**Chi-Rich Red Rice Palau**

1 c. Bhutanese red rice

1 onion finely-chopped

2 large cloves garlic, minced or pressed

1Tbs. coconut oil

3 whole cloves (spice)

½ tsp. cumin seed

½ tsp. black mustard seed (optional)

1 tsp. coriander seed crushed

black pepper, a few fresh grinds

1 tsp. turmeric powder

¼ c. fresh peas

1 tsp. Himalayan salt, or to taste

2 dried chanterelle mushrooms, broken

1 Tbs. dried porcini mushrooms, broken

1 Tbs. dried nettles

1.5 c. filtered water

1-2 Tbs. tomato sauce (optional)

Start the night before rinsing the rice in a stainless strainer, and swishing it a bit in a mixing bowl just a bit larger. Dirty water is great for plants. Do a second time. Let water drain. Set strainer with rice in the bowl; cover with a folded kitchen towel. By mid-day meal, the rice will have fluffed up and increased remarkably in nutrients. Magic!

Toward mealtime, sauté onion in coconut oil over low heat till fragrant and golden; add garlic. Let mellow into richness for a bit. Add whole spices; stir now and then over next five minutes or so. Stir in turmeric and fresh peas for a bit.

Add water (note: this rice takes less water than brown rice), tomato sauce, mushrooms, nettles, salt. Bring to boil. Add rice. When the liquid returns to boil, lower heat to simmer, and cover with tight-fitting lid. Do not peek: the B-vitamins in rice are water-soluble and escape in steam. Cook about 40 minutes. Check on it. If done, let sit ten minutes or so and serve.

For anyone not well, or recovering from an illness, this Palau can be puréed with water in a blender for easy digestibility. Adding steamed greens would be a plus, for a nourishing creamed soup. (You might choose to omit the mustard seed and/or tomato for those convalescing, etc.)

Note to cooks: My admirable geek webmaster is off on adventures. It is she who created the .pdf form for recipes. Your faithful Luddite author is defeated by that step. So, cut & paste, and good eating to you and yours!