
Saffron Basmati Rice Pilaf

Originally a Nigella Lawson recipe



Just delicious saffron flavored rice

Servings: 8

1. In a large saucepan, melt the butter with olive oil. Once it's shimmery hot, add the rice, stirring it to coat the rice. Allow to cook, stirring constantly, for 2-3 minutes. Add the saffron, cardamom seeds, turkey or chicken stock, and the lemon zest and juice.
2. Bring to a boil and cover tightly. Turn heat to very low and cook until the rice has absorbed all the liquid, about 10-15 minutes. Do not over cook the rice.

- 1 tablespoon butter
- 1 tablespoon olive oil
- 2 1/4 cups basmati rice
- 4 cups turkey stock, or chicken broth
- 1 whole lemon, zest and juice
- 1 teaspoon saffron threads
- 3 whole cardamom pods, gently crushed with meat mallet
- 2 tablespoons pistachio nuts, or other nut for garnish

Per Serving (excluding unknown items): 226 Calories; 5g Fat (21.8% calories from fat); 5g Protein; 38g Carbohydrate; trace Dietary Fiber; 4mg Cholesterol; 1123mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 Fat.

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