

284 Amazing Rice Recipes



Jo Frank

"Ultimate, Delicious Rice Recipes - this is the book you need"

284

Amazing Rice Recipes

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If you like rice, then do yourself a favor, buy this book and let the bliss begin.

This book is the most lavish and the most complete, ever published on the subject of that most versatile of all foods—rice. Filled with 284 of the world's best recipes, This book is literally a rice lover's dream come true.

This book offers rice lovers 284 ways in which to enjoy their favorite food. Paella, Rice Pudding, Fried Rice, Pilaf, Souffle and every other decadent rice dish imaginable—plus some unusual ones—are all featured in easy-to-read recipes. And even easier to find with a great index and alphabetical table of contents.

The book opens with a comprehensive overview of the science, history and business of rice, though any true rice lover will likely already be up to speed on the wonderful possibilities and want to dig right into the 284 rice recipes.

This will make a must-have gift for anyone keen on rice. The instructions are easily understandable, and the book's tips and variations make the recipes easy to follow.

This book has everything rice!

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Rice

Rice, white, long-grain, regular, raw, unenriched Nutritional value per 100 g (3.5 oz)		
Energy 370 kcal 1530 kJ		
Carbohydrates		79 g
- Sugars	0.12 g	
- Dietary fiber	1.3 g	
Fat		0.66 g
Protein		7.13 g
Water		11.62 g
Thiamin (Vit. B1)	0.070 mg	5%
Riboflavin (Vit. B2)	0.049 mg	3%
Niacin (Vit. B3)	1.6 mg	11%
Pantothenic acid (B5)	1.014 mg	20%
Vitamin B6	0.164 mg	13%
Folate (Vit. B9)	8 µg	2%
Calcium	28 mg	3%
Iron	0.80 mg	6%
Magnesium	25 mg	7%
Manganese	1.088 mg	54%
Phosphorus	115 mg	16%
Potassium	115 mg	2%
Zinc	1.09 mg	11%
Percentages are relative to US		

recommendations for adults.

Source: USDA Nutrient database



Oryza sativa

The planting of rice is often a labour-intensive process



Unpolished rice with bran.



Japanese short-grain rice



Japanese short-grain rice

Rice is a cereal foodstuff which forms an important part of the diet of many people worldwide and as such it is a staple food for many.

Domesticated rice comprises two species of food crops in the *Oryza* genus of the Poaceae ("true grass") family: Asian rice, *Oryza sativa* is native to tropical and subtropical southern Asia; African rice, *Oryza glaberrima*, is native to West Africa.

The name **wild rice** is usually used for species of the different but related genus *Zizania*, both wild and domesticated, although the term may be used for primitive or uncultivated varieties of *Oryza*.

Rice is grown as a monocarpic annual plant, although in tropical areas it can survive as a perennial and can produce a ratoon crop and survive for up to 20 years. Rice can grow to 1–1.8 m tall, occasionally more depending on the variety and soil fertility. The grass has long, slender leaves 50–100 cm long and 2–2.5 cm broad. The small wind-pollinated flowers are produced in a branched arching to pendulous inflorescence 30–50 cm long. The edible seed is a grain (caryopsis) 5–12 mm long and 2–3 mm thick.

Rice is a staple food for a large part of the world's human population, especially in tropical Latin America, and East, South and Southeast Asia, making it the second-most consumed cereal grain. A traditional food plant in Africa, Rice has the potential to improve nutrition, boost food security, foster rural development and support sustainable landcare.^[4] Rice provides more than one fifth of the calories consumed worldwide by humans.^[5] In early 2008, some governments and retailers began rationing supplies of the grain due to fears of a global rice shortage.

Rice cultivation is well-suited to countries and regions with low labor costs and high rainfall, as it is very labor-intensive to cultivate and requires plenty of water for cultivation. On the other hand, mechanized cultivation is extremely oil-intensive, more than other food products with the exception of beef and dairy products. Rice can be grown practically anywhere, even on a

steep hill or mountain. Although its species are native to South Asia and certain parts of Africa, centuries of trade and exportation have made it commonplace in many cultures.

The traditional method for cultivating rice is flooding the fields whilst, or after, setting the young seedlings. This simple method requires sound planning and servicing of the water damming and channeling, but reduces the growth of less robust weed and pest plants that have no submerged growth state, and deters vermin. While with rice growing and cultivation the flooding is not mandatory, all other methods of irrigation require higher effort in weed and pest control during growth periods and a different approach for fertilizing the soil.

Classification

There are two species of domesticated rice, *Oryza sativa* (Asian) and *Oryza glaberrima* (African).

Oryza sativa contains two major subspecies: the sticky, short-grained *japonica* or *sinica* variety, and the non-sticky, long-grained *indica* variety. *Japonica* are usually cultivated in dry fields, in temperate East Asia, upland areas of Southeast Asia and high elevations in South Asia, while *indica* are mainly lowland rices, grown mostly submerged, throughout tropical Asia. Rice is known to come in a variety of colors, including: white, brown, black, purple, and red.

A third subspecies, which is broad-grained and thrives under tropical conditions, was identified based on morphology and initially called *javanica*, but is now known as *tropical japonica*. Examples of this variety include the medium grain “Tinawon” and “Unoy” cultivars, which are grown in the high-elevation rice terraces of the Cordillera Mountains of northern Luzon, Philippines.

Glaszmann (1987) used isozymes to sort *Oryza sativa* into six groups: *japonica*, *aromatic*, *indica*, *aus*, *rayada*, and *ashina*.^[10]

Garris *et al* (2004) used SSRs to sort *Oryza sativa* into five groups; *temperate japonica*, *tropical japonica* and *aromatic* comprise the *japonica* varieties, while *indica* and *aus* comprise the *indica* varieties.^[11]

Etymology

According to the *Microsoft Encarta Dictionary* (2004) and the *Chambers Dictionary of Etymology* (1988), the word 'rice' has an Indo-Iranian origin. It came to English from Greek *óryza*, via Latin *oriza*, Italian *riso* and finally Old French *ris* (the same as present day French *riz*).

It has been speculated that the Indo-Iranian *vrihi* itself is borrowed from a Dravidian *vari* (< PDr. **warinci*)^[12] or even a Munda language term for rice, or the Tamil name *arisi* (அரிசி) from which the Arabic *ar-ruzz*, from which the Portuguese and Spanish word *arroz* originated.

Preparation as food



Broker of rice in the 1820's Japan. "36 Views of Mount Fuji" Hokusai



Old fashioned way of rice polishing in Japan. "36 Views of Mount Fuji" Hokusai

The seeds of the rice plant are first milled using a rice huller to remove the chaff (the outer husks of the grain). At this point in the process, the product is called brown rice. The milling may be continued, removing the 'bran' (i.e. the rest of the husk and the germ), thereby creating white rice. White rice, which keeps longer, lacks some important nutrients; in a limited diet which does not supplement the rice, brown rice helps to prevent the deficiency disease beriberi.

White rice may be also buffed with glucose or talc powder (often called *polished rice*, though this term may also refer to white rice in general), parboiled, or processed into flour. White rice may also be enriched by adding nutrients, especially those lost during the milling process. While the cheapest method of enriching involves adding a powdered blend of nutrients that will easily wash off (in the United States, rice which has been so treated requires a label warning against rinsing), more sophisticated methods apply nutrients

directly to the grain, coating the grain with a water insoluble substance which is resistant to washing.



Terraced rice paddy on a hill slope in Indonesia.

Despite the hypothetical health risks of talc (such as stomach cancer),^[13] talc-coated rice remains the norm in some countries due to its attractive shiny appearance, but it has been banned in some and is no longer widely used in others such as the United States. Even where talc is not used, glucose, starch, or other coatings may be used to improve the appearance of the grains; for this reason, many rice lovers still recommend washing all rice in order to create a better-tasting rice with a better consistency, despite the recommendation of suppliers. Much of the rice produced today is water polished.

Rice bran, called *nuka* in Japan, is a valuable commodity in Asia and is used for many daily needs. It is a moist, oily inner layer which is heated to produce an oil. It is also used as a pickling bed in making rice bran pickles and Takuan.

Raw rice may be ground into flour for many uses, including making many kinds of beverages such as amazake, horchata, rice milk, and sake. Rice flour does not contain gluten and is suitable for people on a gluten-free diet. Rice may also be made into various types of noodles. Raw wild or brown rice may also be consumed by raw-foodist or fruitarians if soaked and sprouted (usually 1 week to 30 days), see also *Gaba rice* below.

Processed rice seeds must be boiled or steamed before eating. Cooked rice may be further fried in oil or butter, or beaten in a tub to make mochi.

Rice is a good source of protein and a staple food in many parts of the world, but it is not a complete protein: it does not contain all of the essential amino acids in sufficient amounts for good health, and should be combined with other sources of protein, such as nuts, seeds, beans or meat.

Rice, like other cereal grains, can be puffed (or popped). This process takes advantage of the grains' water content and typically involves heating grains in a special chamber. Further puffing is sometimes accomplished by processing pre-puffed pellets in a low-pressure chamber. The ideal gas law means that either lowering the local pressure or raising the water temperature

results in an increase in volume prior to water evaporation, resulting in a puffy texture. Bulk raw rice density is about 0.9 g/cm^3 . It decreases more than tenfold when puffed.

Cooking

See Wikibooks' Rice Recipes for information on food preparation using rice.

There are many varieties of rice; for many purposes the main distinction is between long- and medium-grain rice. The grains of long-grain rice tend to remain intact after cooking; medium-grain rice becomes more sticky. Medium-grain rice is used for sweet dishes, and for risotto and many Spanish dishes.



Uncooked, polished, white long-grain rice

Rice is cooked by boiling or steaming, and absorbs water during cooking. It can be cooked in just as much water as it absorbs (the absorption method), or in a large quantity of water which is drained before serving (the rapid-boil method).^[15] Electric rice cookers, popular in Asia and Latin America, simplify the process of cooking rice. Rice is often heated in oil before boiling, or oil is added to the water; this is thought to make the cooked rice less sticky.

In Arab cuisine rice is an ingredient of many soups and dishes with fish, poultry, and other types of meat. It is also used to stuff vegetables or is wrapped in grape leaves. When combined with milk, sugar and honey, it is used to make desserts. In some regions, such as Tabaristan, bread is made using rice flour. Medieval Islamic texts spoke of medical uses for the plant.^[16]

Rice may also be made into rice porridge (also called congee or rice gruel) by adding more water than usual, so that the cooked rice is saturated with water to the point that it becomes very soft, expanded, and fluffy. Rice porridge is commonly eaten as a breakfast food, and is also a traditional food for the sick.

Rice may be soaked prior to cooking, which saves fuel, decreases cooking time, minimizes exposure to high temperature and thus decreases the sticki-

ness of the rice. For some varieties, soaking improves the texture of the cooked rice by increasing expansion of the grains.

In some countries parboiled rice is popular. Parboiled rice is subjected to a steaming or parboiling process while still a brown rice. This causes nutrients from the outer husk to move into the grain itself. The parboil process causes a gelatinisation of the starch in the grains. The grains become less brittle, and the color of the milled grain changes from white to yellow. The rice is then dried, and can then be milled as usual or used as brown rice. Milled parboiled rice is nutritionally superior to standard milled rice. Parboiled rice has an additional benefit in that it does not stick to the pan during cooking, as happens when cooking regular white rice.

Minute Rice, or "easy-cook rice", differs from parboiled rice in that it is milled, fully cooked and then dried. It does not share the nutritional benefits of parboiling.

A nutritionally superior method of preparing brown rice known as **GABA Rice** or GBR (Germinated Brown Rice)^[17] may be used. This involves soaking washed brown rice for 20 hours in warm water (38°C or 100°F) prior to cooking it. This process stimulates germination, which activates various enzymes in the rice. By this method, a result of research carried out for the United Nations Year of Rice, it is possible to obtain a more complete amino acid profile, including GABA.

Cooked rice can contain *Bacillus cereus* spores, which produce an emetic toxin when left at 4°C–60°C [5]. When storing cooked rice for use the next day, rapid cooling is advised to reduce the risk of contamination.

Rice growing ecology

Rice can be grown in different ecologies, depending upon water availability.^[18]

1. **Lowland, rainfed**, which is drought prone, favors medium depth; waterlogged, submergence, and flood prone
2. **Lowland, irrigated**, grown in both the wet season and the dry season
3. **Deep water** or floating rice
4. **Coastal Wetland**
5. **Upland rice**, also known as '**Ghaiya rice**', well known for its drought tolerance^[19]

History of rice domestication & cultivation

Based on one chloroplast and two nuclear gene regions, Londo *et al* (2006) conclude that rice was domesticated at least twice—*indica* in eastern India, Myanmar and Thailand; and *japonica* in southern China—though they concede that there is archaeological and genetic evidence for a single domestication of rice in the lowlands of China.^[20]



Abstract pattern of terrace rice fields in Yuanyang, Yunnan Province, southern China.

