

# Spiced Rice

*From The-Stupids.com*

A great change of pace from plain old steamed rice. Recipe services six-eight as a side dish.

2 cups - long grained white rice

1 - medium sized yellow onion, peeled and diced small

3 <sup>3</sup>/<sub>4</sub> cup - chicken stock, veggie stock (for the vegetarians) or water (ugggh)

6 - dried bay leaves

(if you use domestic "Bay Laurel" leaves, cut that to one. Very potent)

2 - tsp Cardamom seeds

1 - tsp Coriander seeds

1 - tsp coarsely ground black pepper

<sup>1</sup>/<sub>4</sub> cup - good olive oil

In an ovenproof saute pan (cast iron actually works quite well), sweat the onions in the olive oil until translucent. Don't let them brown. Add the spices and saute for another 30 seconds. Add the rice, mix well with the oil and spices and saute for another minute or so. Add the stock, adjust the salt if needed and bring to a boil. Place in a preheated 400 degree oven for 18-20 minutes. Remove from the oven, remove the Bay leaves, fluff with a fork and serve.

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