

Curried Pineapple Rice

Adapted slightly from *Pacific Flavors* by Hugh Carpenter and Teri Sandison



Servings: 6

To toast the almonds, place on a small baking sheet in a 325° oven for about 5 minutes. Watch carefully.

1 1/2 cups basmati rice, not instant or converted

1 tablespoon fresh ginger, finely grated

3 tablespoons unsalted butter

1/2 cup raisins

SAUCE:

2 1/4 cups low-sodium chicken broth

1 tablespoon sesame oil, toasted type

1/4 cup light coconut milk

2 tablespoons low sodium soy sauce

2 tablespoons lime juice

1 tablespoon curry powder, use mild unless you like it HOT

1/2 teaspoon chili garlic sauce

1/2 teaspoon salt, taste to see if it needs it

1/2 teaspoon lime zest

GARNISHES (important):

1 cup fresh pineapple, diced (more if desired)

1/3 cup slivered almonds, toasted

1/3 cup red bell pepper, minced

1/2 cup green onions, minced

1/2 cup cilantro, minced

1. Rinse the rice well in several changes of water until the water runs clear.

2. In a large saute pan, melt butter. Add ginger and allow it to sizzle for about a minute (don't brown). Add rice and stir until all the rice is coated with butter. Add raisins.

3. In a 3-cup measure, combine all the liquid ingredients and spices. Stir well, then add to rice. Bring to a simmer, cover and cook just until the rice is tender (don't overcook).

4. While the rice is cooking, prepare all the garnish ingredients. Reserve a tablespoon or two of the onions, bell peppers, cilantro and almonds to garnish the top.

5. When rice is almost done, stir in the green onions, red bell pepper, almonds, cilantro and pineapple. Replace lid and allow to sit for 5 minutes (to heat through the pineapple). You can serve it immediately, or allow it to cool and serve as a room temp salad. Top with all the reserved garnishes.

6. For a fancy presentation, serve the rice in a pineapple boat.

Yield: 6 cupsq

Per Serving (excluding unknown items): 359 Calories; 15g Fat (35.1% calories from fat); 12g Protein; 51g Carbohydrate; 2g Dietary Fiber; 16mg Cholesterol; 438mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 Fruit; 2 1/2 Fat.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>