



## Kenyan Pelau Rice

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### Makes

30 tastes in the classroom

### From the garden:

Onion, tomato, garlic, capsicum

### Equipment

- Measuring cups and spoons
- Non slip mat
- Chopping board
- 2x Cooks knives
- Large sauce pan with lid
- Wooden spoon
- fork

### Ingredients

- 2-3 tablespoons butter
- 1 teaspoon cumin spice
- ¼ teaspoon curry powder
- ½ teaspoon cardamom spice
- ½ teaspoon star anise
- 1 cinnamon stick
- 1 bay leaf
- 1 medium onion finely chopped
- ½ teaspoon paprika
- 2 teaspoons minced garlic
- 1 teaspoon minced ginger
- ½ teaspoon black pepper
- 1/3 cup cashew nuts
- 2 cups basmati rice
- 1-2 tomatoes chopped
- 1 small red capsicum
- 3 cups beef stock
- 1 cup coconut milk
- pinch salt

### What to do

1. Heat a sauce pan with butter. Sauté the cashews for about 2-3 minutes.
2. Then add all the spices – cumin, cinnamon stick, bay leaf, curry, cardamom and paprika, stir for about 1 minute to release aromas. Put in the garlic, ginger, and onions. Continue cooking for a further minute. Add tomatoes, capsicum and continue to cook for about 2-3 minutes.
3. Stir in rice, cook for about 2 minutes, then add broth and coconut milk, salt and bring to the boil.
4. Reduce heat, cover and simmer until rice is completely cooked- about 18-20minutes. As the rice cooks you may need to add a little more stock.
5. Fluff up rice, remove bay leaf and cinnamon stick and discard.
6. Serve immediately.

### Bottom Drawer

*Today we are going to serve this traditional style Kenyan rice with a delicious chevron curry.*