

Brown rice salad with caramelised onions, rainbow chard, parsley & balsamic currants

Season: Autumn/Winter/Spring

Type: Salads

Difficulty: Intermediate

Serves: 24 tastes in the classroom
or 4 adult serves at home

Fresh from the garden: bay leaves, celery tops (or spring onions), garlic, mint, onions, oregano, parsley, rainbow chard, thyme

Recipe Source: Collingwood College, Victoria

Make sure you cook and cool the rice before making the salad. If you don't have a rice cooker, get the rice on first, using the absorption method detailed at the bottom of this recipe.

Equipment:

colander
 rice cooker
 small pot
 spoon
 salad spinner
 2 clean tea towels
 chopping board
 large knife
 2 large heavy-based
 frying pans
 wooden spoon
 2 small bowls
 large salad bowl
 lemon juicer
 salad tongs
 serving bowls
 lemon zester

Ingredients:

For the rice:

2 cups long-grain brown rice *to 4 cups water*
 1 L cold water (or vegetable stock or shiitake mushroom stock)
 3 bay leaves

For the balsamic currants:

½ cup currants
 150 mL cold water
 2 tablespoons balsamic vinegar

For the rainbow chard:

4 leaves of rainbow chard
 80 mL olive oil
 salt and pepper, to taste

For the celery tops and onion:

handful celery tops (or spring onions)
 80 mL olive oil
 3-4 brown onions
 3 garlic cloves
 1 tablespoon of olive oil

For the fresh greens:

2-3 sprigs of each of thyme, oregano, mint, parsley (to taste)
 6 silver beet leaves
 1 lemon
 salt and pepper

For the yogurt sauce:

1 lemon
 2 cups plain yoghurt

* Add chopped
 carrots.
 and blanched
 chopped beans
 and spinach.

* Put rice on
 a s.p. as
 it will take
 30-40 minutes

(no need to wash)

* Use a lidded pan
 as no rice cooker



Grow your salad with rainbow chard, onion, balsamic currants

What to do:

To cook the rice:

- Put the rice in the colander and wash it under cold water.
- Put the rice into the rice cooker with the cold water (or stock) and bay leaves.
- Put the lid on the rice cooker and turn it on. The rice will take 30–40 minutes to cook.
- Cool the rice before adding it to the salad.

To make the balsamic currants:

- Put the currants into the small pot with the water and balsamic vinegar.
- Put the pot on a high heat. Bring to the boil, stirring with the spoon, to reduce all liquid. Cook until the currants are plump.
- Set aside to cool.

To cook the rainbow chard:

- Wash the rainbow chard and dry it in the salad spinner.
- Set out the chopping board and large knife. Dampen a tea towel and place it under the chopping board to prevent it from slipping.
- Cut the stalks off the rainbow chard leaves. Chop the stalks into fine slices. Shred the leaves by rolling them into a fat sausage and slicing across the sausage.
- Heat the frying pan with 80 ml. olive oil. Add the rainbow chard and sauté the chard until it looks wilted. Season the rainbow chard with salt and pepper to taste.
- Carefully drain any excess liquid off the rainbow chard and set it aside to cool while the rice is cooking.

To cook the celery tops and onion:

- Wash the celery tops (or spring onions) and dry them in the salad spinner.
- Finely chop the celery tops.
- Peel the onions and chop them into thin slices.
- Peel the garlic cloves, then finely chop them.
- Put a frying pan over a medium heat. Put a small amount (about a tablespoon) of olive oil into the frying pan.
- When the oil is hot, add the onion. Cook the onion slowly, stirring with a wooden spoon, until it is golden brown. (This will take about 15–20 minutes.)
- Add the celery tops (or spring onion) and chopped garlic. Cook for 3 minutes, then take the frying pan off the heat and set aside.

To prepare the fresh greens:

- Wash the thyme, oregano, mint and parsley, and gently dry with a clean tea towel.