

Indonesian Rice Salad

Featuring Brown Rice

From Indonesia

Serves 4-6

Ingredients

2 c. brown rice
1/3 c. peanut oil
3 Tbs. Chinese Sesame oil
½ c. orange juice
1 medium clove garlic, crushed
½ tsp. crushed red hot pepper (less, to taste)
1 Tbs. tamari
½ tsp. salt
2 Tbs. brown sugar
2 Tbs. cider vinegar
1 c. chopped fresh pineapple (about ¾ of medium pineapple) OR 1 c. canned, crushed pineapple, in juice
3 scallions, minced
1 stalk celery, finely minced
½ c. raisins
½ c. chopped peanuts
½ c. cashew pieces, toasted
2 Tbs. sesame seeds
1 c. red bell pepper slices
1 c. thinly sliced water chestnuts (about 1 small can)
½ cup fresh raw snow peas (optional)
½ pound fresh bean sprouts (optional)



In much of Asia brown rice is associated with poverty and wartime shortages, and in the past was rarely eaten except by the sick, the elderly and as a cure for constipation. This traditionally denigrated kind of rice is now more expensive than common white rice, partly due to its relatively low supply and difficulty of storage and transport.

Directions

1. Set up to cook: 2 cups brown rice, cooked in 3 cups water, until tender.
2. While the rice cooks, combine the peanut oil, Chinese Sesame oil, orange juice, crushed garlic, red hot pepper, tamari, salt, brown sugar, cider vinegar and pineapple in a large bowl. Whisk to combine.
3. Add the hot rice to the bowlful of dressing, mix well, and add the remaining ingredients.
4. Chill salad until cooled. Serve cold.

Nutrition Information: 1 cup of salad: 425 calories, 46 grams carbohydrate, 8 grams protein, 4.1 gram saturated fat, 11.8 grams monounsaturated fat, 8.2 grams polyunsaturated fat, 5 grams fiber, 70% Vitamin C.