



Garden Fresh Farm Recipes

Indian Jasmine Rice with Green Cardamom Pods

This fragrant rice dish infuses soft, fluffy jasmine rice with the warm, slightly sweet aroma of green cardamom pods. A simple yet elegant side, it's commonly served alongside Indian curries, dals, and spiced vegetables. The cardamom adds a subtle depth that elevates the natural floral notes of jasmine rice, making it both comforting and exotic. Perfect for everyday meals or special occasions.

Ingredients:

- 1 cup jasmine rice
- 2 cups water (or adjust for your rice cooker)
- 4–5 green cardamom pods, lightly crushed
- 1 small cinnamon stick (optional)
- 1 bay leaf (optional)
- ½ tsp salt (or to taste)
- 1 tsp ghee or butter (optional for richness)

Directions: – Stovetop

Rinse rice thoroughly in cold water until the water runs clear. Drain.

In a saucepan, add rice, water, cardamom pods, and optional spices.

Add salt and ghee if using. Stir once and bring to a gentle boil.

Cover with a tight-fitting lid, reduce heat to low, and simmer for 12–15 minutes or until water is absorbed.

Let it sit 5 minutes off heat (covered). Fluff with a fork and serve.

Directions: – Rice Cooker

Rinse and drain the rice.

Add rice, cardamom pods, optional cinnamon/bay leaf, salt, and ghee directly into the rice cooker with 2 cups water.





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Cook according to your rice cooker's white rice setting.

When done, remove the whole spices (if you prefer), fluff, and serve.

Tips:

Crushing the pods slightly helps release the aromatic oils.

Pairs well with dal, butter chicken, lamb curry, or vegetable korma.

For variation, add a few saffron strands soaked in warm milk or a splash of rose water before cooking.