



HOBSON'S
CHOICE

SPROUT, CRANBERRY AND PECAN PILAF

SERVES 6 - 8

Gaggenau Appliance:

Combination Steam Oven/Baking Stone

Settings:

200°C

Cooking Time:

25 minutes

Preparation Time:

15 minutes plus proving time

INGREDIENTS

200g mixed basmati and wild rice

2 tbsp rapeseed or olive oil

1 large onion, finely sliced

thumb-sized piece ginger, peeled and cut into chunks

2 garlic cloves

small bunch coriander, stalks roughly chopped, leaves chilled for later

2 tsp ground cumin

2 tsp ground coriander

1 tsp turmeric

1 tsp ground cinnamon

1/2 tsp ground allspice

juice and zest 1 lemon

500g Brussels sprouts, half finely sliced, the rest halved through the stalk

100g pecans

100g fresh cranberries

50g dried cranberries

50g butter, melted

METHOD

Heat the oil in a large ovenproof pan or casserole dish. Add the onion and cook for 10 minutes, stirring occasionally, until caramelised.

While the onion cooks, whizz the ginger, garlic, coriander stalks, spices, lemon juice and zest to a paste in the small bowl of a food processor. Tip into the pan with the onions and fry for 2 more minutes until aromatic. Add the sliced Brussels sprouts and cook for 5 minutes, stirring until softened.

Place the rice into an ovenproof container and add the water, following the water to rice ratio on the packet cooking

instructions. Cook in the steam oven at 100°C/100% humidity for half the cooking time on the packet instructions or until the rice is just softening. Alternatively, you can half cook the rice in a saucepan on the hob.

Heat the main oven to 180°C fan. Put the halved sprouts in a roasting tin with 1 tbsp oil and season well. Roast for 20-25 minutes, shaking the pan occasionally, until the edges are starting to brown, and the sprouts are tender. If you are using leftover cooked sprouts, reduce the cooking time by half.

Meanwhile, mix the partially cooked rice into the sliced sprouts, the onion and paste.

Add the pecans, all the cranberries and mix well.

Season the pilaf and drizzle over the melted butter. Place the uncovered ovenproof pan or casserole back into the preheated steam oven (100°C/100%) and cook for 20 minutes or until the rice is tender. Alternatively, you can cook on a very low heat on the hob, with a lid on the pan.

To serve, tip the cooked rice onto a serving platter, mixing in any crunchy bits from the bottom of the pan. Scatter over the roasted sprouts and coriander leaves.

GAGGENAU