

Basmati Rice



Serves 3-4

Cooking Time (including preparation)

10-15 mins

Ingredients

- 1/3 cup of uncooked rice per person
- 1 1/2 cup water per person
- 1 tsp Ghee
- Water to wash rice and top up saucepan

(To serve 3-4, use 1 cup rice to 4 1/2 cups water)

Absorption Method

Wash rice thoroughly until water runs clear.

Place the rice with the water into a saucepan, cover with a lid and bring to boil. Remove lid and allow steam to escape. When rice is nearly done (about 10 mins), add a little more water if pot is dry and simmer until all the water has been absorbed and rice is done. Stir through a tsp Ghee, transfer to a serving dish and serve.

To maximise nutritional benefits

- Be mindful that food preparation is an act of love and not a chore
- Before consuming, pause to give thanks to all those involved in the growing, providing, preparation and cooking of the meal
- Consume same day
- Chew each mouthful a min of 10 times before swallowing
- Sip warm beverages, don't drink
- Wait for a minimum of 10 mins after eating to savour the meal