

BLACK RICE, MANGO AND SUGAR SNAP PEA  
SALAD WITH RICE VINEGAR AND TAMARI  
DRESSING

HANDS - ON COOKING CLASS, WITH  
EXECUTIVE CHEF DENISE ROA

Black rice studded with sunny orange squares of ripe mango and bright green sugar snaps makes a stunning presentation. The best rice to use for this salad is Chinese black rice, marketed as Forbidden rice®. Unlike the more typical Japonica black rice, which has a round grain that cooks up soft and sticky, Forbidden Rice® has a long grain with a less starchy consistency which makes it perfect for savory dishes and salads. .

Cook Time: 25 minutes. Serves: 4

8 ounces string-less sugar snap peas, trimmed (about 2 cups)

Coarse salt

1 cup Forbidden rice®

Dressing:

3 tablespoons unseasoned Japanese rice vinegar

2 tablespoons mild flavored extra virgin olive oil

1 tablespoon tamari or soy sauce

2 teaspoons toasted sesame oil

1 teaspoon grated fresh ginger

1 garlic clove, grated

¼ teaspoon coarse salt

1 ripe mango, peeled and pitted, cut into ¼ inch pieces, about 1 1/2 cups

½ cup chopped red onion

¼ cup finely chopped cilantro, divided

2 teaspoons tan sesame seeds

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1. Heat a medium saucepan three-quarters filled with water to a boil. Add the sugar snaps and 1 teaspoon salt and cook, until tender, about 1 minute. Remove the sugar snaps from the boiling water with a perforated spoon or skimmer and place in a strainer. Rinse with cold water and set aside to cool. Add the rice to the boiling water and cook until the grains are tender, 25 to 30 minutes. Drain in a strainer. Rinse with cold water and set aside to cool.
2. Dressing: Whisk the vinegar, oil, tamari, sesame oil, ginger, garlic and salt in a large bowl. Add the rice, sugar snaps, mango and, red onion and half of the cilantro and gently toss to combine.
3. Spoon the rice salad onto the platter and sprinkle with remaining cilantro and sesame seeds.