

Ingredients

- 2½ cups (1 lb/500 g) basmati rice
- ⅓ cup (3 fl oz/90 ml) vegetable oil and melted unsalted butter combined
- ¾-inch (2-cm) cinnamon stick
- 1 brown or black cardamom pod
- 2 green cardamom pods
- 2 whole cloves
- ½ mace blade
- 2 yellow (brown) onions, halved and thinly sliced
- about 1 teaspoon salt
- 1 tablespoon finely grated fresh ginger
- 1 tablespoon crushed garlic
- 2 tomatoes, unpeeled, finely chopped
- 1 carrot, cut into 1-inch (2.5-cm) sticks
- 4 oz (125 g) green beans, trimmed and cut into 1-inch (2.5-cm) sticks
- ½ cup (2½ oz/75 g) shelled fresh or frozen green peas
- ½ tablespoons chopped fresh green chili peppers
- ¾ cups (30 fl oz/940 ml) vegetable stock or water
- ½ cup (¾ oz/25 g) chopped fresh cilantro (fresh coriander)

Vegetable pulao

Place rice in a bowl and add cold water to cover. Swirl rice with your hand, let rice settle, then drain off water. Repeat six or seven times. Cover rice with water and set aside to soak for 20 minutes.

Preheat oven to 350°F (180°C/Gas 4).

In a large, heavy deguchi or ovenproof saucepan, heat oil and butter mixture over low heat. Add cinnamon, cardamom, cloves and mace, and cook, stirring, until fragrant, about 30 seconds. Add onions and salt, and cook, uncovered, stirring occasionally, until onions are dark golden brown, about 15 minutes. Add ginger and garlic, and cook for 30 seconds. Stir in tomatoes and mix well. Stir in carrot, beans, peas and chili pepper, and cook, stirring, for 3 minutes.

Drain rice and add to pan, stirring until well combined. Stir in stock or water and bring to a simmer. Cook, partially covered, until tunnels begin to appear in rice mixture, about 10 minutes.

Cover pan tightly and bake in oven until rice is tender, about 15 minutes. Remove from oven and let stand for 10 minutes. Garnish with cilantro and serve immediately.

Serves 8 as part of an Indian meal

Note: The recipe can be doubled to serve 14–16.

