

Pulao (Pilaf)

Recipe courtesy of the India Foundation at the 2007 Cityfolk Festival

1 cup Basmati rice	2 black cardamom seeds
2 cinnamon sticks	4 tsp oil
4–5 whole cloves	Salt to taste
7–8 whole black pepper	2 cups water

Wash rice well. Heat the oil and add cinnamon sticks, cloves, black pepper and black cardamom. As soon as the spices start splattering add rice, salt and water.

Cover the lid and let it cook on low heat till there is no water left.

The India Foundation of Dayton is an educational and cultural organization that promotes Indian history and culture in the Miami Valley through film showings, seminars, cultural presentations, art exhibits, concerts, plays, speeches and more. Formed in 1986, the organization has presented events in cooperation with the University of Dayton, the Dayton Council on World Affairs, Wright State University, Antioch College and other area colleges and schools. For more information, visit http://www.geocities.com/india_found/

