



The Ethnic Communities' Council
Love Food Hate Waste project celebrates
the diversity of food and cultures in NSW

Rice salad

Ingredients

- 1 cup freshly cooked rice
- 1 tablespoon rice oil
- 2 teaspoons vinegar
- Dry roasted nuts and or seeds
- 1 cup of freshly chopped herbs and vegetables
- Spices to taste
- 2 tablespoons dry currants or chopped dates

Preparation

When the rice is freshly cooked immediately dress with oil and vinegar. Mix gently to coat so that rice does not clump. Allow to cool. You can either create a salad for immediate use or put the cool dressed rice in an airtight container in the fridge for later. By dressing the rice while it is still warm the rice will stay tender and chewy rather than becoming dry and starchy. Rice prepared in this way can keep for 3-5 days rather than the usual 2 days, because the vinegar retards bacteria and fungus by changing the pH of the rice.

This recipe can also be adapted for other grains.



Recipe shared at the Ashfield Multicultural Group workshop

