

Pineapple Fried Rice

Golden grains of rice with pineapple pieces.

This is an **American**¹ dish.

Quantities make two very generous or three normal portions.

Ingredients

- 150 g Traidcraft long grain brown basmati **FAIRTRADE** rice
- 2 juicy cloves of garlic
- 30 ml sunflower oil
- 150 ml water
- 150 ml **FAIRTRADE** tropical juice
- 5 ml **FAIRTRADE** ground ginger
- 5 ml **FAIRTRADE** ground turmeric
- 1 **FAIRTRADE** lemon
- 5 ml cayenne pepper
- to taste salt and freshly ground **FAIRTRADE** black pepper
- 2 rings fresh **FAIRTRADE** pineapple
- 1 small red onion
- 75 g **FAIRTRADE** cashew nuts

Method

Preparation

Wash the rice under running cold water and then drain.

Skin the garlic and chop fine.

Assemble the ground spices.

Juice the lemon and discard the peel, pips and pith.

Measure out the tropical juice and the water.

Top, tail, peel and chop very fine the red onion.

Trim the core and skin from the pineapple and chop into bite sized pieces.

Cooking

Oven toast the cashew nuts on a baking tray at Gas Mark 3 (about 30 minutes) until golden brown. Fry the chopped garlic in a pan using the sunflower oil for a minute and then add the ground spices and rice.

Stir fry for 2 to 3 minutes stirring continuously to coat the rice thoroughly.

Deglaze the pan using the lemon juice.

Progressively add the tropical juice keeping the mixture fairly hot.

Allow to come back to the boil, cover, and simmer for 40 minutes approximately.

After 30 minutes stir in the chopped onion and pineapple pieces.

Once the rice is cooked stir in the toasted cashew nuts.

To serve

Turn the rice out into a warmed serving dish and serve hot.

The rice can be kept hot for 10 to 15 minutes in the oven whilst other dishes are finished.

Variations

Fresh grated root ginger in place of ground ginger.

Fresh chopped chili peppers in place of ground pepper.

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

At need, use a tin of pineapple pieces.