

Published October 12th, 2011

Black Rice with Cranberries, Carrots, and Ginger

(Serves 4)

INGREDIENTS

3 tablespoons olive oil

2 tablespoons finely minced ginger

1 cup diced fresh oyster or shitake mushrooms

3 medium carrots cut into 1/4-inch cubes

1/2 cup minced onion (yellow or red)

2 celery stalks, cut into 1/4-inch cubes

Salt and pepper to taste

3 cups cooked black rice, cooked according to directions (Also called Forbidden Rice, is usually found in the health food, or even the rice section at your grocery store)

1 cup fresh orange juice

1 cup dried cranberries

1/4 cup toasted nuts (I used pecans)

DIRECTIONS

Preheat oven to 325F.

In a large skillet, heat oil over medium heat, swirling pan to coat. Add ginger and cook until fragrant, about 30 seconds. Add mushrooms and saute for 1 minute. Add carrots, onion, and celery. Season with salt and pepper. Stir-



Photo Susie Iventosch

fry until vegetables are tender, about 5 minutes. Stir in cooked rice, orange juice, and cranberries. Toss to mix well.

Put rice mixture into a 9x13-inch baking dish. Cover loosely with foil and bake until heated through and liquid evaporates, about 30 minutes. Garnish with nuts, if desired, and serve warm. (We found that this dish is very good served cold, too, as leftovers.)

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