

Exotic Rice

A straightforward process but a wonderful result.

This is an **American**¹dish.

Golden to amber, moist, but separated grains with a toasty nutty crunchiness.

Quantities for four generous portions as a side dish. If you vary the quantity of rice vary the liquid in proportion.

Ingredients

200 g **FAIRTRADE** brown basmati rice

200 ml **FAIRTRADE** tropical juice

200 ml water

3 ml salt

2 cm fresh root ginger

5 cm **FAIRTRADE** cinnamon stick

100 g pine kernels

15 ml light soy sauce

Towards the end of the cooking, gently toast the pine kernels in the non-stick pan over medium flame, and once they are golden brown, add the soy sauce.

Assembly

Remove the cinnamon sticks, and mix the pine kernels into the rice just before serving.

To serve

Serve hot as a side dish.

The dish will stay hot in a slow oven for 15 minutes after the allotted cooking time, and without coming to harm, but do keep the lid on.

Method

Preparation

Wash and drain the rice.

Peel the ginger and grate fine.

Pre-heat the oven to Gas Mark 4.

Cooking

Toast the rice grains in a non-stick pan over medium to high flame to drive off the moisture, and then, keeping the grains moving all the time, brown them over medium to low heat. This takes 5 to 10 minutes.

Put the hot rice into a Le Creuset pan and add the juice, water, salt, grated ginger, and cinnamon.

Cover and bake in the pre-heated oven for about 1 hour (until all moisture has been absorbed).

¹<http://www.fairtradecookbook.org.uk/countries/america.htm>