

CELERY!



RICE AND PECAN SALAD WITH ORANGE-THYME DRESSING

Yield: 6 Servings

Chef Al King for Recipe for Success

INGREDIENTS

FOR THE RICE

2 cups basmati rice
28 ounces chicken or vegetable stock
1 tablespoon olive oil

FOR THE DRESSING

2 oranges
2 tablespoons thyme leaves
3 ounces lemon juice
1 ½ teaspoons salt
1 teaspoon black pepper
⅔ cup extra virgin olive oil

FOR THE SALAD

1 cup celery
½ cup scallions
1½ cups dried cranberries
1½ cups pecans

(recipe continued on other side)

CELERY IS VEGETABLE THAT HAS BEEN USED IN FOOD PREPARATION IN ALMOST EVERY CULTURE, DATING BACK TO ANCIENT EGYPT. CELERY IS VERY LOW IN CALORIES AND IT ALSO HELPS TO REDUCE STRESS HORMONES AND BLOOD PRESSURE.

RICE AND PECAN SALAD WITH ORANGE-THYME DRESSING CONTINUED

COOK THE RICE

Place the rice, stock, and olive oil in a large saucepan.

Cover and bring to boil. Reduce the heat. Simmer for 20 to 25 minutes or until rice is tender.

Remove from heat. Let stand for 5 to 7 minutes.

Fluff with a fork and transfer to a large bowl.

MAKE THE DRESSING

Grate the orange peel with a grater. Cut the orange in half. Squeeze the juice into a bowl.

Place 2 tablespoons of the orange rind, 2/3 cup of orange juice, thyme leaves, lemon juice, salt and pepper in a large bowl. Whisk to combine.

Slowly whisk in the oil to form an emulsion.

MAKE THE SALAD

Dice the celery and scallions.

Add the cranberries, celery and scallions to the rice.

Drizzle the dressing on to the salad. Toss to combine. Chill.

Coarsely chop the pecans. Add the pecans to the salad just before serving.



COOKING TIP

Celery is often used “behind the scenes” in a dish because of its subtle flavors. Try using it to make a quick slaw. Thinly slice 3 ribs of celery, 1/4 of a white cabbage, 1/4 red onion, 1/4 cup of mayonnaise, 2 minced garlic cloves, 1 table-spoon of water, and salt and pepper to taste.

