

Persian Rice

Country of origin: **Iran**¹. With thanks to the Moosewood Restaurant² for the inspiration behind this recipe.

Aromatic basmati rice is a perfect vehicle for the enticing scents of cinnamon, cardamom, and orange.

Sweet currants and the crunch of almonds and celery make the versatile rice a delight for the senses.

Serves: 4 to 6

Ingredients

225 g	FAIRTRADE white basmati rice*
15 ml	sunflower oil.
3 ml	FAIRTRADE ground cinnamon
generous pinch	of FAIRTRADE ground cardamom
pinch	of FAIRTRADE ground black pepper
3 ml	salt
5 ml	freshly grated FAIRTRADE orange peel
450 ml	water
100 g	FAIRTRADE chopped raisins, or FAIRTRADE dried apricots
100 g	FAIRTRADE chopped almonds, toasted**
150 g	grated celery
15 ml	Zaytoun FAIRTRADE olive oil
50 to 100 ml	juice of 1 FAIRTRADE orange or FAIRTRADE orange juice

Method

Notes

* If you prefer, use brown basmati rice. Just increase the cooking time to 45 minutes then stand for 10 minutes with the cover on. The finished

salad will have a nutty flavor and a chewier texture.

** To toast nuts, spread them in a single layer on an unoled baking sheet and bake in a the oven at Gas Mark 3 for 10 to 15 minutes, stirring once or twice, until lightly browned.

Preparation

Rinse the rice in a sieve and set aside to drain.

Slice the peel from the orange taking as little pith as possible.

Cut up fine using a herb knife.

Cut up the dried fruit.

Chop and toast the nuts.

Grate the celery.

Cooking

In a saucepan on medium heat, warm the sunflower oil.

Add the rice and saut, stirring constantly, for 3 minutes. Stir in the cinnamon, cardamom, black pepper, salt, and grated orange peel and continue to saut for 1 minute

Stir in the water, cover, and gently simmer for 25 to 30 minutes, until the rice is tender and the water absorbed.

In a serving bowl, mix together the hot rice and dried fruit.

Allow to cool for 20 minutes.

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

²<http://www.moosewoodcooks.com/>

Add the nuts, celery, orange juice, and the olive oil, and stir well.

Serving

Serve at room temperature or chill for at least 30 minutes and serve cold.

Variation

Add 15 ml of fresh mint.

If a little more tang is desired 15 ml of fresh **FAIR-TRADE** lemon juice will make all of the flavours sparkle.