

Rice

This is the grain that feeds so many people.

It is the ideal accompaniment for many spicy foods, simple to prepare, quick to cook.

Wholegrain brown rice is best for you being high in fibre, but white rice is softer on the palate.

Some **Indian**¹ Fair Trade rices are available, mainly from Traidcraft.

Servings: I use 60g / 2 oz per person.

This is an **English**² dish.

Ingredients

- 60 g **FAIRTRADE** rice
- 5 ml **FAIRTRADE** turmeric
- 60 g frozen peas
- 30 g **FAIRTRADE** raisins or **FAIRTRADE** sultanas

Method

Measure out the amount of rice you need and wash the rice under the cold tap (in a sieve) for a minute or so.

Meanwhile boil a good quantity of water.

When the water is at a rolling boil, add the rice, and stir immediately to prevent sticking.

Once the water is back at the boil, reduce to about half heat and allow the rice to cook. . .

. . for 12 to 15 minutes for white rice.

. . for 25 to 35 minutes for brown rice.

Test for "done" by nibbling a grain or two. There should be no crunchy texture.

Drain the rice and wash with boiling water if you think it needs it.

Serve.

Boiled rice: Variations.

Add 5 ml **Fair Trade** Turmeric as the water is boiling for yellow rice.

Add some peas just before the end of the cooking for **Peas Pilau**³.

Add **FAIRTRADE** Raisins as the water is boiling

Rice is a very versatile grain and can be used in a variety of ways. For examples see **Vegetable rice**⁴, **Nasi Goreng**⁵, or **click here**⁶ for a **FAIRTRADE COOKBOOK** list.

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

²<http://www.fairtradecookbook.org.uk/countries/england.htm>

³http://www.fairtradecookbook.org.uk/recipes/peas_pilau.htm

⁴http://www.fairtradecookbook.org.uk/recipes/veggie_rice.htm

⁵http://www.fairtradecookbook.org.uk/recipes/nasi_goreng.htm

⁶<http://www.fairtradecookbook.org.uk/search/search.htm?searchb=rice>