

Jerusalem Market Rice

Ingredients

1C basmati or jasmine rice

2 C water

2 tsp. coconut oil

¼ tsp. turmeric, divided

1 tsp. extra virgin olive oil

1 onion, diced

5 pitted dates, diced

5 dried figs, diced

5 dried apricots, diced

5 prunes, diced

½ tsp. cumin

¼ tsp. paprika

¼ tsp. cinnamon

¼ tsp. EACH salt and pepper

2 TBSP EACH parsley and cilantro, chopped**

¼ C slivered almonds, toasted

Directions

1. Put the rice, water, coconut oil, and 1/8 tsp. turmeric in a 3 qt. pot.
2. Bring to a boil, reduce the heat to low.
3. Cover and simmer 15 – 20 minutes, until the water is absorbed by the rice.
This can be done ahead.
4. In a large saute pan, heat olive oil, add the diced onions and cook until they are lightly browned, about 5 minutes.
5. Put the diced fruits in a one cup measuring cup, add additional diced fruit of your choice, if necessary, to fill the cup.
6. Add the dried fruits, cumin, remaining 1/8 tsp. turmeric, paprika, and cinnamon to the onions, mix well.
7. Cook the mixture for 2 minutes.
8. Add the cooked rice, salt and pepper, stir to break up any clumps of rice.
9. Cover and cook on low for 5 minutes, until the fruits and rice are soft and warm.
10. Stir in the parsley and cilantro right before serving.
11. Put the rice in a serving bowl and top with the toasted almonds*, or serve the almonds on the side.

*NOTE: Almonds can be toasted in a frying pan on medium heat, stirring frequently until golden. Or they can be toasted on an aluminum foil lined small baking sheet in the oven or toaster oven (300 degrees). In all these cases, you must watch carefully to make sure the almonds do not burn because that can happen quickly! As soon as they begin to turn golden, remove them from the heat.

**It is easiest to use a kitchen scissors to cut the herbs, this way they don't 'bruise' and don't get pulverized.