

# Rice Pilaf with Pistachios and Prunes

Food & Wine, June, 2007 (Padma Lakshmi)



5 cups water  
2 1/2 cups basmati rice  
4 small bay leaves  
Kosher salt  
1/2 cup Asian sesame oil  
1 teaspoon cumin seeds  
3 large shallots, thinly sliced (1 cup)  
8 whole star anise (optional)  
2 teaspoons fresh ginger, very finely chopped  
2 teaspoons freshly ground black pepper  
1 teaspoon turmeric  
8 prunes, pitted, coarsely chopped  
2/3 cup pistachio nuts, salted, shelled

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

## Servings: 8

1. In a medium saucepan, bring the water to a boil. Add the rice, bay leaves and 1 teaspoon of salt and bring back to a boil. Cover and cook over low heat until the rice is tender and the water has been absorbed, about 25 minutes.
2. Meanwhile, in a medium skillet, heat the sesame oil. Add the cumin seeds and cook over moderate heat until sizzling, about 1 minute. Add the shallots, star anise pods, ginger, pepper and turmeric and cook, stirring, until the shallots are softened and starting to brown, about 7 minutes. Stir in the prunes and pistachios and season with salt. Discard the star anise pods.
3. Fluff the rice with a fork and discard the bay leaves. Spread the rice on a platter. Top with the pistachio-and-prune mixture and serve. May be made a few hours ahead and allowed to sit at room temp. May be served as is, or reheat for 2-3 minutes in a microwave (covered).

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Per Serving (excluding unknown items): 426 Calories; 21g Fat (43.9% calories from fat); 9g Protein; 52g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 45mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 4 Fat.