



Mountain Peak Black Rice Salad Bowl²

Uses Infused Soy Sauce and Whipped Savory Non-Dairy Cream

Infused Soy Sauce:

- 3 Tablespoons organic traditional soy sauce
- 1 Tablespoon hot water
- 1 teaspoon sesame oil
- 1/4 teaspoon ground ginger
- 1/8 teaspoon red pepper flakes
- 1/4 teaspoon onion powder
- 1/2 teaspoon garlic powder

In a small bowl, stir soy sauce, hot water, and sesame oil. Add ginger, pepper flakes, onion powder, and garlic powder. Set aside to infuse at room temperature.

Black Rice:

- 1-3/4 cup water
- 1 cup black rice
- 1/3 cup chopped cooked ham or cooked bacon, optional

Place water and black rice in medium saucepan. Bring to boiling; reduce heat to simmer; cover; cook for 35 to 45 minutes or tender. Drain off any excess water; flake with fork. Stir infused soy sauce and optional ham or bacon, if desired, into warm cooked rice. Set aside.

Vegetables and Chickpea Cream:

1/2 cup chopped multi-colored sweet peppers

1/2 cup chopped green onions

1/3 cup chopped parsley or cilantro

1-1/2 cups frozen green peas, defrosted; rinsed

1 (15 ounce) can chickpeas with liquid

1/8 teaspoon cream of tartar

1 teaspoon soy sauce

Herbs as desired: chopped: basil, mint leaves or shiso leaves

1/4 cup chopped smoked almonds or as desired

Garnish: 2 to 4 peppadew peppers.

Serve with pita chips or crackers

Prepare Vegetables: In a small bowl, stir peppers, green onions, and parsley together; set aside. Rinse peas in hot water; drain well; set aside.

Prepare Whipped Savory Non-Dairy Cream:

Drain chickpeas; save (aquafaba) liquid. Set chickpeas aside. Place chickpea liquid (aquafaba) in a food processor. Begin whipping at medium speed. Add cream of tartar and teaspoon of soy sauce; continue whipping for 5 to 10 minutes or fluffy whipped savory cream forms

Prepare Right Before Serving: Layer Rice Bowl: Spoon warm black rice evenly into bottom of large bowl. Spoon chickpeas over rice; spread half of whipped savory cream over chickpeas. Top with layer of well drained peas. Spread remaining whipped savory cream over pea layer.

Add chopped basil and mint to pepper mixture; spoon over the top. Sprinkle top with chopped smoked almonds as desired; Garnish with red peppadew peppers. Serve immediately while warm with your favorite pita chips or crackers. Yield: 6 main dish salads

Cook's Note: The dish should be layered right before serving since the fluffy cream layers will liquify upon standing. The dish is so attractive with the colorful vegetable topping is dotted with creamy white peaks.

About the Recipe: It's a main dish rice and chickpea salad that can be served warm or room temperature. The surprise is the black rice that is nestled on the bottom of the serving dish. The savory non-dairy cream like a dressing flavors the layers that are topped with crisp colorful peppers, smoked almonds, parsley, and peppadew peppers.