

SPICED BLACK RICE PILAF AND HERB SALAD

EQUIPMENT

LARGE FRYPAN WITH LID, MIXING BOWLS, CHEF'S KNIFE, SPOONS,
WOODEN SPOON

INGREDIENTS

200GM BLACK RICE, 550GM VEGETABLE OR CHICKEN STOCK, 50GM GOJI BERRIES, 50GM SLITHERED ALMONDS,
1 DICED BROWN ONION, 1 CLOVE GARLIC, 1 LEMON, 20 CUMIN SEEDS, 1GM SUMAC, ¼ BUNCH PARSLEY, ¼ BUNCH CORIANDER,
OLIVE OIL, SALT FLAKES
EXTRA VIRGIN OLIVE OIL, SALT FLAKES

METHOD

TO BEGIN: PLACE THE FRYPAN OVER MEDIUM HEAT AND ADD A SPLASH OF EVOO. ADD THE DICED ONION AND GARLIC AND SAUTÉ FOR 2-3 MINUTES. NEXT ADD THE CUMIN SEEDS, SUMAC AND ALMONDS AND TOAST OVER MEDIUM HEAT FOR 2-3 FURTHER MINUTES.

REMOVE THE PAN FROM THE HEAT AND ADD THE GOJI BERRIES, RICE AND STOCK, PLACE THE LID ON THE PAN AND PLACE THE PAN INTO A PRE-HEATED OVEN STEAM SETTING 100°C FOR 40 MINUTES.

WHILE THE RICE COOKS PICK CORIANDER AND PARSLEY LEAVES INTO A SMALL MIXING BOWL AND SET ASIDE.

ONCE THE RICE HAS COOKED REMOVE IT FROM THE OVEN AND SEASON LIBERALLY WITH SALT AND EVOO. PLACE THE RICE ONTO A LARGE SERVING PLATTER AND DRESS THE HERBS WITH LEMON JUICE AND EVOO.

PLACE THE DRESSED HERBS ON TOP OF THE RICE AND SERVE.

HINTS & TIPS

- VARIOUS VERSIONS OF RICE PILAF ARE MADE THE WORLD OVER; YOU ARE REALLY NOT LIMITED BY YOUR IMAGINATION AND CAN ADD ALMOST ANYTHING TO THIS TYPE OF DISH.
- SEASON YOUR RICE POST COOKING IT, WE FIND THAT SEASONING IN THIS WAY GIVES A MORE BALANCED FLAVOUR AND REQUIRES LESS SALT.