

Brown Jeera (Cumin) Rice

Brown rice replaces white basmati in this classic North Indian dish. Very nutritious, with very little compromise on taste! This is a great side that goes well with a number of curries and dals.

Equipment:

- Instant Pot (IP)



Ingredients:

- 1 Cup Brown Basmati Rice
- 1 teaspoon Cumin Seeds
- 1 Bay Leaf
- 3/4 teaspoon Salt or to taste
- 1 tablespoon Olive Oil – or – Coconut Oil
- 1.5 Cup water for cooking

Instructions:

- Pre-soak brown Basmati rice for 2 hours to soften the hull. Wash and drain rice after the soaking period is complete.

Note: This step is important when preparing with Brown Rice. This step can be skipped if preparing with White Basmati rice.

- Set IP on 'Sauté' mode, add oil and wait for the 'hot' sign to show up. Add cumin seeds and Bay Leaf and sauté for 1 minute – Cumin seeds need to swell up and turn darker brown.
- Add the brown rice and stir contents gently so as to not break the rice grains.
- Add 1.5 cups of water, salt and mix well. Cancel sauté Mode.
- Set IP on 'Pressure Cook' mode or 'Rice' mode, put the lid on, and set it on high pressure for 20 minutes. (For White Rice – 8 minutes should suffice).
- Once pressure is released (value goes down), open the lid and fluff with a fork, do not mix too much. Allow rice to cool while fluffing it after 2-3 minute intervals a couple of times.
- Serve with any curry or dal of choice.