Because the functional allele for non-shattering—the critical indicator of domestication in grains—as well as five other single nucleotide polymorphisms, is identical in both *indica* and *japonica*, Vaughan *et al* (2008) determined that there was a single domestication event for *Oryza sativa* in the region of the Yangtze river valley.^[21]

Continental East Asia

Rice appears to have been used by the Early Neolithic populations of Lijiacun and Yunchanyan.^[22] Evidence of possible rice cultivation in China from ca. 11,500 BP has been found, however it is still questioned whether the rice was indeed being cultivated, or instead being gathered as wild rice.^[23] Bruce Smith, an archaeologist at the Smithsonian Institution in Washington, D.C., who has written on the origins of agriculture, says that evidence has been mounting that the Yangtze was probably the site of the earliest rice cultivation.^[24]

Zhao (1998) argues that collection of wild rice in the Late Pleistocene had, by 6400 BC, led to the use of primarily domesticated rice.^[25] Morphological studies of rice phytoliths from the Diaotonghuan archaeological site clearly show the transition from the collection of wild rice to the cultivation of domesticated rice. The large number of wild rice phytoliths at the Diaotonghuan level dating from 12,000-11,000 BP indicates that wild rice collection was part of the local means of subsistence. Changes in the morphology of Diaotonghuan phytoliths dating from 10,000-8,000 BP show that rice had by this time been domesticated.^[26] Analysis of Chinese rice residues from Pengtoushan which were C14(carbon dating) dated to 8200-7800 BCE show that rice had been domesticated by this time.^[27]

In 1998, Crawford & Shen reported that the earliest of 14 AMS or radio-carbon dates on rice from at least nine Early to Middle Neolithic sites is no older than 7000 BC, that rice from the Hemudu and Luojiajiao sites indicates that rice domestication likely began before 5000 BC, but that most sites in China from which rice remains have been recovered are younger than 5000 BC.^[22]

South Asia



Paddy fields in the Indian state of Tamil Nadu

Wild *Oryza* rice appeared in the Belan and Ganges valley regions of northern India as early as 4530 BC and 5440 BC respectively,^[28] although many believe it may have appeared earlier. The Encyclopedia Britannica—on the subject of the first certain cultivated rice—holds that:^[29]

Many cultures have evidence of early rice cultivation, including China, India, and the civilizations of Southeast Asia. However, the earliest archaeological evidence comes from central and eastern China and dates to 7000–5000 BC.

Denis J. Murphy (2007) further details the spread of cultivated rice from India into South-east Asia.^[30]

Several wild cereals, including rice, grew in the Vindhyan Hills, and rice cultivation, at sites such as Chopani-Mando and Mahagara, may have been underway as early as 7000 BP. The relative isolation of this area and the early development of rice farming imply that it was developed indigenously.

Chopani-Mando and Mahagara are located on the upper reaches of the Ganges drainage system and it is likely that migrants from this area spread rice farming down the Ganges valley into the fertile plains of Bengal, and beyond into south-east Asia.

Rice was cultivated in the Indus Valley Civilization.^[31] Agricultural activity during the second millennium BC included rice cultivation in the Kashmir and Harrappan regions.^[28] Mixed farming was the basis of Indus valley economy.^[31]

Punjab is the largest producer and consumer of rice in India.

Korean peninsula and Japanese archipelago



Utagawa Hiroshige, *Rice field in Oki province, view of O-Yama*.

Mainstream archaeological evidence derived from palaeoethnobotanical investigations indicate that dry-land rice was introduced to Korea and Japan some time between 3500 and 1200 BC. The cultivation of rice in Korea and Japan during that time occurred on a small-scale, fields were impermanent plots, and evidence shows that in some cases domesticated and wild grains were planted together. The technological, subsistence, and social impact of rice and grain cultivation is not evident in archaeological data until after 1500 BC. For example, intensive wet-paddy rice agriculture was introduced into Korea shortly before or during the Middle Mumun Pottery Period (c. 850–550 BC) and reached Japan by the Final Jōmon or Initial Yayoi circa 300 BC.^{[32][22]}

In 2003, Korean archaeologists alleged that they discovered burnt grains of domesticated rice in Soro-ri, Korea, which dated to 13,000 BC. These predate the oldest grains in China, which were dated to 10,000 BC, and potentially challenge the mainstream explanation that domesticated rice originated in China.^[33] The findings were received by academia with strong skepticism, and the results and their publicizing has been cited as being driven by a combination of nationalist and regional interests.^[34]

Southeast Asia



Using water buffalo to plough rice fields in Java; Indonesia is the world's third largest paddy rice producer and its cultivation has transformed much of the country's landscape.

Rice is the staple for all classes in contemporary South East Asia, from Myanmar to Indonesia. In Indonesia, evidence of wild *Oryza* rice on the island of Sulawesi dates from 3000 BCE. The evidence for the earliest cultivation, however, comes from eighth century stone inscriptions from Java, which show kings levied taxes in rice. Divisions of labor between men, women, and animals that are still in place in Indonesian rice cultivation, can be seen carved into the ninth-century Prambanan temples in Central Java. In the sixteenth century, Europeans visiting the Indonesian islands saw rice as a new prestige food served to the aristocracy during ceremonies and feasts. Rice production in Indonesian history is linked to the development of iron tools and the domestication of water buffalo for cultivation of fields and manure for fertilizer. Once covered in dense forest, much of the Indonesian landscape has been gradually cleared for permanent fields and settlements as rice cultivation developed over the last fifteen hundred years.^[35]

In the Philippines, the greatest evidence of rice cultivation since ancient times can be found in the Cordillera Mountain Range of Luzon in the provinces of Apayao, Benguet, Mountain Province and Ifugao. The Banaue Rice Terraces (Tagalog: Hagdan-hagdang Palayan ng Banaue) are 2,000 to 3,000-year old terraces that were carved into the mountains by ancestors of the Batad indigenous people. It is commonly thought that the terraces were built with minimal equipment, largely by hand. The terraces are located approximately 1,500 meters (5000 ft) above sea level and cover 10,360 square kilometers (about 4,000 square miles) of mountainside. They are fed by an ancient irrigation system from the rainforests above the terraces. It is said that if the steps are put end to end it would encircle half the globe. The Rice Terraces (a UNESCO World Heritage Site) are commonly referred to by Filipinos as the "Eighth Wonder of the World".

Evidence of wet rice cultivation as early as 2200 BC has been discovered at both Ban Chiang and Ban Prasat in Thailand.

By the 19th Century, encroaching European expansionism in the area increased rice production in much of South East Asia, and Thailand, then known as Siam. British Burma became the world's largest exporter of rice, from the turn of the 20th century up till the 1970s, when neighbouring Thailand exceeded Burma.



Rice crop in Madagascar

African rice has been cultivated for 3500 years. Between 1500 and 800 BC, *O. glaberrima* propagated from its original centre, the Niger River delta, and extended to Senegal. However, it never developed far from its original region. Its cultivation even declined in favour of the Asian species, possibly brought to the African continent by Arabs coming from the east coast between the 7th and 11th centuries CE.

In parts of Africa under Islam, rice was chiefly grown in southern Morocco. During the tenth century rice was also brought to east Africa by Muslim traders. Although, the diffusion of rice in much sub-Saharan Africa remains uncertain, Muslims brought it to the region stretching from Lake Chad to the White Nile.^[36]



The actual and hypothesized cultivation of rice (areas shown in green) in the Old World (both Muslim and non-Muslim regions) during Islamic times (700-1500). Cultivation of rice during pre-Islamic times have been shown in orange.^[36]

Middle East

According to Zohary and Hopf (2000, p. 91), *O. sativa* was introduced to the Middle East in Hellenistic times, and was familiar to both Greek and Roman writers. They report that a large sample of rice grains was recovered from a grave at Susa in Iran (dated to the first century AD) at one end of the ancient world, while at the same time rice was grown in the Po valley in Italy. However, Pliny the Elder writes that rice (*oryza*) is grown only in "Egypt, Syria, Cilicia, Asia Minor and Greece" (*N.H.* 18.19).

After the rise of Islam, rice was grown anywhere there was enough water to irrigate it. Thus, desert oases, river valleys, and swamp lands were all important sources of rice during the Muslim Agricultural Revolution.^[36]

In Iraq rice was grown in some areas of southern Iraq. With the rise of Islam it moved north to Nisibin, the southern shores of the Caspian Sea and then beyond the Muslim world into the valley of Volga. In Israel, rice came to be grown in the Jordan valley. Rice is also grown in Yemen.^[36]

Europe

The Muslims (later known as Moors) brought Asiatic rice to the Iberian Peninsula in the tenth century. Records indicate it was grown in Valencia and Majorca. In Majorca, rice cultivation seems to have stopped after the Christian conquest, although historians are not certain.^[36]

Muslims also brought rice to Sicily, where it was an important crop.^[36]

After the middle of the 15th century, rice spread throughout Italy and then France, later propagating to all the continents during the age of European exploration.

United States



South Carolina rice plantation (Mansfield Plantation, Georgetown.)

In 1694, rice arrived in South Carolina, probably originating from Madagascar.

In the United States, colonial South Carolina and Georgia grew and amassed great wealth from the slave labor obtained from the Senegambia area of West Africa and from coastal Sierra Leone. At the port of Charleston, through which 40% of all American slave imports passed, slaves from this region of Africa brought the highest prices, in recognition of their prior knowledge of rice culture, which was put to use on the many rice plantations around Georgetown, Charleston, and Savannah. From the slaves, plantation owners learned how to dyke the marshes and periodically flood the fields. At first the rice was milled by hand with wooden paddles, then winnowed in sweetgrass baskets (the making of which was another skill brought by the slaves). The invention of the rice mill increased profitability of the crop, and the addition of water power for the mills in 1787 by millwright Jonathan

Lucas was another step forward. Rice culture in the southeastern U.S. became less profitable with the loss of slave labor after the American Civil War, and it finally died out just after the turn of the 20th century. Today, people can visit the only remaining rice plantation in South Carolina that still has the original winnowing barn and rice mill from the mid-1800s at the historic Mansfield Plantation in Georgetown, SC. The predominant strain of rice in the Carolinas was from Africa and was known as "Carolina Gold." The cultivar has been preserved and there are current attempts to reintroduce it as a commercially grown crop.^[37]



American long-grain rice

In the southern United States, rice has been grown in southern Arkansas, Louisiana, and east Texas since the mid 1800s. Many Cajun farmers grew rice in wet marshes and low lying prairies. In recent years rice production has risen in North America, especially in the Mississippi River Delta areas in the states of Arkansas and Mississippi.

Rice cultivation began in California during the California Gold Rush, when an estimated 40,000 Chinese laborers immigrated to the state and grew small amounts of the grain for their own consumption. However, commercial production began only in 1912 in the town of Richvale in Butte County.^[38] By 2006, California produced the second largest rice crop in the United States,^[39] after Arkansas, with production concentrated in six counties north of Sacramento.^[40] Unlike the Mississippi Delta region, California's production is dominated by short- and medium-grain *japonica* varieties, including cultivars developed for the local climate such as Calrose, which makes up as much as eighty five percent of the state's crop.^[41]

References to wild rice in the Americas are to the unrelated *Zizania palustris*

More than 100 varieties of rice are commercially produced primarily in six states (Arkansas, Texas, Louisiana, Mississippi, Missouri, and California) in the U.S.^[42] According to estimates for the 2006 crop year, rice production

in the U.S. is valued at \$1.88 billion, approximately half of which is expected to be exported. The U.S. provides about 12% of world rice trade.^[42] The majority of domestic utilization of U.S. rice is direct food use (58%), while 16 percent is used in processed foods and beer respectively. The remaining 10 percent is found in pet food.^[42]

Australia

Although attempts to grow rice in the well-watered north of Australia have been made for many years, they have consistently failed because of inherent iron and manganese toxicities in the soils and destruction by pests.

In the 1920s it was seen as a possible irrigation crop on soils within the Murray-Darling Basin that were too heavy for the cultivation of fruit and too infertile for wheat.^[43]

Because irrigation water, despite the extremely low runoff of temperate Australia, was (and remains) very cheap, the growing of rice was taken up by agricultural groups over the following decades. Californian varieties of rice were found suitable for the climate in the Riverina, and the first mill opened at Leeton in 1951.

