

Rice and Red Lentil Pilaff

Garam Masala

2 tablespoon coriander seeds

1 tablespoon cardamom pods

2 tablespoon cumin seeds

1 teaspoon whole cloves

2 cinammon stick crushed

4 cups vegetable stock

1/4 cup vegetable oil

2 onion chopped

3 garlic cloves chopped

2 cups basmati rice

2 cups red lentils

1. To make the garam masala put all the spices in a dry frying pan and shake over medium for 1 minute. Transfer to a mortar and pestle and grind to a fine powder. Set aside
2. Make the stock mixture (1tbs of stock to 500ml water)
3. Heat the oil in the fry pan add the chopped onion and garlic and 3 tablespoons of the garam masala mixture. Fry until the onion has softened
4. Stir in the rice and lentils and cook for 2 minutes. Stir in the stock, slowly bring to boil, then reduce the heat , cover and simmer for 15- 20 minutes or until rice is cooked and all the stock has been absorbed.