

ISLAND GROWN

HARVEST OF THE MONTH

- January -

WHOLE GRAINS

INDIAN RICE SALAD

- 1 TBL. Coconut oil
- 1 1/2 tsp. Yellow mustard seeds
- 1 1/2 tsp. Cumin seeds
- 1 1/2 tsp. Fennel seeds
- 2 garlic cloves, minced
- 1 tsp. Ginger root, grated
- 1 tsp. Turmeric root, grated or ground dry
- 2 1/2 C. Water
- 1C. Long grain brown rice
- 1 bay leaf
- 1 cinnamon stick
- 1/2 C raisins
- 1/2 C dried apricots, chopped small
- 1/2 C sunflower seeds, toasted
- 3 TBL. Toasted sesame oil
- 3TBL. Tamari
- 4 TBL. Rice wine vinegar
- 2 small or 1 lg. Carrot grated
- 4 scallions with tops, thinly sliced
- 1 C. Frozen peas, thawed

In a saucepan over medium heat, toast the seeds in the coconut oil, until the mustard seeds pop. add the garlic, ginger and turmeric, cook about 30 seconds. Add the water, bay leaf and cinnamon stick and rice bring to a boil, stir, reduce heat to a simmer and cook until water is absorbed and rice is cooked, about 40-45 minutes.

Put the rice into a large bowl and cool. Remove cinnamon stick and bay leaf. Add raisins, apricots, grated carrot, scallions, toasted sunflower seeds and thawed peas.

In a small bowl, whisk the rice wine vinegar, tamari, olive and sesame oils until combined. Pour over cooled rice, add fresh herbs and stir until ingredients are dressed. Refrigerate until well chilled.

Recipe by Robin Forte



For more information visit

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