Even before this Australia's rice production greatly exceeded local needs,^[43] and rice exports to Japan have become a major source of foreign currency. Above-average rainfall from the 1950s to the middle 1990s^[44] encouraged the expansion of the Riverina rice industry, but its prodigious water use in a practically waterless region began to attract the attention of environmental scientists. These became severely concerned with declining flow in the Snowy River and the lower Murray River.

Although rice growing in Australia is exceedingly efficient and highly profitable due to the cheapness of land, several recent years of severe drought have led many to call for its elimination because of its effects on extremely fragile aquatic ecosystems. Politicians, however, have not made any plan to reduce rice growing in southern Australia.

World production and trade

Production and export



Paddy rice output in 2005.

World production of rice^[45] has risen steadily from about 200 million tonnes of paddy rice in 1960 to 600 million tonnes in 2004. Milled rice is about

68% of paddy rice by weight. In the year 2004, the top four producers were China (26% of world production), India (20%), Indonesia (9%) and Bangladesh.

World trade figures are very different, as only about 5–6% of rice produced is traded internationally. The largest three exporting countries are Thailand (26% of world exports), Vietnam (15%), and the United States (11%), while the largest three importers are Indonesia (14%), Bangladesh (4%), and Brazil (3%). Although China and India are the top two largest producers of rice in the world, both of countries consume the majority of the rice produced domestically leaving little to be traded internationally.

Price

In March to May 2008, the price of rice rose greatly due to a rice shortage. In late April 2008, rice prices hit 24 cents a pound, twice the price that it was seven months earlier.^[46]

On the 30th of April, 2008, Thailand announced the project of the creation of the Organisation of Rice Exporting Countries (OREC) with the potential to develop into a price-fixing cartel for rice.^{[47][48]}

Worldwide consumption

Consumption of rice by country—2003/2004 (million metric ton)^[49]

 China	135
 India	85
 Egypt	39
 Indonesia	37
 Malaysia	37
 Bangladesh	26
 Vietnam	18
 Thailand	10
 Myanmar	10
 Philippines	9.7
 Japan	8.7
 Brazil	8.1
 South Korea	5.0
 United States	3.9

Source:

United States Department of Agriculture[6]

Between 1961 and 2002, per capita consumption of rice increased by 40%. Rice consumption is highest in Asia, where average per capita consumption is higher than 80 kg/person per year. In the subtropics such as South America, Africa, and the Middle East, per capita consumption averages between 30 and 60 kg/person per year. People in the developed West, including Europe and the United States, consume less than 10 kg/person per year.^{[50][51]}

Rice is the most important crop in Asia. In Cambodia, for example, 90% of the total agricultural area is used for rice production. See *The Burning of the Rice* by Don Puckridge for the story of rice production in Cambodia [7].

U.S. rice consumption has risen sharply over the past 25 years, fueled in part by commercial applications such as beer production.^[52] Almost one in five adult Americans now report eating at least half a serving of white or brown rice per day.^[53]

Environmental impacts

In many countries where rice is the main cereal crop, rice cultivation is responsible for most of the methane emissions.^[54] Farmers in some of the arid regions try to cultivate rice using groundwater bored through pumps, thus increasing the chances of famine in the long run. Rice also requires much more water to produce than other grains.^[55]

As sea levels rise, rice will become more inclined to remain flooded for longer periods of time. Longer stays in water cuts the soil off from atmospheric oxygen and causes fermentation of organic matter in the soil. During the wet season, rice cannot hold the carbon in anaerobic conditions. The microbes in the soil convert the carbon into methane which is then released through the respiration of the rice plant or through diffusion of water. Current contributions of methane from agriculture is ~15% of anthropogenic greenhouse gases, as estimated by the IPCC. Further rise in sea level of 10-85 centimeters would then stimulate the release of more methane into the air by rice plants. Methane is twenty times more effective as a greenhouse gas than carbon dioxide is.^[56]

Pests and diseases

Main article: List of rice diseases

Rice pests are any organisms or microbes with the potential to reduce the yield or value of the rice crop (or of rice seeds)^[57] (Jahn et al 2007). Rice pests include weeds, pathogens, insects, rodents, and birds. A variety of factors can contribute to pest outbreaks, including the overuse of pesticides and high rates of nitrogen fertilizer application (e.g. Jahn et al. 2005) [8]. Weather conditions also contribute to pest outbreaks. For example, rice gall midge and army

worm outbreaks tend to follow high rainfall early in the wet season, while thrips outbreaks are associated with drought (Douangboupouha et al. 2006).

One of the challenges facing crop protection specialists is to develop rice pest management techniques which are sustainable. In other words, to manage crop pests in such a manner that future crop production is not threatened (Jahn et al. 2001). Rice pests are managed by cultural techniques, pest-resistant rice varieties, and pesticides (which include insecticide). Increasingly, there is evidence that farmers' pesticide applications are often unnecessary (Jahn et al. 1996, 2004a,b) [9] [10] [11]. By reducing the populations of natural enemies of rice pests (Jahn 1992), misuse of insecticides can actually lead to pest outbreaks (Cohen et al. 1994). Botanicals, so-called “natural pesticides”, are used by some farmers in an attempt to control rice pests, but in general the practice is not common. Upland rice is grown without standing water in the field. Some upland rice farmers in Cambodia spread chopped leaves of the bitter bush (*Chromolaena odorata* (L.)) over the surface of fields after planting. The practice probably helps the soil retain moisture and thereby facilitates seed germination. Farmers also claim the leaves are a natural fertilizer and helps suppress weed and insect infestations (Jahn et al. 1999).

Among rice cultivars there are differences in the responses to, and recovery from, pest damage (Jahn et al. 2004c, Khiev et al. 2000). Therefore, particular cultivars are recommended for areas prone to certain pest problems. The genetically based ability of a rice variety to withstand pest attacks is called resistance. Three main types of plant resistance to pests are recognized (Painter 1951, Smith 2005): as nonpreference, antibiosis, and tolerance. Nonpreference (or antixenosis) (Kogan and Ortman 1978) describes host plants which insects prefer to avoid; antibiosis is where insect survival is reduced after the ingestion of host tissue; and tolerance is the capacity of a plant to produce high yield or retain high quality despite insect infestation. Over time, the use of pest resistant rice varieties selects for pests that are able to overcome these mechanisms of resistance. When a rice variety is no longer able to resist pest infestations, resistance is said to have broken down. Rice varieties that can be widely grown for many years in the presence of pests, and retain their ability to withstand the pests are said to have durable resistance. Mutants of popular rice varieties are regularly screened by plant breeders to discover new sources of durable resistance (e.g. Liu et al. 2005, Sangha et al. 2008).

Major rice pests include the brown planthopper[12] (Preap et al. 2006), armyworms[13], the green leafhopper, the rice gall midge (Jahn and Khiev 2004), the rice bug (Jahn et al. 2004c), hispa (Murphy et al. 2006), the rice leaffolder, stemborer, rats (Leung et al 2002), and the weed *Echinochloa crusgali* (Pheng et al. 2001). Rice weevils are also known to be a threat to rice crops in the US, PR China and Taiwan.

Major rice diseases include Rice Ragged Stunt, Sheath Blight and Tungro. Rice blast, caused by the fungus *Magnaporthe grisea*, is the most significant disease affecting rice cultivation.

Cultivars

Main article: List of rice varieties

While most breeding of rice is carried out for crop quality and productivity, there are varieties selected for other reasons. Cultivars exist that are adapted to deep flooding, and these are generally called 'floating rice' [15].

The largest collection of rice cultivars is at the International Rice Research Institute (IRRI), with over 100,000 rice accessions [16] held in the International Rice Genebank [17]. Rice cultivars are often classified by their grain shapes and texture. For example, Thai Jasmine rice is long-grain and relatively less sticky, as long-grain rice contains less amylopectin than short-grain cultivars. Chinese restaurants usually serve long-grain as plain unseasoned steamed rice. Japanese mochi rice and Chinese sticky rice are short-grain. Chinese people use sticky rice which is properly known as "glutinous rice" (note: glutinous refer to the glue-like characteristic of rice; does not refer to "gluten") to make zongzi. The Japanese table rice is a sticky, short-grain rice. Japanese sake rice is another kind as well.

Indian rice cultivars include long-grained and aromatic Basmati (grown in the North), long and medium-grained Patna rice and short-grained Sona Masoori (also spelled Sona Masuri). In South India the most prized cultivar is 'ponni' which is primarily grown in the delta regions of Kaveri River. Kaveri is also referred to as ponni in the South and the name reflects the geographic region where it is grown. In the Western Indian state of Maharashtra, a short grain variety called Ambemohar is very popular. this rice has a characteristic fragrance of Mango blossom.



Brown Rice



Polished Indian sona masuri rice.

Aromatic rices have definite aromas and flavours; the most noted cultivars are Thai fragrant rice, Basmati, Patna rice, and a hybrid cultivar from America sold under the trade name, Texmati. Both Basmati and Texmati have a mild popcorn-like aroma and flavour. In Indonesia there are also *red* and *black* cultivars.

High-yield cultivars of rice suitable for cultivation in Africa and other dry ecosystems called the new rice for Africa (NERICA) cultivars have been developed. It is hoped that their cultivation will improve food security in West Africa.

Draft genomes for the two most common rice cultivars, *indica* and *japonica*, were published in April 2002. Rice was chosen as a model organism for the biology of grasses because of its relatively small genome (~430 megabase pairs). Rice was the first crop with a complete genome sequence.^[58]

On December 16, 2002, the UN General Assembly declared the year 2004 the International Year of Rice. The declaration was sponsored by more than 40 countries.

Biotechnology

High-yielding varieties

Main article: High-yielding variety

The High Yielding Varieties are a group of crops created intentionally during the Green Revolution to increase global food production. Rice, like corn and wheat, was genetically manipulated to increase its yield. This project enabled labor markets in Asia to shift away from agriculture, and into industrial sectors. The first ‘modern rice’, IR8 was produced in 1966 at the International Rice Research Institute which is based in the Philippines at the University of the Philippines' Los Banos site. IR8 was created through a cross between an Indonesian variety named “Peta” and a Chinese variety named “Dee Geo Woo Gen.”^[59]

With advances in molecular genetics, the mutant genes responsible for reduced height(*rht*), gibberellin insensitive (*gai1*) and slender rice (*slr1*) in *Arabidopsis* and rice were identified as cellular signaling components of gibberellic acid (a phytohormone involved in regulating stem growth via its

effect on cell division) and subsequently cloned. Stem growth in the mutant background is significantly reduced leading to the dwarf phenotype. Photosynthetic investment in the stem is reduced dramatically as the shorter plants are inherently more stable mechanically. Assimilates become redirected to grain production, amplifying in particular the effect of chemical fertilizers on commercial yield. In the presence of nitrogen fertilizers, and intensive crop management, these varieties increase their yield 2 to 3 times.

Potentials for the future

As the UN Millennium Development project seeks to spread global economic development to Africa, the ‘Green Revolution’ is cited as the model for economic development. With the intent of replicating the successful Asian boom in agronomic productivity, groups like the Earth Institute are doing research on African agricultural systems, hoping to increase productivity. An important way this can happen is the production of ‘New Rices for Africa’ (NERICA). These rices, selected to tolerate the low input and harsh growing conditions of African agriculture are produced by the African Rice Center, and billed as technology from Africa, for Africa. The NERICA have appeared in *The New York Times* (October 10, 2007) and *International Herald Tribune* (October 9, 2007), trumpeted as miracle crops that will dramatically increase rice yield in Africa and enable an economic resurgence.

Golden rice

Main article: Golden rice

German and Swiss researchers have engineered rice to produce Beta-carotene, with the intent that it might someday be used to treat vitamin A deficiency. Additional efforts are being made to improve the quantity and quality of other nutrients in golden rice.^[60] The addition of the carotene turns the rice gold.

