florets, **chopped**
- 4 cloves of garlic, **sliced** or **minced**
- 1 teaspoon salt
- 1 1/2 Cups Basmati rice
- 2 1/2 Cups vegetable stock
- 1 1/2 Tablespoons sunflower seeds, **toasted**
- *Raita (Indian Yogurt Sauce)

VOCABULARY

Sauté: To cook food quickly in a small amount oil or fat.

Boil: To heat a liquid until **BIG** bubbles break the surface.

Garnish: To decorate and add flavor.

CHOICE OF SPICES:

- 1 teaspoon cumin seeds
- 1 teaspoon coriander seeds
- 1 teaspoon red pepper flakes
- 1 teaspoon mustard seeds
- 1 teaspoon turmeric
- 4 to 5 green cardamom pods, seeds only

Choose which spices you would like to use and grind into a fine powder using the mortar and pestle.

Directions:

In a Dutch oven, heat vegetable oil over high heat. **Add** the cinnamon, ground spices, and onion, and **sauté** until slightly caramelized, about 5 to 6 minutes.

Add the broccoli, garlic, and salt, and **sauté** for another 3 to 4 minutes. Taste and adjust seasonings to your liking.

Add the rice and vegetable stock and **cover** the Dutch oven. Bring to a **boil**, and then **reduce** heat to low and let **simmer** until the rice is done, about 10 to 15 minutes.

When the rice is cooked, **fluff** with a fork, **transfer** to a platter, and **garnish** with sunflower seeds and **serve** with a dollop of Raita.

Serve and **enjoy!** 😊