

# Fair Trade Rice Recipes

## Thai Vegetarian Green Curry



- 1 cup firm tofu, cut into 1/2 in squares
- 1-2 tablespoons green curry paste
- 1 1/2 cups coconut milk
- 1 green bell pepper, cut into thin strips
- 1/4 cup green peas, fresh or frozen
- 1/2 cup bamboo shoots
- 1 medium carrot, cut diagonally
- 3-4 small green squash, sliced
- 2 tablespoons dark sweet soy sauce (or regular soy sauce with a tsp sugar)
- 1 cup fresh bean sprouts
- 2 cups Fair Trade Jasmine rice, uncooked

### **Preparation:**

Marinate tofu in sweet soy sauce for 20 minutes, drain. Heat 1 tablespoon vegetable oil in a medium saucepan, fry curry paste for 1 minute. Add 1/4 cup of coconut milk, tofu and all the vegetables except the peas & bean sprouts. Simmer for 5 mins. Add remaining coconut milk, bring to boil, reduce heat and simmer until vegetables are nearly tender. Add peas and bean shoots. Cook for 5 to 10 mins. Garnish with chopped shallots.

Serve with Fair Trade Jasmine rice! To prepare, boil 2 cups Fair Trade Jasmine rice with 3 cups water, let simmer until all the water is evaporated.

## Indian Dahl

- 1 cup red lentils
- 2 tablespoons ginger root, minced
- 1 teaspoon mustard seed
- 2 tablespoons chopped fresh cilantro
- 4 tomatoes, chopped
- 3 onions, chopped
- 3 jalapeno peppers, seeded and minced
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander seed
- 6 cloves garlic, minced
- 2 tablespoons olive oil
- 1 cup water
- 2 cups Fair Trade Basmati rice, uncooked



### **Preparation:**

Cook the lentils by boiling or pressure cooking until lentils are soft. (Pressure cooking is faster.) In a skillet heat the oil and add mustard seeds. When mustard seeds begin to flutter, add onions, ginger, jalapeno peppers, and garlic.

Sauté until the onions and garlic are golden brown. Add coriander, cumin, and chopped tomatoes. Sauté the mixture well until tomatoes are well cooked. Add water. Boil 6 minutes. Add cooked lentils and salt to taste, stirring well. Add finely chopped cilantro and remove from heat. Serve hot.

Serve with Fair Trade Basmati rice! To prepare, boil 2 cups Fair Trade Basmati rice with 4 cups water, let simmer until all the water is evaporated.