

Indian Fried Rice

Hot chilies make you sweat, clear your sinuses, and can help you to burn calories by raising your body temperature. If you can't take the heat, cut the quantity of chilies by half. But over time, you can develop a tolerance and taste for the magnificent chili!

Serves 4

Ingredients

- 1 cup of basmati or jasmine scented long grain rice
- 2 small white onions, finely chopped
- 2 tablespoons margarine or canola oil
- 5 whole cloves
- 1 tablespoon yellow or black mustard seeds
- 2 tablespoons green cardamom pods, seeds removed, pod discarded crushed
- 1 teaspoon ground turmeric
- 1 inch piece of ginger, peeled and grated
- 1/2 cup unsalted cashew nuts
- 2-3 green bird chilies or 2 large jalapeños, seeded and minced
- 2 tablespoons chopped cilantro
- 2 curry leaves torn in pieces (optional)
- 1/2 teaspoon salt

Directions

Rinse the rice well in a colander under cold running water. Check for spoiled kernels or small stones. Place the rice in a saucepan with 1 1/2 cups of water and a teaspoon of salt. Bring to a boil, cover, then immediately reduce to a simmer. Cook 5-10 minutes until the kernels are still firm and chewy but no longer translucent in the center. Cooking time will depend on how old the rice is or how long it's been in storage. Drain if necessary and set aside.

In a large skillet, sauté onions with the ghee, oil, or butter until translucent, 5-7 minutes on medium-low heat. Do not allow the onions to brown. Increase the heat to high, and add cloves, mustard seeds, cardamom pods, and turmeric. Fry about 2 minutes until fragrant, stirring constantly.

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Stir in cooked rice, ginger, cashew nuts, and green chilies. Sprinkle with salt to taste and garnish with curry leaves and cilantro.

Make It A Meal

Spiced Potato Cakes with Tomato Ginger Sauce, Spicy Braised Cabbage

Wine Pairing

Riesling, Gewürztraminer, Grüner Veltliner