Expression of human proteins

Ventria Bioscience has genetically modified rice to express lactoferrin, lysozyme, and human serum albumin which are proteins usually found in breast milk. These proteins have antiviral, antibacterial, and antifungal effects.^[61]

Rice containing these added proteins can be used as a component in oral rehydration solutions which are used to treat diarrheal diseases, thereby shortening their duration and reducing recurrence. Such supplements may also help reverse anemia.^[62]

Others

In the Korean and Japanese language, the Chinese character for the 'rice' (米 *kome*[?]) is composed by two eights (八 *hachi*[?]) and ten (十 *ju*[?]) which is 88, eighty-eight (八十八 *hachi-ju-hachi*[?]). In proverbial saying in Japan, the farmer spends eighty-eight times and efforts on rice from planting to crop and this is also teaching the sense of mottainai and gratitude for farmer and rice itself.^[63]

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- 60. ^ Grand Challenges in Global Health, Press release, June 27, 2005
- 61. ^ Nature's story
- 62. ^ Bethell D. R., Huang J., et al. *BioMetals*, 17. 337 - 342 (2004).[4]
- 63. ^ proverbial saying, Ministry of Agriculture, Forestry and Fisheries (Japan), (Japanese)

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"21" Club Rice Pudding

Yield: 10 Servings

- 1 qt Milk
- 1 pt Heavy cream
- 1/2 t Salt
- 1 Vanilla bean
- 3/4 c Long-grained rice
- 1 c Granulated sugar
- 1 Egg yolk
- 1 1/2 c Whipped cream
- Raisins (optional)

In a heavy saucepan, combine the milk, cream, salt, vanilla bean and 1/4 cup of the sugar and bring to a boil. Stirring well, add the rice. Allow the mixture to simmer gently, covered, for 1 3/4 hours over a very low flame, until rice is soft. Remove from the heat and cool slightly. Remove the vanilla bean. Blending well, stir in the remaining 1/4 cup of sugar and the egg yolk. Allow to cool a bit more. Preheat the broiler. Stir in all but 2 tablespoons of the whipped cream; pour the mixture into individual crocks or a souffle dish. (Raisins may be placed in the bottom of the dishes, if desired.) After spreading the remaining whipped cream in a thin layer over the top, place the crocks or dish under the broiler until the pudding is lightly browned. Chill before serving.

15-Minute Chicken & Rice Dinner

Main Dish, Poultry

Yield: 4 Servings

- 1 T vegetable oil
- 4 (4-6-oz.) fresh boneless,
- skinless chicken breasts
- 1 10.75-oz.
- can cream of chicken soup
- 1 1/3 c water or 2% milk
- 1 1/2 c quick-cooking rice, uncooked

Heat oil in a large nonstick skillet over medium-high heat. Add chicken; cover. Cook 4 minutes on each side or until cooked thoroughly.

Remove chicken from skillet. Add soup and water; stir to mix and bring to a boil. Stir in rice, then top with chicken; cover. Reduce heat to low and cook 5 minutes.

Comments: Completely cooked in one skillet, this tasty chicken and rice dish is easily and quickly assembled. Add a salad and crusty bread if desired.

Almond and Rice Flour Bread with Poppy Seeds

Yield: 1 Serving

- 1/2 c Whole almonds, with skins
- 1 1/2 c Brown rice flour
- 4 t Baking powder
- 1/4 t Salt
- 3 t Poppy seeds
- 1/2 c Plain low-fat yogurt
- 1/2 c Water
- 1 lg Whole egg
- 1 lg Egg white
- 2 T Vegetable oil

This and the following two recipes are wheat free, utilizing brown rice flour. They're from an article by Jacqueline Mallorca in the Chron.

For those to whom it is important, she's working on a book about wheat-free baking. No hint as to the release date though.

Preheat oven to 350F. Butter an 8 x 4 inch loaf pan.

Place almonds and 1/2 cup of the flour in bowl of a food processor and grind until a fine meal is formed--the flour will prevent the nuts from turning oily. Add remaining rice flour, the baking powder, salt and 2 teaspoons of the poppy seeds; process briefly.

Combine yogurt, water, whole egg, egg white and oil in a 2-cup measuring cup.

With processor motor running, pour liquid ingredients through feed tube over flour mixture, processing just long enough to mix.

Transfer batter to prepared pan. Sprinkle with remaining poppy seeds, and bake for 55 minutes. Turn out onto a rack to cool. (Bread slices best after several hours, or the next day).

Makes one 18-ounce loaf (18 slices).

PER SLICE: 90 calories, 3 g protein, 11 g carbohydrate, 4 g fat (1 g saturated), 12 mg cholesterol, 115 mg sodium, 1 g fiber.

Almond Tuna and Rice

Yield: 6 Servings

- 1 cn VEG-ALL Mixed
- Vegetables (16 oz)
- 1 c Mayonnaise
- 1 cn Tuna (12.5 oz)
- 2 c Cooked rice
- 1/2 c Chopped green pepper
- 2 t Dill weed
- 1 c Fresh bread crumbs
- 1/2 c Slivered almonds

Drain VEG-ALL; combine liquid with mayonnaise, blending until smooth.

Stir in tuna, rice, green pepper, dill and vegetables.

Spoon into greased 2-quart casserole dish.

In small skillet, melt butter; stir in bread crumbs and almonds, coat well and spoon over mixture in casserole.

Bake at 375°F. for 30 minutes or until bubbly and lightly browned.

Antipasto Rice

Yield: 8 Servings

- 1 1/2 c Water
- 1/2 c Tomato juice
- 1 c Uncooked rice
- 1 t Dried basil leaves
- 1 t Dried oregano leaves
- 1/2 t Salt; optional
- 1 cn Artichoke hearts;
- drained & quartered (14
- oz.)
- 1 Jars Roasted red peppers;
- dr d and chopped (7 oz.)
- 1 cn Sliced ripe olives;
- (2-1/4 oz.)
- 2 T Fresh parsley; snipped
- 2 T Lemon juice
- 1/2 t Ground black pepper
- 2 T Parmesan; grated

Calories per serving: 131 Fat grams per serving: 1.6g Approx. Cook

Time: Cholesterol per serving: 1 mg Combine water, tomato juice, rice, basil, oregano and salt in saucepan. Heat to boiling; stir once or twice. Lower heat to simmer; cover with a tight-fitting lid. Cook for 15 to 20 minutes. Stir in artichokes, red peppers, olives, parsley, lemon juice and black pepper. Cook an additional 5 minutes or until thoroughly heated. Sprinkle with cheese. Serves 8. PER SERVING:

Calories: 131 Sodium: mg Cholesterol: 1 mg Fat: 1.6 g

Apricot and Rice Muffins

Yield: 18 Servings

- 1 1/2 c Flour
- 2/3 c Whole Wheat Flour
- 1/3 c Rice Bran
- 1 T Baking powder
- 1 t Cinnamon
- 1 c Cooked, brown Rice
- 1 1/2 c Dried Apricots, diced
- 1/2 c Raisins
- 1/2 c Dried Prunes
- 1/4 c Walnuts, chopped
- 1 c No Fat Yogurth
- 2/3 c Maple Syrup
- 1/4 c Oil
- 1/4 c Eggsubstitute or
- 1 Egg, lightly beaten

In large bowl combine flours, rice bran, baking powder and cinnamon. 2. Stir in rice, apricots, raisins, prunes and walnuts. 3. In a small bowl, whisk together the yogurth, syrup, oil and egg. 4. Pour over dry ingridients and fold together until just moistened. Do not overmix. 5. Line 18 muffin cups with paper liners. Divide the batter amoung cups. 6. Bake at 350 F until edges and tops begin to brown, about 45 minutes.

Armenian Rice Pilaf

Yield: 8 Servings

- 1/4 lb Butter or margarine
- 1/2 c Vermicelli
- 2 c Uncooked long-grain rice
- 4 c Boiling hot chicken broth
- 1 t MSG (optional)

Salt

Melt butter in heavy pan or Dutch oven. Break vermicelli in small pieces, add to pan and cook until golden brown, stirring constantly.

Add rice and stir until rice is well coated with butter. Add boiling broth and MSG and season to taste with salt. Cook, covered, over low heat until liquid is absorbed, about 25 minutes. Stir lightly with fork. Let stand in warm place 15 to 20 minutes before serving.

Aromatic Chicken with Rice (Malaysia)

Yield: 4 Servings

3 c Cooked rice

1 Chicken (3 pounds)

1 Onion

3 T Sesame oil

2 T Light soy sauce

1/2 t Salt

1/4 t Pepper

Spread cooked rice in a pie pan. Chop chicken into large pieces. Cut onion into wedges. In a wok or large pan heat sesame oil and brown the chicken with the onions until the onions are transparent. Add soy sauce and sprinkle with salt and pepper. Put the chicken on the cooked rice in the pie plate. Steam for about 30 minutes or until the chicken is done. Serve warm.

If you have a rice cooker, you can just put the braised onions and chicken on top of the raw rice and cook it that way.

Arroz Amarillo con Camarones -Yellow Rice & Shrimp Casser

Yield: 6 Servings

1/2 c Olive oil

1 sm Onion; chopped

1 sm Green pepper; chopped

1 Garlic clove; minced

1 Parsley sprig

1 lg Ripe tomato peeled,
- seeded & chopped

1 Bay leaf

1/4 t Nutmeg

1/4 t Cumin

- 1/4 t Thyme
- 1 pn Saffron; toasted
- 1 lb Shrimp, raw shelled, deveined
- 1 c -Hot water
- 1/4 c Dry white wine
- 1 T Lemon juice
- 1 T Salt
- 1/2 t Hot sauce
- 2 c Long grain white rice
- 2 1/2 c -Water
- 1/2 c Beer
- Cooked peas
- Pimiento strips
- Parsley bouquets

Use a 3-quart casserole with lid. An earthenware casserole is preferable, especially if you wish to add a touch of Spain to a dinner party. However, I know that good earthenware is hard to find today. I have 2 casseroles that I've had for 15 years.

Heat oil in casserole. Saute onion and pepper until transparent. Add garlic, parsley, tomato, bay leaf, nutmeg, cumin and thyme. Mix well, cover, and cook over low heat until mushy (about 15 minutes). The saffron should be toasting on the lid in the little brown paper.

Add the shrimp to the saute and cook until it turns pink. Dissolve the saffron in the 1 cup hot water. Combine with wine, lemon juice, salt and hot sauce. Pour into casserole, stir to mix, and cook covered 10 minutes more. Now add the rice and the 2 1/2 cups of water.

Distribute ingredients well in casserole. Bring to a quick boil, STIR ONCE, and place in preheated 325 degree F. oven for only minutes - NI UN MINUTO MAS! Remove from oven, uncover, and garnish with peas, pimientos, and parsley. Pour beer over all. Cover again and allow to stand 15 minutes longer, before serving.

Arroz Con Pollo (mexican Stewed Chicken With Rice)

- Yield: 6 Servings
- 3 lb Chicken, cut into pieces
- 1/4 c Cooking oil
- 1/2 c Chopped onion
- 1 Clove garlic, sliced
- paper thin
- 1/2 c Chopped green pepper
- 1 cn Tomatoes (#2)
- 1/2 t Sait
- 1/4 t Pepper
- 1/2 t Paprika
- 4 Cloves
- 2 sm Bay leaves
- 1 c Raw rice

- 1 1 O ounce package frozen peas,
- 1 Sweet red pepper
- ~cut into 1/4" pieces

Dry the pieces of chicken with paper toweling. Place the oil in a large skillet and saute the chicken until golden brown. Add the onion, garlic and green pepper and saute until the onion is transparent and glazed. Then add the tomatoes, salt, pepper, paprika, cloves and bay leaves. Bring to a rolling boil, and then turn the heat back to simmer. Cover and simmer for 25 minutes. Add the rice; stir it in well. Cover and simmer for 20 minutes longer, or until the grains of rice are tender. Sprinkle the peas and pepper over the top, and cook, uncovered, for 5 minutes more. Serves 6. If you wish, remove the cloves and bay leaves before serving.

Arroz Dulce (sweet Rice)

Yield: 10 Servings

- 1 c Rice
- 1/2 c Raisins
- 1 1/2 Cinnamon sticks
- 1 c Sugar
- 1 T Grated gingerroot
- 1 c Canned coconut cream
- 2 c Milk
- 1/2 t Vanilla
- 1/4 c Unsalted butter
- Ground cinnamon

Soak rice and raisins in water to cover 1/2 hour. Bring 2 cups water to boil in large saucepan. Drain rice and raisins and add to boiling water with cinnamon sticks and 1/4 cup sugar. Cook over low heat until rice is tender. Boil gingerroot in 1/2 cup water 5 minutes, strain and blend liquid with remaining 3/4 cup sugar, coconut cream, milk and vanilla. Add this mixture with butter to rice. Cover and cook over low heat until milk is absorbed, stirring every 5 to 10 minutes. Spoon into serving dish or individual custard cups, sprinkle with cinnamon and chill.

