

Coconut Sesame Rice

INGREDIENTS 30 MINUTES 6-8 SERVINGS

- 2 cups basmati rice
- 2 1/2 Tbsp. olive oil
- 4 Tbsp. sesame seeds
- 1/2 cup unsweetened coconut, shredded
- 1 small-medium onion, diced
- 1 bay leaf
- 2 pods of cardamom, cracked open
- 2 whole cloves garlic
- 2 tsp. coarse salt
- 2 cups boiling water



Coconut Sesame Rice

INGREDIENTS 30 MINUTES 6-8 SERVINGS

- 2 cups basmati rice
- 2 1/2 Tbsp. olive oil
- 4 Tbsp. sesame seeds
- 1/2 cup unsweetened coconut, shredded
- 1 small-medium onion, diced
- 1 bay leaf
- 2 pods of cardamom, cracked open
- 2 whole cloves garlic
- 2 tsp. coarse salt
- 2 cups boiling water



PROCEDURE

1. Soak the rice in lukewarm water for 15 minutes; drain.
2. While the rice is soaking, heat 2 Tbsp. olive oil in a medium saucepan over medium heat. Add the sesame seeds and toast for 2 minutes, stirring frequently.
3. Add coconut and toast until light golden brown, about 30 seconds. Once toasted, transfer the seed/coconut mixture to a bowl so it stops cooking.
4. On the side, put the water to boil.
5. Add the remaining ½ tablespoon ghee in the same saucepan over medium heat. Add the onion and cook until softened and just starting to brown in places, about 3 to 5 minutes, stirring frequently.
6. Add the bay leaf, cardamom pods, cloves, and drained rice and cook until fragrant, about 2 to 3 minutes, stirring frequently.
7. Stir in the salt and boiling water and let it come up to a rolling boil over high heat.
8. Stir the rice, cover the saucepan, turn the heat down to very low, and cook until the rice is tender and the water is absorbed, about 10 to 12 minutes. Try not to open the lid during this time, but you can open it to add a splash of water as necessary if the rice is too dry (the weather plays a big part in cooking rice).
9. Once cooked, turn off the heat and let the rice sit (covered) for 15 minutes before fluffing with a fork.
10. Once fluffed, toss in the toasted sesame seed/coconut mixture and serve.



BRAZOS VALLEY
foodbank



This institution is an equal opportunity provider. This material was funded in part by SNAP.

PROCEDURE

1. Soak the rice in lukewarm water for 15 minutes; drain.
2. While the rice is soaking, heat 2 Tbsp. olive oil in a medium saucepan over medium heat. Add the sesame seeds and toast for 2 minutes, stirring frequently.
3. Add coconut and toast until light golden brown, about 30 seconds. Once toasted, transfer the seed/coconut mixture to a bowl so it stops cooking.
4. On the side, put the water to boil.
5. Add the remaining ½ tablespoon ghee in the same saucepan over medium heat. Add the onion and cook until softened and just starting to brown in places, about 3 to 5 minutes, stirring frequently.
6. Add the bay leaf, cardamom pods, cloves, and drained rice and cook until fragrant, about 2 to 3 minutes, stirring frequently.
7. Stir in the salt and boiling water and let it come up to a rolling boil over high heat.
8. Stir the rice, cover the saucepan, turn the heat down to very low, and cook until the rice is tender and the water is absorbed, about 10 to 12 minutes. Try not to open the lid during this time, but you can open it to add a splash of water as necessary if the rice is too dry (the weather plays a big part in cooking rice).
9. Once cooked, turn off the heat and let the rice sit (covered) for 15 minutes before fluffing with a fork.
10. Once fluffed, toss in the toasted sesame seed/coconut mixture and serve.



BRAZOS VALLEY
foodbank



This institution is an equal opportunity provider. This material was funded in part by SNAP.