

Organic White Basmati Rice

Country of Origin: Canada

Certified Organic

Pro-Cert

Nutrition Facts Valeur nutritive

Per 1/4 cup (45 g) / par 1/4 tasse (45 g)

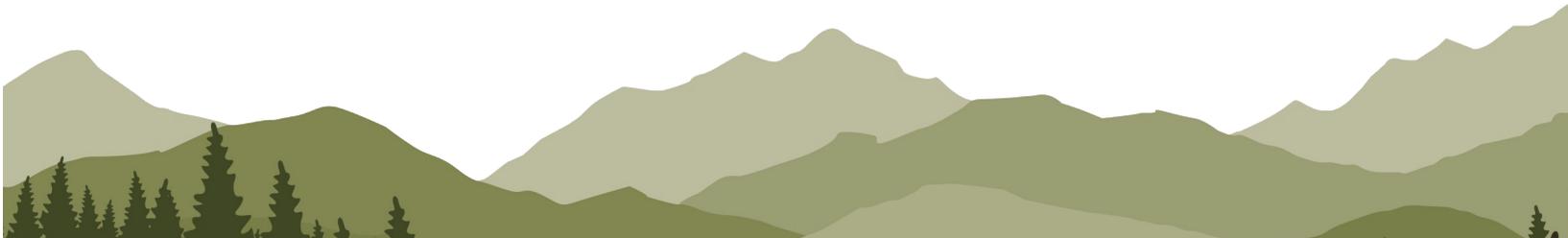
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 160	
Fat / Lipides 0.5 g	1 %
Saturated / saturés 0.2 g + Trans / trans 0 g	1 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 3 mg	0 %
Carbohydrate / Glucides 34 g	11 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	0 %
Iron / Fer	2 %

Factoid:

Basmati rice is indigenous to India and Pakistan. Its distinct fragrance is from the naturally occurring chemical 2-acetyl-1-pyrroline (2AP). This aroma compound is also found in jasmine rice, pandan spice, etc.

Ingredients:

Organic white basmati rice



Recipe:

Spiced Lamb-and-Rice Dressing with Chickpeas

Ingredients:

1 1/2 Tbl unsalted butter

1 onion, finely chopped

1 lb ground lamb

2 cloves garlic, minced

1/4 tsp ground cinnamon

1/4 tsp ground cardamom

1/4 tsp ground allspice

1 1/2 C white basmati rice

2 C chickpeas, drained

Kosher salt

Freshly ground pepper

1 C turkey stock or low-sodium chicken broth

1 C water

1 Tbl extra-virgin olive oil

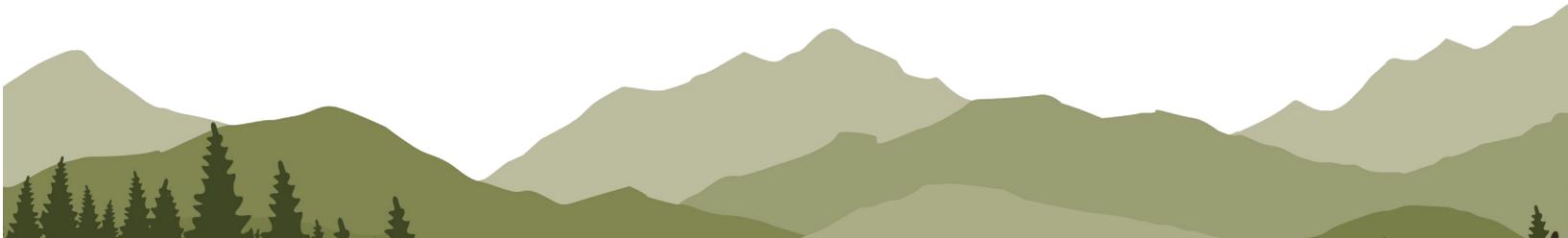
1/2 C pine nuts

Instructions:

1. In a large saucepan, melt the butter. Add the onion and cook over medium heat until softened, about 4 minutes. Add the lamb, garlic, cinnamon, cardamom, and allspice. Cook, stirring, until the lamb is no longer pink and the liquid has evaporated, about 4 minutes. Add the rice and chickpeas along with 2 teaspoons of salt and a pinch of pepper and cook, stirring, until evenly coated. Add the stock and water and bring to a boil. Cover and cook over low heat until the rice is tender, about 20 minutes. Remove from the heat, cover and let stand for 10 minutes.

2. Meanwhile, heat the oil in a small skillet. Add the pine nuts and cook over moderate heat, stirring constantly, until browned, about 4 minutes. Transfer the pine nuts to a plate and season with salt.

3. Fluff the rice and transfer it to a bowl. Sprinkle the toasted pine nuts over the dressing and serve.



Cooking Note:

1. Rinse 1 cup of rice.
2. Boil 1 1/2 C water and pinch of salt. Add rice.
3. Cover, reduce heat and simmer 20 minutes.
4. Remove from heat and let sit, covered, for 10 minutes.
5. Fluff with a fork and serve.

