

Fragrant Basmati Rice with Mustard Seed

2 c. Basmati rice
2-1/2 c. cold water or vegetable stock
1/2 small yellow onion, diced
1 t. mustard seeds
2 t. ghee
1/4 t. sea salt

Rinse rice with cold water and drain. Set aside. In a heavy-bottomed pot, heat ghee and sauté onions for 1 minute until translucent. Add mustard seeds and sauté an additional minute. Add rice, salt and water, return to heat and bring to a full boil. Reduce heat, cover and simmer for 15 minutes. Do not disturb the rice as it cooks. When done remove pan from heat, fluff rice with a fork, recover and let stand for ten minutes.