

RICE PILAF WITH CARROTS AND PARSLEY

(adapted from [Martha Rose Shulman](#))

2 tablespoons olive oil
1 fennel bulb, chopped
4 medium carrots, peeled, thinly sliced
1 cup basmati rice
a pinch of saffron
1 cup water
1 cup vegetable stock
Salt to taste
1/2 cup finely chopped flat-leaf parsley

Rinse the rice well to remove excess starch. Drain well, and reserve. Heat the water and stock together in a microwave until very hot.

Meanwhile, heat the oil in a wide, heavy skillet or saucepan over medium heat and add the carrots, fennel, and salt. Cook, stirring, until the vegetables begin to soften, about 3 minutes, and add the rice and the saffron. Cook, stirring, until the grains of rice are well coated with oil and beginning to crackle. Add the hot water and stock and bring to a boil. Taste the cooking liquid and adjust salt if necessary. Reduce the heat, cover and simmer 15 minutes, until all of the liquid has been absorbed.

Uncover the rice and place a clean towel over the top of the pan, but don't let it touch the rice. Put the lid back, and let the rice sit for 10 minutes. Add the parsley, fluff the rice with a fork, and serve.