



Brown Rice, Celery & Orange Salad

Season: Winter

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: bay leaves, celery, coriander, edible flowers, garlic, lemons, mint, oranges, oregano, parsley, spring onions, thyme

Recipe source: Adapted from a recipe by Desley Insall, Kitchen Specialist, Collingwood College, Victoria.

When a recipe calls for 'celery hearts', it really means using the tender inner stalks where they are still packed close and attached to the base. Home-grown celery is not usually as pale and large as commercial bunches. Remove any coarse outside stalks (they are ideal for stock) and cut the bunch about 12 cm from the base. This 'clump' of pale celery is a 'celery heart'. If very large it can be halved lengthwise.

Note: To reduce the time required for this recipe the rice can be cooked in advance. If you don't have time to make stock, use all of the celery to avoid wastage.

Equipment:

metric measuring cups
and spoons
clean tea towels
chopping board
cook's knife
zester
citrus juicer
small bowl
colander
rice cooker (or a large pot with lid
if using the absorption method)
large heavy-based frying pan
or pot
wooden spoon
large serving bowl

Ingredients:

2 cups long-grain brown rice
3 bay leaves
1 bunch of celery
2 tbsp olive oil
3 garlic cloves, peeled and finely chopped
1 tsp cumin powder
1 small handful of spring onions, thinly sliced
2 handfuls or more of parsley, chopped
1 handful of mint, leaves plucked, stems discarded
1 handful of coriander
zest and juice of 2 oranges
juice of a lemon
1½ tsp sea salt
¼ tsp freshly ground black pepper
edible flowers or herbs as a garnish



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list. Keep the lemon and orange juices in a small bowl until ready to use.
2. Place the brown rice in the colander and rinse under cold water, then cook it with the bay leaves in the rice cooker, or according to the absorption method on the next page.
3. Trim each celery bunch as described in the introduction. Wash the celery hearts, removing any damaged parts. Slice the celery hearts into 5 mm slices.



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4. Heat 1 tablespoon of olive oil in the heavy-based pan over a medium heat, then add the celery hearts, chopped garlic and cumin. Cook for 3 minutes, stirring occasionally with the spoon.
5. Add the cooked celery hearts, spring onions, parsley, mint and coriander to the large serving bowl.
6. Add the orange zest and toss the salad gently to mix.
7. Add the lemon and orange juice, sea salt and pepper.
8. When the rice is cooked, remove the bay leaves. Allow to cool and then add the cooked rice to the large serving bowl.
9. Stir the salad gently. Add the remaining olive oil, taste and season as necessary.
10. You can garnish the salad with edible flowers and fresh herbs from the garden.

Rice by absorption method:

Pour water into the pot until the rice is covered by about 2.5 cm, or do as many cooks do: stick your finger into the pot with the tip of your index finger barely touching the rice. The water level should come just to the first joint of your finger. Cover the pot tightly and bring the rice and water to simmering point over moderate heat, then reduce heat to its lowest. Place a folded tea towel over the rice and jam on the lid. After 30 minutes, lift the lid and, if all the water has been absorbed, remove the pot from the heat and let it stand, still covered, for 5 minutes.

