

Orange-Scented Rice

From the Seattle & King County Public Health Cookbook

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/SideDishes/OrangeRice.aspx>

Ingredients

- 2 Tbs. butter
- 4 shallots, minced
- 1 cup Basmati rice, washed
- 1 inch fresh ginger, smashed and finely chopped
- 2 bay leaves
- 2 star anise
- 1 cinnamon stick
- Grated rind and juice of 1 medium orange
- 1 Tbs. raisins, chopped
- 1 ¼ cups low-sodium chicken broth
- Salt and pepper to taste

Instructions

1. Melt butter in medium sized saucepan over medium-high heat. Add shallots and cook, stirring, for 3-4 minutes until softened.
2. Add the rice and cook for 3 minutes until well coated, stirring constantly.
3. Add ginger, bay leaves, anise, and cinnamon stick.
4. Stir in the grated rind, orange juice, and raisins. Mix thoroughly.
5. Stir in chicken stock. Raise the heat and bring to boil. Reduce heat to medium-low, cover, and cook about 15-17 minutes or until rice is cooked through and liquid is absorbed.
6. Remove from heat and uncover. Discard bay leaves, star anise, and cinnamon stick. Place cover back on saucepan and let stand for about 15 minutes to rest. Serve.

Makes 4 servings

Nutrition information per serving:

| | |
|---------------|---------------------------------------|
| Calories | 271 |
| Carbohydrates | 47 g |
| Protein | 6 g |
| Total Fat | 7 g |
| Saturated Fat | 4 g |
| Fiber | 1 g |
| Sodium | 88 mg (does not factor in added salt) |

