

# Recipes from WayfaringTraveler.com

## Superfood Rice\*

I've made this dish with short grain rice, which seems to sprout best; delicious success with: Lotus Foods: Forbidden Black Rice & Bhutanese Red Rice. (\*See US rice contamination discussed below recipe.)

Ingredients:

1 c. Forbidden Black Rice *or* Bhutanese Red Rice, sprouted, see below

1 ¾-2 c. filtered water *or* strong green or white peony organic tea

1 Tbs. organic goji berries

1 Tbs. organic nuts (pecan, walnut, sunflower or pumpkin seeds)

1 t. turmeric

1 Tbs. organic, unrefined coconut oil.

½ t. Himalayan sea salt

The sprouting thing is low-tech and easy. Pour uncooked rice into a stainless mess colander with handle; set in a bowl. Cover rice with water; swish up and down just briefly to rinse off harvest dust. Pour off water. Leave colander in bowl covered with a dish towel before going to bed. In AM repeat rinse with water; drain; cover: will be ready to cook for supper.

Sprouting turns stored starch into vitamins and enzymes, tremendously increasing the nutrient content. Abracadabra: you create vitamins in your own kitchen.

To cook the rice, bring water or the strong tea to a boil (big increase in antioxidants with the tea; it's also satisfyingly yummy.) Dump in rice and other goodies; bring back to boil; cover; simmer ~40 min. Set timer. Use enameled pot if you have it; never aluminum or non-stick-coated.

Use of Superfood Rice as a creative ingredient:

1) Any extra cooked rice, 1:1 with milk, water, almond milk, etc. can be warmed and tossed in blender for a delicious breakfast with staying power. ½-1 t. cinnamon added is good.

2) Fried Rice:

Sauté 4 cloves sliced organic garlic in organic coconut oil or olive oil, till golden

Stir fry ~2c. organic finely sliced greens

Toss in ~2 c. cooked rice; stir around.

Pour on mixture of

1 c. organic tomato sauce,

Dash of organic cayenne,

1 t. organic toasted sesame oil

## **Con't... SuperFood Rice**

3) Fried rice can be added to a spinach salad, or an omelet

\*A lot of the rice produced in the US is grown in places where arsenic-laden pesticide was used on cotton. Ag-Biz poisons have turned eating into a crap shoot.

Federal standard for arsenic in drinking water is 10 parts per billion. There are currently no standards for food. Lundberg Rice, a big Calif. Organic/eco grower's self-test on their rice shows 95 parts per billion. Consumer Reports' found levels in rice ranging from about 24 to 214 parts per billion.

In the local Food Co-op where I volunteer once a week, people are shunning US brown rice. We've brought in Thai red, high nutrient heirloom rice. I've stopped eating US rice cakes.