

# Spiced Basmati Rice



VATA



PITTA



KAPHA

PREP TIME:: 5 min  
COOK TIME: 30 min  
SERVES: 4 cups

## Directions:

Wash the rice and drain.

Heat a 2-quart saucepan with ghee and sautee the spices for a minute. Add the rice and stir to combine.

Add the water and the salt. Bring to a boil for 3 minutes.

Turn heat to medium and cook for 15 minutes or until water has almost evaporated.

Cover with a tight fitting lid and let rest covered for 15 minutes. Do not open.

Fluff rice with fork. Remove cinnamon stick, bay leaf and anise pod and serve immediately.

## Ingredients:

2 cup Basmati Rice (soaked and drained)  
2 cups Filtered water  
1 Cinnamon stick  
1 Star anise pod  
1 Bay leaf  
1/2 tsp Fennel seeds  
1 Tbsp Ghee, olive oil or coconut oil  
1/2 tsp Salt

## Ayurveda:

Basmati rice is the most commonly used in Ayurvedic cooking because it is easier to digest than other types of rice.

Rice is a very nourishing food and very balancing for vata and pitta. It is ok in moderation for Kapha. As is it of the sweet taste and augmenting which can lead to unwanted weight gain.