

## View from the Fridge – Recipes from Brian Donkin

### Recipe # 13 – Pilaw (Pilaf, Pilau, etc.)Rice

**Preparation time: 10 mins – Cooking time: 18 mins**

#### Ingredients

1 cup of basmati rice  
1 clove of garlic, smashed  
1/2 onion, finely diced  
1/2 red pepper, finely diced  
1 stalk of celery, peeled and finely diced  
1/2 carrot, peeled and diced  
2 white button mushrooms, diced  
3 tablespoons olive oil  
1&1/2 cups meat or vegetable stock  
2 bay leaves  
salt and pepper to taste

#### Method

1. Place all ingredients, apart from rice and stock, in an oven-proof pot with tight fitting lid
2. Fry for 3 minutes
3. Add rice, stir round then add stock
4. Bring to the boil, secure lid and place in the oven for 15 minutes
5. Remove and serve immediately

Serves 2-4 as a side dish with virtually anything!



