

## **Pulau - Nepalese Rice**

Makes 6 servings

### Ingredients:

1 1/2 cups uncooked brown rice\*  
2 tablespoons vegetable oil  
1 medium onion, finely chopped  
2 cinnamon sticks  
2 whole cloves  
1 bay leaf  
2 tablespoons cashews  
2 tablespoons sultanas (golden raisins)  
1/2 teaspoon salt

### Directions:

1. Wash rice several times and let it soak for 30 minutes.
2. Drain rice well in a sieve.
3. Heat oil in a medium-size pot over medium-low heat and cook onion until soft.
4. Add all remaining ingredients (except salt) to pot and stir fry for 2 minutes over medium heat.
5. Add rice, 2 cups of water, and salt to pot. Bring to a boil. Cover tightly and turn heat to low.
6. Simmer for about 45 minutes, adding additional water during cooking if necessary, until rice is tender and fluffy and all the water is absorbed.
7. Remove bay leaf, cloves and cinnamon sticks before serving.

\*Try instant/quick-cooking brown rice – follow same directions, except in Step #6 simmer for 10-12 minutes.

Nutrition analysis per serving: Calories 250, Protein 4 grams, Carbohydrates 41 grams, Fat 7 grams, Sodium 200 milligrams



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## **Bariis Iskukaris - Somali Rice with Spices**

Makes 8 servings

Spices can be kept whole or can be ground, or use ground spices.

### Ingredients:

2 cups uncooked brown rice\*  
4 tablespoons olive oil (or subag/ghee/clarified butter)  
1 large onion, chopped  
1 cinnamon stick (or ½ teaspoon ground cinnamon)  
5 whole cloves (or ¼ teaspoon ground cloves)  
4 cardamom pods (or ¼ teaspoon ground cardamom)  
1 teaspoon cumin seeds (or ½ teaspoon ground cumin)  
3 cloves garlic (or 1 teaspoon minced garlic)  
2 tomatoes, diced (optional)  
1 cup chopped mixed vegetables (such as carrots, peas and corn)  
2 ½ cups of water  
¾ teaspoon salt

### Directions:

1. Wash rice several times and let it soak for 30 minutes.
2. Drain rice well in a sieve.
3. Heat oil in a medium-size pot over medium heat and fry onion until it caramelizes.
4. Add spices and garlic. Cook for 1 minute.
5. Add diced tomatoes. Cook for another minute.
6. Add mixed vegetables. Cook another minute.
7. Add rice, 2 ½ cups of water, and salt to the pot. Bring to a boil. Cover tightly and turn the heat to low.
8. Simmer for about 45 minutes, adding additional water during cooking if necessary, until rice is tender and fluffy and all the water is absorbed.

\*Try instant/quick-cooking brown rice – follow same directions, except in Step #8 simmer for 10-12 minutes.

Nutrition analysis per serving: Calories 260, Protein 5 grams, Carbohydrates 41 grams, Fat 8 grams, Sodium 250 milligrams



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