Arroz Verde (Green Rice)

Yield: 6 Servings

- 4 Poblano chilies; or 4 green
;peppers, each 4 inches in
;diameter
- 4 c Chicken stock; fresh or can
- 1 c Parsley, fresh; coarsely
;chopped
- 1/2 c Onion; coarsely chopped
- 1/4 t Garlic; finely chopped
- 1 t Salt
- 1/8 t Black pepper; freshly ground
- 1/4 c Olive oil
- 2 c Long grain rice; raw

Roast the chilies or peppers, remove their skins, stems, seeds and thick white membranes and discard. Chop the chilies into chunks. Combine 1 cup of the chunks and 1/2 cup of stock in the jar of a blender and blend at high speed for 15 seconds(d ohen gradually add the remaining chilies and the parsley, onions, garlic, salt and pepper, blending until the mixture is reduced to a smooth puree. (To make the sauce by hand, puree the chilies, parsley, onions and garlic, a cup or so at a time, in a food mill set over a bowl. Discard any pulp left in the mill. Stir in 1/2 cup of stock and the salt and pepper.) Pour the oil into a 2 to 3 quart casserole and set it over moderate heat. When the oil is hot but not smoking, add the rice and stir constantly for 2 to 3 minutes until the grains are coated with oil. Do not let them brown. Now add the pureed chili mixture and simmer, stirring occasionally, for 5 minutes. Meanwhile, bring the remaining /2 cups of stock to a boil in a small saucepan and pour it over the rice. Return to a boil, cover the casserole and reduce the heat to its lowest point. Simmer undisturbed for 18 to 20 minutes, or until the rice is tender and has absorbed all the liquid. Before serving, fluff the rice with a fork. If the rice must wait, remove the cover and drape the pan loosely with a towel. Place in a preheated 250 degree (F) oven to keep warm.

Baked Chicken and Rice

Main Dish, Poultry

Yield: 2 Servings

- 1 lb boneless skinless chicken
- breasts
- 1 can cream of mushroom soup
- 1 c water
- 1 envelope onion soup mix
- 1 c rice, (not instant)

Place chicken in prepared casserole dish.

In separate bowl mix together remaining ingredients. Pour over chicken.

Cover and bake at 375F. for 1 hour.

Comments: Very simple baked dish.

Basic Cooked Rice - Prudhomme

Yield: 6 Servings

- 2 c Uncooked rice (see note)
- 2 1/2 c Basic stock (Prudhomme)
- 1 1/2 T Onions, chopped very fine
- 1 1/2 T Celery, chopped very fine
- 1 1/2 T Bell peppers, chopped very fine
- 1 1/2 T Unsalted butter (preferred)
- 1/2 t Salt
- 1/8 t Garlic powder
- pn white pepper
- pn black pepper
- pn cayenne pepper

In a 5x9x2-1/2-inch loaf pan, combine all ingredients; mix well. Seal pan snugly with aluminum foil. Bake at 350F until rice is tender, about 1 hour, 10 minutes. Serve immediately. However, you can count on the rice staying hot for 45 minutes and warm for 2 hours. To reheat leftover rice, either use a double boiler or warm the rice in a skillet with unsalted butter.

Beef Teriyaki And Rice

Yield: 2 Servings

- 3 T Soy sauce
- 1 T Dry sherry
- 2 t Brown sugar
- 1 1/4 t Garlic powder
- 1 t Ground ginger
- 3/4 lb Flank steak strips Or
Chicken breasts
- 1 T Oil
- 3 c Bite size vegetables *
- 1 c Beef broth
- 4 t Cornstarch
- Water to thin sauce if

Necessary

*Three cups of veggies - suggest slant cut carrots, green onions, green or red pepper chunks, a few pea pods if you have them. Mix soy sauce, sherry, brown sugar and seasonings. Add beef or chicken. Let stand 10 minutes to marinate.

Stir fry meat in hot oil in wok until browned, remove. Add vegetables.

Stir fry until tender crisp. Mix broth and cornstarch, add to wok.

Bring to boil, boil 1 minute. Replace meat to wok to coat.

Serve over rice.

Black Beans and Rice

Main Dish, Meat

Yield: 20 Servings

- 1 1/2 lb dried black turtle beans
 - 1 large bell pepper, diced
 - 1 hot pepper (optional)
 - tabasco (optional)
 - 4 onions, diced
 - 6 cloves garlic, chopped
 - 3/4 c celery, diced
 - 1/4 c parsley, chopped
 - 2 T oregano, chopped
 - 2 T basil, chopped
 - 2 bay leaves
 - pn ground cloves
 - 1/2 t ground cumin
 - 4 beef bouillon cubes
 - 1 lb lean bulk pork sausage
 - 1 lb pork, boneless cubed
 - 1 lb stew beef chunks
 - 1/2 lb ham, smoked (1/2" cubes)
 - 1 1/2 lb smoked link sausage cut
 - into 1" to 2" lengths
 - salt to taste
 - pepper to taste
 - 2 T vinegar
- Beans -----

Wash and look for gravel then soak overnight in a bowl being sure beans are well covered with water. For cooking use a large crock pot.

----- Meats -----

First, brown bulk sausage in a skillet and pour off excess grease. Add other meats and stir to brown. Add bell pepper, onion, garlic, celery, and spices. Salt and pepper moderately, taste after cooking several hours and add more if needed.

Add beans and soak water. If necessary add more water to cover entire ingredients by at least two inches. Stir in four bouillon cubes. Cover and cook on crock pot high for three hours then turn to low for at least six hours.

Serve beans and meat over rice. Serve in a soup bowl and top with fresh chopped onion.

Blackeyed Peas and Rice

Yield: 8 Servings

- 1 x Dried black-eyed peas
- 1 x Lipton Rice 'n' Sauce Cajun
- 1 x Stew Meat
- 1 x Bell pepper
- 1 x Onion
- 1 T Pepper
- 1 t Creole or Cajun seasoning
- 1 x Cayenne pepper or hot sauce

Look thru peas for rocks and wash through 3 waters. Soak peas in water overnight in fridge. The next day, throw out water they soaked in; some claim this keeps beans from giving you a problem, but stay on this diet a couple weeks and you won't have a problem anyway. It goes away. Wash stew meat and put stew meat and pre-soaked peas in big pot on stove and bring to boil, with PLENTY of water. Add seasonings to taste. If you use Cajun seasoning it contains salt; so don't add extra salt!!!! Otherwise, add salt to taste. When stew meat and peas come to a boil, reduce to Medium and keep watching to add water so they don't scorch. After about 40 minutes add packet of Rice and Sauce, preferably Cajun flavor. Start watching the water really carefully now, and add a pint from time to time. After about minutes of rice cooking, add bell pepper, onion, and more seasonings if you need. (This dish is good hot and peppery) Everything should be ready at the same time. When test bite shows all is ready, eat!

Black-eyed Peas And Rice Salad

Yield: 8 Servings

- 3 c Hot cooked (boiled) rice
- 1 1/2 c Cooked black-eyed peas =OR=-
- 10 oz -Frozen black-eyed peas
- (cooked

- according
- to package directions)
- 1 T Dijon-style mustard
- 1 t Salt (or to taste)
- Freshly ground pepper
- 3 T Red wine vinegar
- 3/4 c Extra-virgin olive oil (or
- part safflower oil)
- 1 md Onion; minced
- 1 Garlic clove; minced
- 1 lg Carrot; peeled and grated
- 1/4 c Minced chives or parsley
- 1 Head of radicchio =OR=
- Boston
- lettuce (for garnish)

This salad version of the traditional Southern New Year's dish called Hoppin' John can be prepared a day ahead and stored in the refrigerator. Allow it to come to room temperature before serving.

COOK THE RICE AND THE PEAS in advance. PREPARE THE VINAIGRETTE: WHISK THE MUSTARD, salt, pepper and vinegar until dissolved. Dribble in the oil while whisking. Toss the black-eyed peas and the rice with the vinaigrette until everything is nicely coated. Mix in the onion, garlic, carrot and chives or parsley. Bring to room temperature before serving. This dish can be prepared a day ahead and refrigerated, covered. Place in a bowl and surround with lettuce leaves; serve at room temperature.

Blanched Gai Lan Dressed with Rice Wine and Oyster Sauce

Yield: 4 Servings

2 T Oyster sauce

2 T Chicken stock

1 T Shao Hsing wine, or

- dry sherry

1/2 t Sugar

1/2 t Sesame oil 1 To 1 1/2 lb gai lan (Chinese broccoli)

1 t Salt

1 T Peanut oil

Gai lan is Chinese broccoli. It's not much like the Western stuff. It has thinner stems, flowers and leaves and is eaten more as a green. Combine the oyster sauce, chicken stock, Shao Hsing wine, sugar and sesame oil in a small saucepan. Bring to a boil and cook until sauce thickens. Set aside.

Wash the gai lan in cold water. Trim off and discard the tough bottoms. Peel stalks if they are thick and tough; leave gai lan whole or cut into thirds.

Bring 3 to 4 quarts of water to a boil in a wok or stock pot; add the salt and oil. Add the greens, bring back to a second boil. Turn off

the heat and let greens stand for a minute or two. When the green stalks brighten, test one for doneness. It should be tender and crisp. Drain immediately and shake off excess water.

Transfer to a platter, pour dressing over, and serve immediately. Serves 4 to 6.

PER SERVING: 35 calories, 2 g protein, 4 g carbohydrates, 1 g fat (0 g saturated), 0 mg cholesterol, 298 mg sodium, 2 g fiber.

Bombay Rice & Lentils

Yield: 4 Servings

1/2 Onion, medium-size, chopped

2 T Salad oil

1 c Rice, brown, uncooked

1 T Tomato paste

2 1/2 c Water

1/4 t Cinnamon

1/4 c Lentils, uncooked

1/2 t Salt, seasoned

1/2 c Raisins

1/2 c Pinenuts

Saute onion in oil in large skillet until soft.

Add rice; cook, stirring, several minutes.

Combine tomato paste, water, cinnamon and lentils in a bowl; add to rice.

Bring mixture to a boil; cover tightly, reduce heat and simmer 30 minutes.

Stir in seasoned salt, raisins and pinenuts.

Grease an 8-inch-square baking dish; pour in rice mixture.

Cover and bake in preheated 350°F. oven 20 to 30 minutes.

Brazilian Chicken Rice Soup

Yield: 4 Servings

1 3 lb Chicken

1 Bay leaf

1 Medium onion, quartered

1 Whole clove

- 2 Ripe tomatoes, quartered
- 1 Carrot, cut into 1" pieces
- 1/4 c Chopped celery leaves
- 20 Black peppercorns, tied in
A piece of cheesecloth
- 1/2 c Uncooked white rice
- Salt & freshly ground black
Pepper
- 3 Carrots, thinly sliced on
The diagonal
- 1/4 c Finely chopped flat-leaf
Parsley

Wash the chicken thoroughly. Remove the skin and any pieces of fat. Pin the bay leaf to 1 onion quarter with the clove. Place the chicken in a large pot with the tomatoes, onion quarters, 1 carrot, celery leaves, and peppercorn bundle. Add 10 cups cold water and bring to a boil. Using a ladle, skim off the fat and foam that rise to the surface. Reduce the heat and simmer for 1 hour, skimming often to remove the fat.

Remove the chicken from the broth and let cool. Strain the broth into a large saucepan, pressing the vegetables to extract the juices. (There should be about 8 cups of broth.) Pull the chicken meat off the bones and shred or finely dice it.

Add the rice, salt, and pepper to the broth and simmer for 10 minutes. Add the thinly sliced carrots and celery to the soup with the shredded chicken and half the parsley. Simmer the soup for another 10 minutes, or until the rice is tender. Correct the seasoning, adding salt and pepper to taste. Sprinkle with the remaining parsley and serve at once.

Brown Rice & Wheat Berries (Vegan)

- Yield: 1 Serving
- 2 1/4 c Water
- 1/3 c Wheat berries
- 1/3 c Brown rice
- 1 T Saute fluid (pick your a
Compatible favoriet)
- 1/4 c Chopped scallion
- 1/4 t Salt
- 1/8 t Pepper

In 2qt pan, boil water. Add berries, return to boil. Reduce heat, simmer, covered, 1 hour. Stir in brown rice. Cover, simmer 50 minutes longer. 5 minutes before rice is finished, saute scallion until softened. Combine with rice and wheat mixture, along with spices.

Note: The original recipe called for 2 Tbs. pignoli (pine nuts), toasted in 1 Tbs butter, before adding the scallions. I simply eliminated them.

I'll run both combinations through my recipe program, and re-post if it can be done <= 10% cff. The original recipe's 'Health Tip' suggested omitting salt, substituting unsalted margarine, and/or eliminating the nuts.

