

Tanzania

Pilau Masala *(Masala Rice)*

Musa, from the Australian Volunteers Program team in Tanzania, knows it must be a special occasion if pilau is being served.

This rice dish was originally brought to East Africa by Indian and Arab merchants, and is traditionally a mix of rice, meat and spices, cooked in stock. Usually served with a Swahili-style salad (onion, tomatoes, cucumber and carrots, mixed with lemon juice or vinegar), pilau is always on the table at important events like weddings, Eid and Christmas.

Ingredients

- ½ kg beef or mutton, chopped
- 1 cup rice
- ½ green, red or yellow pepper, chopped
- 1 tomato, chopped
- 2 onions, chopped
- 1 tsp garlic, finely minced
- 1 tsp ginger, finely minced
- ½ cup beef stock
- ½ cup coconut milk
- 2 cups water
- ½ tsp cumin seeds
- ½ tsp whole black peppercorns
- 1 tbsp whole cloves
- ¼ tsp ground cinnamon
- ¼ tsp ground cardamom
- 1 tsp pilau masala (see below)
- Oil
- Salt to taste

For the pilau masala spice mix

- 1 tsp cumin seeds
- ½ tsp black pepper
- ½ tsp ground cardamom
- ½ tsp ground cloves
- ½ tsp cinnamon

Method

- Heat oil in a pan over medium heat. Add onions and stir until brown.
- Wash the rice and add to the pan, stirring gently until it is no longer translucent.
- Add garlic, ginger, salt and pilau masala and continue stirring for one minute.
- Add half the stock and half the coconut milk, stir gently, cover, and cook over a low heat for five minutes.
- Add remaining stock and coconut milk, and repeat step above. Check every five minutes until rice has absorbed all of the liquid.
- While rice is cooking, brown meat in oil. Add peppers, tomatoes and spices, and simmer until the meat is cooked.
- Combine meat and rice and serve.

