

Miss Heinzes “Christmas” Rice Salad

Season: Any

Type: Salad

Difficulty:  

Serves: 4

Fresh from the garden: apple, spring onions, capsicum, parsley, garlic, carrot.

<p>Equipment: Measuring cups and spoons Chopping boards and mats Knives Large bowl Whisk Medium saucepan Strainer Wooden spoon Grater</p>	<p>Ingredients: 1 cup long grain rice 1 apple, core removed, chopped 1 cup spring onions, finely chopped 1 carrot - grated 1 green capsicum, diced 1/3 cup sultanas 1/3 cup fresh flat-leaf parsley, chopped</p> <p>Dressing 1/4 cup olive oil 1/3 cup white vinegar 2 tsp curry powder 1 Tbsp caster sugar 1 tsp garlic, crushed 1 tsp salt.</p>
---	--

Method:

- Cook rice using the absorption method. (See below).
- Whisk together all dressing ingredients, in the large bowl, until emulsified.
- Add spring onions to the dressing.
- Add hot rice to dressing and stir well.
- Add remaining ingredients and refrigerate until cold.
- Serve.

Note:

Rice -the absorption method

This is the best method for retaining rice's nutrients.

Rinse rice in a strainer.

Place rice in a saucepan, and add water to 2.5cm above the rice (this is the distance between the top of the rice and the first joint of an average adult finger - In general, 1 cup of rice needs 1½ cups water.)

Bring to the boil, cover with a tight fitting lid, turn heat to low and cook for 13-15 minutes until all of the water has absorbed.

Stand covered for 5 minutes, fluff up with a fork and serve.

(In general, 1 cup of rice needs 1½ cups water.)