Brown Rice Casserole

Yield: 6 Servings

- 4 c Cooked brown rice
- Half block of tofu
- 1 lg Onion
- 2 md Carrots
- 2 Celery stalks
- 1 Green pepper
- 2 md Zucchini =OR=-
- other summer squash
- 6 oz Mushrooms, wiped clean
- 1 T Olive oil
- 1 T Butter
- 3 Garlic cloves finely chopped
- 1 t Nutritional yeast (optional)
- 1 t Ground cumin seeds
- 1 t Salt
- 1 c Mushroom broth; =OR=-
- Vegetable stock, or water
- 6 oz Grated cheese (Jack,
- muenster, Cheddar or Gouda)
- Pepper
- Fresh herbs, for garnish
- (Parsley
- or Cilantro, Thyme,
- Marjoram)

This was one of the most popular dishes at Greens Restaurant in San Francisco.

COOK RICE. SET THE TOFU on a slanted board or pan to drain, and prepare the vegetables. Chop the onion, carrots, celery, pepper, and zucchini into pieces about 1/2-inch square. Quarter mushrooms if they are small, and cut them into sixths or eighths if they are large. Cut the tofu into 1/2-inch cubes. Heat the olive oil and the butter and fry the onion over medium heat until it is lightly browned, about 5 minutes. Add the garlic, nutritional yeast, if using, cumin and salt. Stir until blended and cook for 1 minute. Add the carrots, celery, green pepper and 1/2 cup of the liquid, cover pan, and braise the vegetables until they begin to soften, about 5 minutes. Add the zucchini and mushrooms and cook 7 to 10 minutes. The vegetables should be nearly, but not completely, cooked. If the pan gets dry while they cook, add a little more liquid. Preheat oven to 350F. Combine the vegetables with rice and cheese. Season with salt and plenty of freshly ground black pepper.

Gently mix in the tofu, and put mixture into lightly oiled casserole. Add a little more liquid to moisten. Cover with foil and bake 1/2 hour. Remove foil and bake 15 minutes. Garnish with fresh herbs.

Brown Rice Jambalaya

Yield: 8 Servings

- 1/2 lb Diced ham or bacon (cut
 - bacon crosswise into
 - thin strips)
- 4 Chicken legs (2 1/2 pounds)
- 1 lb Cajun-style sausage
- 3 md Garlic cloves, peeled
- 1 md Onion, peeled, cubed
- 1 md Green bell pepper,
 - cored, cut in 1-inch
 - squares
- 2 md Tomatoes, peeled,
 - cored, quartered
- 1 1/2 c Raw brown rice
- 1/2 t Each, dried oregano
 - leaves, dried thyme leaves,
 - file
- Powder, ground black pepper
- 1/4 t Each, cayenne pepper,
 - ground cumin
- 3 c Chicken broth
- Salt
- 1/2 lb Peeled, deveined raw shrimp

I seem to remember you being involved in a conversation about brown rice a few months back... Here's something that you might find interesting.

Put ham or bacon in a 4-quart soup kettle and cook over low heat until fat is rendered. Increase heat to medium and stir until cooked, about 5 minutes.

Remove chicken skin, cut meat off the bones and then cut boneless chicken into bite-size pieces. Add to kettle or skillet with bacon or ham and toss until color turns pale, about 4 minutes. Remove bacon or ham and chicken with a slotted spoon and put on paper toweling; set aside. Add sausage to kettle and brown all over, about 8 minutes; remove. Leave 2 tablespoons fat in kettle; pour off and discard remaining fat.

Insert metal blade in food processor. Mince garlic by adding to machine with motor on. Add onion and chop very coarsely with half second pulses. Add green pepper and process with half-second pulses until mixture is chopped to medium consistency. Add mixture to kettle and stir over low heat until softened, about 10 minutes. Process tomatoes until pureed; set aside.

Add rice to ingredients in kettle and stir over low heat for 2 minutes. Then stir in oregano Thyme, file, black pepper, cayenne pepper and cumin. Add tomatoes and broth. Stir well and let mixture to boiling. Reduce heat to low, cover and cook rice mixture 15 to 20 minutes. Cut sausage into 1/4-inch thick coin like slices. Mix sausage, ham and chicken pieces into rice. Cover and cook until rice is tender (rice may not absorb all the liquid) about 20 minutes longer. Taste and adjust seasoning, adding salt as needed. Stir shrimp into hot rice mixture, cover pot and let stand for 8 to 10 minutes. Serve rice with shrimp, meats and liquid.
Serves 8.

Brown Rice Pilaf

Yield: 4 Servings

- 1/2 t Instant chicken bouillon
- 1 c Sliced fresh Mushrooms
- 3/4 c Brown Rice, quick cooking
- 1/2 c Shredded Carrot
- 1/4 t Dried Marjoram, crushed
- 1/4 c Thinly sliced Green Onion
- 2 T Snipped fresh Parsley

In a medium saucepan stir together bouillon granules and 1 cup water. Bring to boiling. Stir in mushrooms, brown rice, carrot, marjoram, and dash pepper. Reduce heat and simmer, covered, for 12 minutes. Remove from heat; let stand for 5 minutes. Add green onion and parsley; toss lightly with a fork. Serve immediately.

***** Per serving: 104

calories, 3 g protein, 21 g carbohydrates, 1 g fat, 0 mg cholesterol, mg sodium, 205 mg potassium.

Brussels Sprout and Rice

Yield: 6 Servings

- 1 cn 10 3/4 ounces condensed Cream of Mushroom soup
- 1 c Milk

- 1 T Butter
- 1 t Salt
- 3/4 t Caraway Seed
- 2/3 c Regular Rice
- 2 package Frozen Brussel
- Sprouts
- 10 oz each, cut in half

About 40 minutes before serving: In 12 inch skillet, over medium heat, heat undiluted soup, milk, 1 cup water, butter, salt and caraway seed to boiling; stirring occasionally. Stir in rice; reduce heat to low; cover and simmer 15 minutes. Stir in brussel sprouts; cover and continue to cook 15 minutes or until rice and brussel sprouts are tender; stirring occasionally.

Buttered Saffron Rice

- Yield: 6 Servings
- 2 t Saffron; leaf saffron
- 2 T Milk; warm
- 1 T -Salt
- 2 c Rice, basmati
- 4 T Butter

"The darker (the redder) the saffron colour, the better the quality. It usually comes from Spain, but the best, really expensive stuff, is grown in Kashmir, where I went to see it growing. There are many different grades. Watch out for fake or dyed saffron. Buy it from a reputable source. To use it in a recipe, I roast it in a cast-iron pan until it's crisp to draw out the colour, then crumble it lukewarm milk and let it sit for three to four hours."

Place saffron in small, dry, hot pan over medium heat about 1 minute or just until fragrant. Crumble into milk. Fill large pot with about 13 cups water; add salt and bring to boil. Meanwhile, place rice in medium bowl and cover with cold water. Immediately drain rice through colander. Wash and drain two more times. When water is boils, add rice and stir once; bring to boil. Cook 5 minutes; rice should be slightly hard in the centre. Drain in colander and place in ovenproof dish. Drizzle saffron milk over rice, tossing over a couple of times very gently. Divide butter into four pieces; place over rice. Cut pieces of aluminium foil 2 inches larger than rim of dish; place on top of dish; place lid on foil. Bake in preheated 300F oven to 50 minutes, checking after 40 minutes to see if rice is cooked. Serve saffron-coloured streaked rice spooned on warmed platter. SERVES:6

Cajun Jambalaya Rice

Yield: Makes 4 1-cup servings

- 1 md Onion - chopped
- 3 Garlic cloves - finely
Chopped
- 1 lg Bell pepper - green, cut
Into 1/2" pieces
- 2 1/2 c Basic chicken stock - see
Recipe
- 5 Scallions - finely sliced
- 1 c Brown rice - long grained
- 3 Italian plum tomatoes -
Cored, seeded, chopped
- 1/4 lb Turkey ham - baked, all fat
Removed, 1/2" cubes
- 1/4 t White pepper
- 1/4 t Black pepper - fresh ground
- 3/4 t Cayenne pepper
- 1/2 t Cumin
- 1/4 t Allspice
- 1/4 lb Shrimp - peeked and deveined
- ds Tabasco sauce - (optional)
- 1/4 c Parsley - fresh, chopped

In an 8-quart pot saute the onion, garlic, and green pepper in 3 Tbsp. of stock for 5 minutes.

Add two-thirds of the scallions, the rice, and tomatoes, and cook for 5 minutes over medium-low heat, adding a little more of the stock if necessary.

Add the cubed turkey ham, the three peppers, cumin, allspice, and the remaining stock, and cook on very low heat, covered for 40 minutes. Add the shrimp and cook for 2 minutes.

Taste for spiciness. You can add 5-6 drops of Tabasco sauce (I prefer Louisiana Gold Sauce) for a more pungent flavor.

Serve garnished with parsley and the remaining scallions.

Cajun Rice 'N' Sausage

Yield: 4 Servings

- 3/4 t Paprika
- 1/4 t Anise Seed; lightly crushed
- 1 t Fresh Marjoram; minced
- 2 T Fresh Basil; minced
- 2 ds Tabasco Sauce
- 1/2 t Pickled Jalapeno Peppers
- minced

- 1 T Worcestershire Sauce
- 1/2 c Canned Tomato Puree
- 14 1/2 oz Can Cut Tomatoes;
- with their juices
- 1/4 lb Chicken Sausage
- 4 c Cooked Brown Rice
- 2 c Stir-Fried Vegetables
- 1/4 lb Cooked Shrimp
- 1 Green Onion; minced
- 1/4 c Parsley; chopped

Combine paprika, anise seed, marjoram, basil, Tabasco, jalapeno, Worcestershire, tomato puree and canned tomatoes with juice. Stir to combine. Preheat oven to 375°F. Lightly prick sausages with the tines of a fork. Place in a small baking pan and roast for 15 minutes. Remove from oven; reduce oven temperature to 350°F. Cut sausages into 1/4" rounds.

Combine rice, sausages, and 1 cup tomato mixture in a 2 quart casserole; par to an even layer. Combine vegetables and shrimp with remaining tomato mixture; spoon over rice and sausages. Cover and bake for 15 minutes, until hot. Stir in green onions and parsley.

Per Serving: 395 calories, 23 g protein, 63 g carbohydrate, 8 g fat, g saturated fat, 107 mg cholesterol, 529 mg sodium, 5 g fiber.

Cajun Spiced Chicken and Rice

Yield: 3 Servings

- 1 T Flour
- 1 Cooking bag
- 1 c Rice, instant
- 1 Bell pepper, cut in chunks
- 1/2 c Onion, chopped
- 1/4 c Celery, sliced
- 1/2 t Thyme leaves
- 1/4 t Salt
- 14 1/2 oz Tomatoes, canned, cut in Half
- 1/4 c Water
- 4 To 6 pieces chicken
- 1/4 t Cayenne
- 1/4 t Garlic powder

Preheat oven to 350. Shake flour in cooking bag; place in 13x9x2-inch baking pan. Combine rice, green pepper, onion, celery, thyme and salt in bag. Add tomatoes and water; squeeze bag to blend ingredients. Arrange ingredients in an even layer. Combine cayenne pepper and garlic powder; sprinkle lightly over chicken. Place chicken in bag on top of rice mixture. Close bag with nylon tie; make half-inch slits in top. Bake 1 hour or until tender. Makes 2-3 servings.

Camp Tuna and Rice

Yield: 4 Servings

2 cn Tuna; and liquid

1 c Quick-cooking brown rice

2 T Instant dried onion

2 T Green pepper flakes

1 3/4 c Boiling water

Heat tuna in its oil in a skillet. Add remaining ingredients and bring to a boil. Cover and cook 15 to 20 minutes.

Carrot-Rice Puree

Yield: 1 Serving

2 T Brown rice, uncooked

6 Carrots, scrubbed and chopped
- in small pieces

1 1/3 c Water

A nutritious, smooth dish with a bit of texture for older infants.

(or broth or leftover cooking liquid from cooking vegetables) 1 teaspoon sweet butter (optional)

Place rice and carrots in a saucepan with the water and cover. Simmer until the water is absorbed--about 30 to 40 minutes. When cool enough to handle, puree in blender or food processor with butter until smooth.

Refrigerate, or freeze leftovers in ice cube tray.

