

butter & lentil rice

ပဲထောပတ်ထမင်း | pe htaw bat htamin

Rice is an essential part of a Burmese meal and on special occasions, like birthdays and anniversaries, we make the butter and lentil rice to eat with meat curries. The fragrant rice is a welcome alternative to plain rice, and it can also be eaten on its own with some dried shrimp relish or crispy onions.

ingredients

200g basmati rice, rinsed and drained
25g butter
35g split dried chana dal (Bengal gram dal),
soaked for 8 hours
½ teaspoon sugar
1 teaspoon salt
400ml water
2 bay leaves
1 cinnamon stick

method

Wash the chana dal removing any debris or dirt and drain well. In a large saucepan, layer the rice then chana dal. Add all the other ingredients and bring to a boil with lid on. Keep an eye on it so the rice does not bubble over.

Reduce the heat to low and simmer for 20 mins or until all the water has been absorbed and the dal is cooked. Leave to rest for 5 minutes before serving.

Serves: 4

Cooking time: 25 mins

tip

If chana dal is unavailable yellow split pea is a good substitute.

variations

Add a pinch of saffron threads to the rice before cooking to add colour and flavour.

eat with

Chicken curry ... p 46
Golden tiger prawns ... p 53
Sour white radish soup ... p 67

