

Leek and Pea Pilaf

Ingredients

- 2 young tender leeks, washed and chopped fine, omitting the tougher green ends
- 8 ounces of frozen or fresh-shelled peas
- 2 TBL olive oil
1 TBL vegan butter
- 8 threads of good quality saffron allowed to “bloom” for 10 minutes in a few tablespoons of boiling water (this saffron by Kiva) is exceptional.
- 3-4 cups of veggie stock (prepared by dissolving two bouillon cubes in boiling water)
2 cups long grain Basmati rice, rinsed well until water runs clear and drained
- Salt and pepper to taste
A handful of finely chopped fresh herbs to blend in at the end (parsley, thyme, oregano, marjoram)

Directions

1. Heat oils in a large, heavy skillet with a fitted lid.
2. Add leek and saute over medium heat.
3. When soft and translucent add rice, mixing to coat each grain well with oil. Sprinkle peas on top of the rice.
4. With the heat on medium, add enough broth to cover the rice with $\frac{1}{2}$ inch of liquid. Add in the bloomed saffron at this time as well. Cover, and when the liquid simmers, and steam hits the top of the lid, turn off the heat. Remove the lid quickly, covering the pan with a cloth tea towel and replacing the lid to fit snugly. Allow the pan to sit undisturbed for 15-20 minutes, and the rice will continue cooking. Remove the lid, toss in the herbs, using a fork to integrate them.
5. This family favorite recipe can accompany any selection

of seasonal roasted vegetables, and the leftovers make a wonderful lunch the following day.

Enjoy!