Makes 1-1/2 cups

Carrot-Rice Soup

Yield: 6 Servings

- 1 lb Carrots, peeled and chopped
- 1 md Onion, chopped
- 1 T Margarine
- 4 c Chicken broth, divided
- 1/4 t Dried tarragon leaves
- 1/4 t Ground white pepper
- 2 1/4 c Cooked rice
- 1/4 c Light sour cream
- Snipped parsley or mint
- for garnish

Cook carrots and onion in margarine in large saucepan or Dutch oven over medium-high heat 2-3 minutes or until onion is tender. Add 2 cups broth, tarragon, and pepper. Reduce heat; simmer 10 minutes. Combine vegetables and broth in food processor or blender; process until smooth. Return to saucepan. Add remaining 2 cups broth and rice; thoroughly heat. Dollop soup cream on each serving of soup. Garnish with parsley.

Makes 6 servings.

Catalan Rice

Yield: 6 Servings

- 2 1/2 c Fish Stock
- 1/4 t Saffron Threads
- 1/4 c Dry White Wine
- 6 T Lard
- 1/2 lb Chorizo, Sliced 1/4"
- 1 1/2 lb Pork Loin, 1" Cubes
- 1 Onion, Thinly Sliced
- 2 Bell Peppers, Julienned
- 2 Tomatoes, Peeled, Seeded
- 3 Large Squid
- 2 c Long-Grained Rice
- 3/4 c Blanched Almonds
- 1/3 c Pine Nuts
- 3 Garlic Cloves, Minced
- 1 c Artichoke Hearts, Drained
- 18 Clams Or Mussels, Scrubbed
- 1/2 c Peas
- 1/4 c Pimientos, Julienned
- 2 T Fresh Parsley, Minced

Clean squid and cut body sacs into rings. Cut tentacles in half. In a small saucepan, bring stock to a bare simmer. Crush saffron and combine it with wine in a small bowl. In a flameproof casserole or paella pan, heat the lard over moderately high heat. Saute the chorizo

and pork, turning them until they are browned. Add the onion, bell peppers, tomatoes, and squid and cook the mixture over moderate heat, stirring, for 15 minutes. Stir in the rice and cook for 1 minute, stirring. Stir in almonds, pine nuts, garlic, saffron mixture, and artichoke hearts. Ladle in enough stock to just cover the rice mixture. Bring to a boil and simmer it, covered, for 20 minutes. Arrange the clams in the rice, add the peas, and simmer for -15 minutes, or until the rice is just tender and the clams open. Discard any clams that do not open. Garnish with pimientos and parsley.

Cauliflower & Wild Rice Soup

Yield: 2 Quarts

- 1 md Onion, chopped
- 1 c Thinly sliced celery
- 1 c Sliced fresh mushrooms
- 1/2 c Butter or margarine
- 1/2 c Flour
- 1 qt Chicken broth
- 2 c Cooked wild rice
- 2 c Cauliflower florets, cooked
- 1 c Light cream

In a large saucepan, saute onion, celery and mushrooms in butter until tender. Sprinkle with flour. Stir to coat well. Gradually add chicken broth. Cook and stir until thickened. Stir in wild rice, cauliflower and cream until well blended. Cook gently until heated through. Do not boil.

Char Kway Teow (Stir-Fried Rice Noodles)

Yield: 4 Servings

- 2 Chinese sausages (lop cheong)
- 1/4 lb Medium shrimp (36 to - 40 per pound), shelled - and deveined
- 1 t Salt
- 1/4 lb Cleaned squid, with tentacles

- (See Technique Note)
- 1/4 lb Chinese barbecued pork
- 1/4 t White pepper
- 1 1/2 T Dark soy sauce
- 1 1/2 T Light soy sauce
- 1 T Oyster sauce
- 2 lb Fresh rice noodles,
 - in 5/8-inch-wide strips
- 4 T Peanut oil
- 4 Cloves garlic, chopped
- 4 Shallots, sliced (1/2 cup
 - sliced)
- 6 Fresh red chiles, seeded
 - and chopped
- 1 c Bean sprouts, tails removed
- 1 c Shredded Chinese cabbage
- 2 lg Eggs
- 4 Green onions, chopped
- Fresh coriander sprigs,
 - for garnish

Nothing is more fascinating and delicious than eating at the open-air street hawker centers in Asia, particularly in Singapore. Each stall serves a specialty, typically an honest, unpretentious, home-style dish for \$1 to \$3 a plate. This rice noodle dish is hawker food at its best. If done right, its fragrance will tell you how good it's going to be as soon as it arrives at your table. Singapore hawkers will use whatever seafoods are available, including cockles and sliced fish cakes in addition to those suggested in this recipe. Feel free to experiment. Steam the sausages for 10 minutes. Cut them in thin diagonal slices. Toss the shrimp with 1/2 teaspoon of the salt. Let them stand for 10 minutes, rinse well with cold water, drain, and pat dry. Cut the squid into 1/4 inch rings and tentacles. Cut the barbecued pork into 1/4-inch-thick slices. Combine the white pepper, soy sauces, and oyster sauce in a bowl; set aside. Just before cooking, put the noodles in a large bowl and pour boiling water over them. Stir gently with chopsticks to separate the strands, drain, and shake off the excess water. Preheat a wok; when hot, add 2 tablespoons of the oil. Add the remaining 1/2 teaspoon salt and the garlic, shallots, and chiles and cook over medium-high heat until the garlic is golden brown. Increase the heat to high and toss in the shrimp and squid; stirfry until the shrimp turn bright orange and the squid looks opaque white, about 2 minutes. Add the sausage slices, barbecued pork, bean sprouts, and cabbage; toss and stir until the vegetables begin to wilt. Remove everything in the wok to a platter and set aside. Add the remaining 2 tablespoons of oil to the wok; when hot, toss in the well-drained noodles. Gently toss and flip the noodles to heat them through. Be careful not to break them; it is okay if they brown slightly. Push the noodles up the sides of the wok to make a well in the middle; pour in the soy sauce mixture, then toss the noodles gently to sauce them evenly. Make a well again and break the eggs into the middle. Without mixing them with the noodles, scramble the eggs lightly. When the eggs begin to set, add the green onions and return the seafood mixture. Gently toss together to reheat and mix. Serve hot, with a hot chill sauce for seasoning to taste. Garnish with coriander sprigs. NOTE: Both here and in Asia, fresh rice noodles are usually purchased rather than made at home. Look for them in Asian markets or Chinese take-out dim sum shops. This dish can be prepared with dried rice noodles; however, it is worth taking the time to seek out the fresh variety. Make certain that your wok is well seasoned or the fragile rice noodles

will break apart and stick to the pan. Although I hesitate recommending that you cook with a non stick wok or skillet, they will work fine if you are more comfortable with them. **TECHNIQUE NOTE;** To clean squid, start by separating all the tentacles from the heads, cutting across as close as possible to the eyes. Squeeze out and discard the hard, pea sized beak in the center of each cluster of tentacles. Rinse the tentacles and drain them in a colander. Grasp the mantle (the saclike "body" of the squid) in one hand and the head in the other and pull apart; the entrails will pull out attached to the head. Pull the transparent quill out of each mantle. Discard everything but the tentacles and mantles. Running a little water into each mantle to open it up, reach in with a finger and pull out any entrails remaining inside. (Working over a second colander to catch all the debris will make cleanup easier.) You can remove the spotted outer skin or leave it on (I prefer to remove it). Transfer the cleaned mantles to a cutting board, slice them crosswise to the desired size, and add them to the tentacles in the colander. Give everything another rinse and drain thoroughly.
Makes 4 to 6 servings

Cheese and Rice Casserole

Yield: 4 Servings

- 2 1/2 c Brown rice cooked
- 3 Green onions, chopped
- 1 c Lowfat cottage cheese
- 1 t Dried dill
- 1/4 c Grated Parmesan cheese
- 1/2 c Lowfat milk

Combine all ingredients in a mixing bowl. Pour into a lightly oiled casserole. Bake at 350 F for 15 to 20 minutes.

Cheese and Rice Casserole

Yield: 4 Servings

- 2 1/2 c Brown rice, cooked
- 3 Green onions, chopped

- 1 c Low fat cottage cheese
- 1 t Dried dill
- 1/4 c Grated parmesan cheese
- 1/2 c 1% milk

Combine all in a mixing bowl. Pour into casserole dish sprayed with nonstick spray.

Bake at 350F for 15-20 minutes.

One serving = 2 breads, 1 protein, 1/2 milk Per serving-- 235 calories

Chestnuts With Rice

Yield: 4 Servings

- 1 md Onion, sliced finely
- 1/4 lb Mushrooms, sliced
- Margarine as required
- 1 t All-purpose flour
- 1/2 c Stock
- 1 lb Chestnuts, boiled
- Salt & black pepper
- 1/2 c White wine
- 2 c Cooked rice

Saute onion & mushrooms in margarine till brown. Add flour & blend. Gradually add stock. Stir till smooth. Add peeled & chopped chestnuts & mix well. Season. Add white wine, heat to boiling point & serve over rice.

Chicken & Rice

Yield: 4 Servings

- 2 lg Chicken breasts
- [boneless skin on or off]
- 1 cn Cream of chicken soup
- 1 cn Cream of celery soup
- 1 cn Cream of mushroom soup
- 1 cn (soup can full)
- rice [do not use minute

- rice]

3/4 cn (soup can) milk

1/8 t Salt

1/4 t Pepper

Mix the soups, milk and the rice, and pour into a 9"x13" baking pan
Split the chicken breasts into 4 equal parts and place them on top of the soup mix... Season with the salt and pepper and whatever else you prefer...

Bake in a 300° oven for 2 hrs... garnish as desired and serve...

Chicken & Rice Dinner

Yield: 6 Servings

2 lb To 3 lb broiler/fryer

- chicken, cut up

1/4 c (to 1/3 cup) flour

2 T Oil

1 1/2 c Long grain rice

1 t Poultry seasoning

1 t Salt

1/2 t Pepper

1 c Milk

2 1/3 c Water

Chopped fresh parsley

Dredge chicken pieces in flour. In a skillet, heat oil on medium and brown chicken on all sides. Meanwhile, combine rice, poultry seasoning, salt, pepper, milk and water. Pour into a greased 13x9x2" baking pan. Top with chicken. Cover tightly with foil and bake at 350 degrees for 55 minutes or until rice and chicken are tender. Sprinkle with parsley before serving.

Chicken & Rice Jambalaya Style

Yield: 4 Servings

2 SLICES OF BACON

2 c WATER

1 package LIPTON CAJUN STYLE

- RICE
 2 T KETCHUP
 3/4 lb CHICKEN BREAST MEAT
 1/2 c FROZEN PEAS (OPTIONAL)
 CUT CHICKEN INTO 1 INCH SQUARES. SET ASIDE. IN A LARGE SKILLET, COOK BACON UNTIL CRISP. REMOVE FROM SKILLET AND CRUMBLE. SET ASIDE. INTO THE SKILLET PLACE THE WATER, RICE & CAJUN STYLE SAUCE AND THE KETCHUP. BRING TO A BOIL. REDUCE HEAT AND SIMMER FOR 3 MINUTES, STIRRING OCCASIONALLY. STIR IN CHICKEN AND BACON (ALSO PEAS IF USED). COOK ANOTHER 5 TO 10 MINUTES OR UNTIL CHICKEN AND RICE ARE TENDER. EACH SERVING = 25 % CALORIES FROM FAT.

Chicken and Rice

Yield: 4 Servings

- 6 Bonless chicken breasts,
 - skinned
- 2 cn Cream of chicken soup
- 1 cn Cream of mushroom soup
- 1 package Rice-a-roni (chicken
 - flavor)
- 1 Salt and pepper to taste

In slow cooker put chicken breast with canned soups, alt and ppper. Cook all day on LOW (approx. 10 hrs. or until chicken is tender). Fix Rice-A-Roni per directions on box. Put on plate and place chicken and gravy on top.

Chicken and Rice Casserole

Yield: 4 Servings

- 3 lb Chicken; cut up, skinned
- 1 1/2 t Dried thyme leaves
- 1 t Paprika
- 1 t Salt
- 1/2 t Pepper
- 2 T Vegetable oil

- 1 lb Yellow onions; halved,sliced
- 2 T Minced fresh gingerroot
- 4 lg Cloves garlic; minced
- 3/4 lb Shiitake mushrooms; or
- 3/4 lb -regular mushrooms stemmed,
- halved, quartered if big
- 1 Yellow pepper; diced
- 3 c Chicken broth
- 1 1/2 c Jasmine rice

-----NUTRITIONAL INFORMATION/SERV-----

x Calories x G protein x G carbohydrate x G fat x My cholesterol x
Mg sodium

Place chicken in bowl. In cup, mix thyme, paprika, 1/2 t salt and 1/4
t pepper; sprinkle over chicken. Turn to coat.

