

INDIAN BASMATI RICE WITH PEAS

SERVES 6

.....

1 ½ cups basmati rice, either brown or white

3 cups water

2 Tablespoons unsalted butter, coconut oil or olive oil (I think butter tastes best.)

1 ½ teaspoons sea salt

1 ½ teaspoons ground turmeric (you can use more, but you'll taste it)

2 cloves crushed garlic

½ cup frozen peas

chopped cilantro to taste, if desired

.....

1. Rinse your rice in a fine mesh sieve, if desired. Transfer rice to a medium saucepan and add all ingredients except peas and cilantro.
2. Bring to a boil, cover and lower to a simmer. Cook white rice for 18-20 minutes, brown rice for 45-50 minutes, or until all water has evaporated.
3. Add frozen peas to rice and allow to sit, covered, for 10 minutes.
4. Fluff rice with a fork and transfer to a serving bowl. Sprinkle with chopped cilantro, if desired.

If you are concerned about arsenic, you should soak your rice in water for 1-8 hours before using it. That process also makes brown rice more digestible. If you do soak the rice, you will cook it in less time and you can use a few Tablespoons less water, depending on how long you soaked it. Test brown rice for doneness after 35 minutes, and white rice after 15 minutes.