

## 34. Rice Salad

### Rice Cooking: — Using the Absorption Method:

**Note: -** When preparing a rice meal, allow  $\frac{1}{3}$  to  $\frac{1}{2}$  cup of rice per person.

In a saucepan with lid, boil 2 cups of water for every 1 cup of rice.

Add the following if you are not on a cancer program:

- 1 each chicken stock cube,
- 1 teaspoon sea salt and
- 1 Tablespoon organic virgin olive oil to the water.

With 2 cups of water boiling, add 1 cup of rice for the salad, stir rice and bring back to the boil and reduce heat to very low for 10 minutes, turn off totally to finish the absorption and cooking for about another 10 minutes.

### Brown Rice Cooking: -

1. Using a ratio of  $1\frac{1}{2}$  cups water to 1 cup rice, put brown rice and water together in a saucepan with lid. Set the heat to high, and bring the rice and water (& stock cube etc. if desired) to a boil uncovered.
2. When boiling cover saucepan, and reduce the heat to low/simmer. Let the rice simmer for 20 minutes.
3. Turn off the heat, and let the rice sit in the covered pot for another 10 minutes for a slightly chewy texture. It's okay if you let the rice sit longer than 10 minutes (20 or even 30 minutes is fine too), but not less than 10.

### Vegetable Cooking: -

In a small saucepan combine the following, with  $\frac{1}{4}$  cup water and boil for 3 minutes:

- $\frac{1}{4}$  cup each carrot chopped; frozen peas, beans & corn

Drain off the veggie water.

### Salad Building: -

In a large salad bowl combine:

- 2 cups Cooked rice (from above)
- 1 cup Cooked vegies (from above)
- 1 each Granny smith apple with skin, diced
- $\frac{1}{4}$  cup each Celery, Red & Green capsicum, chopped
- $\frac{1}{4}$  cup Spring onions, chopped finely
- $\frac{1}{4}$  cup Sultanas
- $\frac{1}{2}$  cup Peanuts or Almonds chopped (optional)

I try to chop all ingredients to a similar size as the peas

### Dressing Preparation: -

- $\frac{1}{4}$  cup Grape seed oil (or virgin cold pressed olive oil)
- $\frac{1}{3}$  cup White wine vinegar (**OR** apple cider vinegar)
- 1 Tablespoon Raw sugar or honey
- 1 Tablespoon Curry powder (I use Madras hot)
- 1 Tablespoon Fresh parsley, finely chopped
- Sea salt & Black pepper fresh ground, to taste

### Dressing Directions: -

1. Dissolve the sugar or honey in the vinegar
2. Add the other ingredients, and shake thoroughly in a shaker to mix.
3. Pour over the salad.
4. Gently toss salad to cover with the dressing.
5. Let it stand for a couple of hours before serving so that the rice can take up the flavours. (I prefer to refrigerate over night for maximum flavour).