

Spiced Rice Salad

by Margaret Fulton

90g (3oz) dried Apricots, chopped

¾ cup long-grain Rice

Salt

1 tablespoon Maize Oil

60g (2oz) Split Almonds

1 teaspoon grated Nutmeg

3 Celery Sticks, diced

4 Spring Onions, sliced

1 tablespoon chopped Coriander

4 tablespoons French Dressing *

Cover the apricots with boiling water, leave to soak for 1 hour, then drain well.

Place the rice in a pan of boiling salted water and simmer for 12 to 15 minutes, until tender. Rinse thoroughly, drain and leave to cool slightly.

Heat the oil in a small pan, add the almonds and fry until pale golden. Add the nutmeg and fry for a few seconds.

Place the warm rice in a salad bowl with the apricots. Add the spiced almonds with their oil. Mix in the celery, spring onions and coriander.

Pour the dressing over the salad and toss thoroughly before serving.

VARIATION: Use stoned and chopped dates instead of the dried apricots; these will not require pre-soaking.