GF-DF-Rice-Tropical Fruits Food Awareness Program-Hungry for Home CalmGut.Substack.com ©2000-2024 M. Susan Hamilton

Tropical Logical Rice

2 cups long grained Basmati rice
3¹/₂ cups water
1 cup dried apricots, cut in strips (use kitchen scissors)
¹/₂ cup dried currants
3 tablespoons butter, cut in pats
1 teaspoon ground turmeric
Salt, to taste
1 cup shredded unsweetened coconut, toasted
1 to 2 ripe mangoes, peeled, cut into ¹/₂-inch cubes
1 bunch cilantro, (washed in a bowl of water), finely chopped stems and leaves

Rinse rice several times in a bowl of water until water is clear. Drain. Cover with water; soak 6 hours. Drain well.

In a large pot, combine rice, 3-1/2 cups water, apricots, currants, butter and turmeric. Bring to a boil over high heat; stir gently to remove clumps. Cover; reduce heat to low. Cook a total of 14 to 16 minutes (time varies with varieties of rice). Sprinkle with salt.

Stir in toasted coconut, mangoes, and cilantro immediately before serving. Fresh cilantro is important—makes, or breaks, flavor of recipe.

Serves: about 8.