Cumin Flavored Basmati Rice / Jeera Rice



Jeera Rice is a popular Indian dish consists of rice, jeera and spices. It's a simple, flavorful and easily digestible rice that can be done in few min.

Ingredients:

1 cup Basmati Rice
11/2 cups of water
2 Tablespoons Oil/Butter
3 Teaspoon of Cumin Seeds
1 Shah Jeera(opt)
1 Bay leaves
2 Cloves
1 Big Cinnamon

2 Big Elaichi/ Small Cardamom
1 Teaspoon of Salt

Method



INGREDIENTS

- Soak the basmathi rice for 1/2 hr.
- Heat the oil in a pan/cooker. Test the oil by adding one cumin seed; if seed crackles then your oil is ready.Add cumin seeds.
- The sheer smell of cumin seeds frying in hot oil makes it more appetizing .
- Add cloves, cinnamon, cardamom, bay leaves and stir for few seconds.
- Next add the rice. Stir-fry for 2 minutes.
- Add required water and salt, bring to a rolling boil and turn the heat to low. Cover the pan. If you use cooker just close the lid and wait for the whistle.
- In stove top, Cook for about 15 minutes, or until the rice is tender and the water has evaporated. Turn off the heat and fluffy rice is ready.

Tips

- Serve it with Aloo Gobi or any spicy subzi or raita.

- **You can cook this rice either in pan or cooker.**

Health Benefits of Cumin

- **Cumin may stimulate the secretion of pancreatic enzymes, compounds necessary for proper digestion and nutrient assimilation.**
- **It has an anti-carcinogenic properties.**
- **It is an excellent source of Iron.**