



EAST INDIAN PULAO BENGALI PULAO

BY ATUL KOCHHAR

This spicy rice preparation is especially popular during the festival of 'Durga Puja'. It is flavoured with an unusual blend of aromatics and spices. I like to serve it with a potato curry flavoured with bay leaves.

Ingredients

- 400g basmati rice
- 50g butter
- 5cm cassia bark or cinnamon stick
- 2 cloves
- 3 green cardamom pods
- 50g cashew nuts
- 25g raisins
- 1 tsp Bengali garam masala
- Pinch of saffron threads
- Freshly grated nutmeg, to taste
- 1 tsp salt, or to taste
- 1 tsp sugar
- 1 tsp rose water
- 1 tsp kewra water or screwpine flower essence (optional)
- Rose petals and jasmine flowers to garnish (optional)

Method

1. Wash the basmati rice in several changes of cold water, then leave to soak

in cold water and cover for 1 hour. Drain the rice and set aside. Heat the butter in a heavy-based pan or flameproof casserole and sauté the whole spices, nuts and raisins for a minute until the spices crackle. Add the rice and sauté for a minute.

2. Add 800ml water and stir in the garam masala, saffron threads, grated nutmeg, salt and sugar. Bring to the boil for about 8-10 minutes until the rice on the surface is no longer wet, indicating that most of the water has been absorbed.
3. Lower the heat and cover the pan or casserole tightly. Simmer on the hob, or in the oven at 180°C (160 c fan oven) mark 4 for 10-12 minutes until the rice is cooked.
4. Uncover, sprinkle with the rose water and kewra if using, and fork through. Serve, garnished with rose petals and jasmine flowers if you like.

RISOTTO WITH WHITE TRUFFLE

BY FRANCESCO MAZZEI OF L'ANIMA

Serves one



Ingredients

- 80g Carnaroli rice
- 20g finely chopped shallots
- 30g butter
- 300ml very good chicken stock
- 50g 24-month Parmesan
- Half a glass of dry white wine
- Salt and pepper
- White truffle, to taste

Method

Sweat the shallots with 10g of the butter until golden. Add the rice and toast for a moment, then add the wine and let it evaporate completely without moving the rice. Then gradually add the hot chicken stock until it's 90%

cooked, stirring all the time. Take the pan off the stove and leave to relax for 3-4 minutes, then add the Parmesan and remaining butter and season. Mix energetically, like you're whipping something, and when it's nice and creamy pour it into a hot plate and slice white truffle on top.

COOKING SUSHI RICE

BY DANIEL CLARK OF NOZOMI

1. Use good quality sushi rice.
2. Wash the rice, it's very important. Rinse the rice by covering it with cold water and rubbing it in the water for 10 to 20 seconds. Discard the liquid. Add fresh water and repeat the process three times.
3. Soak the washed rice for about half an hour. The rice will change in colour, it will be white.
4. Measuring the rice is easy. Measure the soaked rice, add water to just over a 1:1 ratio.
5. Cook the rice in a rice cooker or if you are cooking it on the stove top, which I prefer, on a medium heat cook for 10 minutes, then cover and cook for another 10 minutes, then let it stand still covered for another 10 minutes.

6. You can buy good quality sushi seasoning vinegar at most supermarkets or you can make easily by following this recipe:

SUSHI SEASONING VINEGAR

Ingredients

- 6 tbsp rice vinegar
- 2 tbsp of white sugar
- 2 tsp of salt
- 2 inch piece of kombu (Japanese Kelp)

1. Heat very slowly, do not boil; you just need to dissolve the salt and sugar.

SUSHI

Method

1. Put the rice in a hangiri that has been soaking in cold water for 1 hour. You can buy these in most Asian stores, they

are made from wood and are excellent for making sushi rice as the hangiri absorbs moisture and retains heat. If you don't have access to a hangiri use a large bowl.

2. Add the seasoning vinegar evenly over the rice and fold it in gently so that all the grains are covered. Fan the rice to cool it down slightly.
3. Store your now finished rice in a container with a lid at room temperature.
4. You are now ready to make maki rolls or nigiri sushi.