

# MARYLAND FARM & HARVEST

## ***The Local Buy* recipe, Episode 911**

### **Turmeric Rice**

- 1 cup basmati rice
- 1½ cups water
- 1½ TBS unsalted butter
- ½ tsp salt
- ½ TBS fresh grated turmeric



- In a wire mesh strainer, rinse rice well under cold water. Transfer rice to a small saucepan. Add water, butter, salt, and turmeric.

- Bring water to a simmer and cover with a lid. Let simmer for 15-20, until water is absorbed and rice is tender. Turn off heat and let rice sit, covered, for 5 minutes. Then, fluff with a fork and serve immediately.

## Fresh Turmeric Ginger Salad Dressing

- 1 knob\* of fresh ginger
- 1 knob\* of fresh turmeric
- 1 whole seedless orange, peeled
- 1 TBS honey
- ½ cup of apple cider vinegar
- 1½ cups of avocado or other neutral oil
- salt and pepper, to taste
- 1/32 tsp of xanthan gum (optional, but it makes the dressing creamier)

\*(about 2-3 tsp)



- Place ginger, turmeric, orange, honey, and vinegar to blender and combine. (Add xanthan gum, if using.)
- With blender running, drizzle in oil until dressing thickens and emulsifies. Season to taste with salt and pepper.