

## Chana Dal Pilaf

Yield: 6 Servings

### **Ingredients**

1/2 c vegetable oil  
2 bay leaves  
6 peppercorns  
6 black cardamom pods -- \* see note  
6 whole cloves  
1/3 cinnamon stick -- (1 piece)  
1 1/2 ts cumin seed  
1 1/2 c chana dal -- \* see note (soaked in water for 2 hours and drained)  
2 1/2 c basmati rice  
1 tb salt  
4 1/2 c water

\*available at East Indian food stores

### **Instructions**

To cook reduced quantities: reduce all ingredients proportionately but not below one-fourth.

1. Heat oil in cooker on medium-high heat. Add bay leaves, peppercorns, cardamoms, cloves, cinnamon and cumin seed. Stir for a few seconds till cumin seeds darken a few shades.
2. Add dal. Stir fry for about 3 minutes.
3. Add rice. Stir fry till rice turns opaque (approximately 3 minutes). Add salt and water. Stir.
4. Close cooker. Bring to full pressure on high heat. Reduce heat and cook for 3 minutes.
5. Remove cooker from heat. Allow to cool naturally to 5 minutes. Press finger-tip control lightly to release pressure.
6. Open cooker. Fluff up rice gently with a fork to separate grains. Discard bay leaves, cardamoms and cinnamon. Serve hot, accompanied with yogurt.

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