



Recipes

Grains

Golden Rice

Prep Time: 5 minutes

Cooking Time: 50 minutes

Yield: 6 servings

Ingredients:

2 cups white basmati rice
4 cups water
1/2 teaspoon turmeric
1/2 teaspoon cumin seeds
1/4 teaspoon sea salt

Directions:

1. Wash and drain rice.
2. Add rice, water, and spices to a pot and mix gently before putting over heat.
3. Bring to all ingredients to a boil, reduce heat and cover.
4. Simmer for 35 minutes.
5. When finished, remove from heat and tenderly fold rice.

Note:

In this dish, spices tend to dry out rice, so add 1 teaspoon ghee or 1 tablespoon olive oil as needed.