

Cinnamon Rice

This is a **Mexican**¹ dish.

Serves 4 as a side dish.

Ingredients

- 200 g **FAIRTRADE** basmati rice
- 1 clove garlic
- 1 medium onion
- 30 ml margarine
- 100 g **FAIRTRADE** raisins
- 450 ml vegetable stock or water
- 10 ml **FAIRTRADE** ground cinnamon
- 5 ml ground cayenne pepper
- to taste salt and **FAIRTRADE** ground black pepper

Method

Preparation

Soak the rice in cold water for 30 minutes to 1 hour before use.

Skin and chop fine the onion and garlic.

Cooking

Fry the onion and garlic in the margarine for 5 minutes until the onion is tender.

Add the raisins, cinnamon and cayenne pepper and stir fry for 2 minutes.

Drain and add the rice and stir until the rice is covered with buttery spices.

Add the veggie stock or water, bring to the boil, cover, and simmer for 30 minutes.

Adjust the seasoning with salt and pepper as necessary.

If the rice looks to go dry before the rice is soft, add more stock a little at a time as necessary.

Assembly

Once cooked, "fluff up" the rice with a fork to separate the grains.

Turn out into an oven proof serving dish and allow to settle for 10 to 15 minutes.

The rice will keep hot (Gas Mark 3) in the oven whilst other dishes are finished.

To serve

Decorate with fresh herbs before serving.

¹<http://www.fairtradecookbook.org.uk/countries/mexico.htm>