In Dutch oven, heat oil over medium-heat; brown chicken in batches, 3
to 4 minutes each batch, removing chicken to plate after browning. To
drippings in pan, add onions; saute 1 minute. Add remaining
ingredients and remaining salt and pepper. Mix; top with chicken.
Cover; bake 35 to 40 minutes or until chicken and rice are cooked.

Chicken Baked Rice

Yield: 8 Servings

- 4 c Long grain rice (or instant)
- 1/3 c Crisco Oil
- 1 cn Mushrooms (optional)
- save the juice
- 4 c Water,or water + saved juice
- 1 c Diced celery (optional)
- 1 Green pepper (optional)
- 2 c Cooked chicken or turkey
- some may want to try
- to substitute ham or beef
- 1 package Onion sou[mix
- 4 T Soya sauce
- Garlic
- Pepper

Combine all ingrediants in a large dish or pot. Add Garlic and Pepper
as desired. Cook in oven at 360 F for 1 hour. Place in a container and
freeze unused protion till needed.

Chicken Breasts With Rice

Yield: 4 Servings

- 1 Jar (2 1/2 oz) Dried Beef
- 2 Med. Stalks Celery, Chopped
- 1 Small Onion, chopped
- 1 T Butter or Margarine
- 2 c Cooked Rice
- 2 T Chopped Parsley
- 1 Jar (1 oz) Pine Nuts (opt.)
- 1 1/2 lb (2 Med.) Chicken Breasts *
- 1/2 t Seasoned Salt
- 1 x Paprika

* Have the butcher bone and cut each breast in to halves.

~--- Snip beef into small pieces. Cover and microwave beef, celery, onion and margarine in 2-Qt casserole on high (100%) until onion is crisp tender, 3 to 4 minutes. Stir in rice, parsley, and pine nuts. Arrange chicken breasts skin sides up and thickest parts of outside on rice mixture. Sprinkle with seasoned salt and paprika. Cover and microwave 5 minutes; turn casserole one half turn. Microwave until chicken is done, 8 to 11 minutes.

Chicken Curry Kabobs On Rice

Yield: 6 Servings

- 1/2 c Yogurt, plain
- 1/4 t Curry powder
- 1/4 t Ginger
- 1 1/2 lb Chicken breast
- 3 c Rice, cooked
- 2 Green onions, sliced
- 1 t Garlic, minced
- 1/4 t Chili powder
- 1/4 t Salt
- 6 Skewers
- 1 Tomato, large, chopped
- Parsley

Mix yogurt, garlic and spices. Marinate in refrigerator at least 6 hours, turning occasionally. Soak bamboo skewers for 1 hours. Drain and discard marinade. Thread chicken on skewers. Cook 8 to 10 minutes on grill, turning twice. Toss rice with tomato and green onions. Serve skewers over rice.

Chicken Livers and Mushrooms with Rice 100

Yield: 6 Servings

10 x Minutes preparation time

25 x Minutes cooking time

-----INGREDIENTS----- c

Chicken broth /2 c Rice tb Butter Chicken livers; cut into -1/2 inch pieces /2 c Onion; chopped /2 c Mushrooms; sliced Freshly ground pepper tb Dry white wine tb Fresh parsley; chopped /2 c Parmesan cheese; grated

In a medium-size saucepan, bring chicken broth to a boil. Add rice, reduce heat to low, and cook, covered, until broth is absorbed by rice, about 15 minutes.

Meanwhile, in a large frying pan, melt butter over medium-low heat. Saute livers, onions, and mushrooms for 5 to 8 minutes. Season with pepper. Add wine and simmer 2 minutes.

Pack rice into a 5-cup ring mold, unmold onto a platter. Spoon liver mixture into center. Sprinkle with parsley and Parmesan cheese.

Chicken 'n Rice in a Bag

Yield: 4 Servings

-Virginia Sonier (HCMC24B)

3 lb Chicken parts

2/3 c Water

1 c Raw converted rice

1 package Dry onion soup mix

1 cn Cream of chicken soup

Rinse chicken and pat dry. Set aside. Combine rice, soup, and water in crock-pot; stir well to mix in soup. Place chicken in a see-through roasting bag; add dry onion soup mix. Shake bag to coat chicken well. Puncture 4-6 holes in bottom of bag. Fold top of bag over chicken and place in crock-pot on top of rice. Cover and cook on LOW setting 8-10 hrs.

Chicken Rice Skillet

Yield: 4 Servings

1 T Oil

1/4 c Green onions, chopped

1 Garlic cloves, crushed

2 Chicken breasts, boneless

1 cn Cream of mushroom soup

1 1/2 c Milk

4 oz Mushrooms, canned

1/4 t Black pepper

1 1/4 c Rice, quick, uncooked

Cut chicken into thin strips. Heat oil in skillet. Add onions and garlic and cook two minutes, stirring occasionally. Add chicken. Cook until browned on all sides.

Stir in soup, milk, mushrooms, and pepper. Heat to boiling. Add rice; reduce heat to low. Cover; simmer until done, stirring occasionally.

Garnish with additional chopped green onions.

Sylvia's comments: This is a keeper. Quick, easy, and VERY low-fat if you trim the fat from the chicken, use Campbell's fat-free soup and low-fat milk. I threw in 1/2 lb frozen green beans, too, since I like all-in-one meals.

Chicken Rice Soup

Yield: Makes 8-3/4 cup servings

2 Garlic cloves - finely

Chopped

2/3 c Onion - chopped (about 1
md Onion)

8 c Basic chicken stock - (see
Recipe)

3 Celery stalks - cut in

1/2 -inch slices

3 Carrots - peeled and cut

1/2 -inch thick

2/3 c Brown rice - rinsed

1 c Chicken - cooked, cut in
Bite size chunks

1 t Marjoram - dried

3/4 t Salt

1/2 t Pepper

In a 4-quart soup pot, cook the garlic and onion in 2 tablespoons of the chicken stock until the onion is translucent. Add the celery, carrots, rice, and remaining chicken stock. Simmer for 40 minutes.

Add the cooked chicken pieces, marjoram, salt, and pepper. Simmer for 2 - 3 more minutes, and serve.

Chicken Yellow Rice

Yield: 4 Servings

2 x Chicken Breasts, Halved

1 T Extra-Virgin Olive Oil

Garlic Clove, Chopped

1 sm Onion, Chopped Fine

1 c Raw Rice

3 c Water

1 pn Saffron Threads Or Powder

1 c Chopped Broccoli (Or Frozen)

Saute the chicken in the oil with the garlic and onions until lightly browned. Remove mixture to a large pot, discarding excess oil. Add the rice, water, and large pinch of saffron to the pot and bring to a boil. Reduce the heat and simmer, tightly covered, until the rice is tender (at least 30 min.), adding extra water if necessary. When the rice is nearly tender, add the broccoli to the top of the pot and cover. Cook for 5 min more. Broccoli should be bright green and tender when the meal is cooked. If the rice is done before the broccoli, simply turn off the heat, cover the pot again, and let the broccoli finish cooking by steaming. Children like the novel idea of "yellow" rice.

Chicken-Flavored Rice Mix

Yield: 1 Serving

4 c Uncooked Long Grain Rice

1 t Salt

2 t Dried Parsley Flakes

4 T Instant Chicken Bouillon

2 t Dried Tarragon

1/4 t White Pepper

Combine all ingredients in a large bowl. Stir until evenly distributed. Put about 1 1/3 cups into three 1-pint containers and label as Chicken-Flavored Rice Mix. Store in a cool, dry place and use within 6 to 8 months.

Makes about 4 cups of mix.

CHICKEN-FLAVORED RICE: Mix 1 1/3 cups CHICKEN-FLAVORED RICE MIX with cups cold water and 1 T butter or margarine in a medium saucepan. Bring water to a boil over high heat. Cover and reduce the heat and cook for 15 to 25 minutes, until liquid is absorbed.

Makes 4 to 6 servings.

Chickenlegs with Mango Chutney & Carott-Rice

Yield: 2 Servings

18 oz Chickenlegs,already cooked

---Chutney:---

1 Mango, fresh or

1/3 oz Mango ,canned

1 Onion

1 Piece of fresh Ingwer

1 T Oil

2 oz Raisins

1 T Sugar

3 T Vinegar

1 T Catsup

Pepper

1/2 t Coriander

1/2 t Kurcuma

---Rice:---

5 oz Rice

3 T Coconut, shredded

3 1/2 oz Carotts

1/3 oz Butter

2 T Sugar

Bake the precooked chickenlegs in 200 C oven until they are brown. 2. Peel the mango, remove stone and cut into small cubes. 3. Peel and chop onion finely. 4. Peel and chop ingwer finely. 5. Heat the oil and saute the onion; add the mango and ingwer. Saute a minute more. Add the rest and let it simmer 30 minutes. Let it cool and season as hot as you like. 6. Simmer the rice in saltwater until done; keep warm 7. Put the coconut into a dry skillet and brown it. Peel the carotts and cut into fine strips or grate them. 9. Heat the butter in skillet and fry the carotts shortly; add sugar and heat until sugar has become caramel. Stir all the time. 10. Add carotts and the coconut to the rice, mix and serve with the cold chicken and the cold mango. Good for hot summerdays.

Chil-Beer Brisket Of Beef Over Wild Rice Amadine

Yield: 8 Servings

2 1/2 lb Fresh Beef Brisket

1/2 c Diced Onion

1 t Salt

1 t Pepper

1/4 t Garlic Powder

1 Bottle (12 Oz) Chili Sauce

1 Bottle (12 oz) Beer

1 x Wild Rice Amadine

-----GARNISHES-----

ea Med. Ripe Tomatoes, Sliced x Parsley Sprigs

Place beef brisket, fat side down, in deep roasting pan. Sprinkle brisket with onion, salt, pepper and garlic powder. Pour chili sauce over brisket. Cover tightly and cook in slow oven (325 degrees F.) for 3 hours. Pour beer over brisket. Increase oven temperature to moderate (350 degrees F.) and continue cooking, covered, 30 minutes. Place brisket on large serving platter and surround with Wild Rice Amadine. Garnish with sliced tomatoes and parsley. Slice brisket very thin and serve with hot cooking liquid.

Chinese Chicken Cooked with Rice

Yield: 4 Servings

1 1/2 c Long grain white rice

8 oz Boneless chicken thighs

- with skin removed

1 T Light soy sauce

2 t Dark soy sauce

2 t Rice wine or dry sherry

1 t Salt

2 t Sesame oil

1 t Cornstarch

1 1/2 T Peanut oil

2 t Minced peeled fresh ginger

-----GARNISH-----

tb Dark soy sauce tb Finely chopped scallions

PUT RICE IN CLAY POT or medium-sized pot with water to cover about 1/2-inch. Bring rice to boil; cook until most water evaporates. Reduce heat to low and cover tightly. Coarsely chop chicken; combine with soy sauces, wine, salt, sesame oil and cornstarch. Heat wok or large saute pan until hot. Add oil and ginger; stir-fry for 10 seconds. Add chicken, and stir-fry for 2 minutes. Pour the contents of wok on top of the rice, cover, and continue to cook for 10 minutes. Just before serving, drizzle the soy sauce on top of the rice and garnish with the scallions.

Chinese Crab Rice

Yield: 6 Servings

Stephen Ceideburg

2 Green onions, chopped

1 Piece fresh ginger,
- 2-3 cm, grated

4 T Dry sherry

3 T Light soy sauce

3 Blue crabs

400 g Glutinous rice

1 T Soy sauce

1 T Oil

1 t Sugar

The Chinese have comfort food, too, and this dish qualifies. You will need a large steamer; if you don't yet have one, they can be bought cheaply in large Chinese or Vietnamese food stores where you can also pick up the glutinous rice. The dish takes considerably longer to cook than the previous recipes but little more of the cook's time. By the time the rice is cooked, it is saturated with crab flavour.

Finely chop 2 green (spring) onions and grate 2-3 cms of fresh ginger.

Combine them with 4 tablespoons dry sherry and 3 tablespoons light soy sauce. Prepare three green blue swimmers crabs. Chop two of them into several pieces with a large knife or cleaver and crack the hardest pieces of the shell with a hammer. Crack the third crab thoroughly all over but do not chop up. Pour the sherry-soy sauce mixture over the crabs and leave to marinate for an hour. Wash 400 grams glutinous rice in several changes of water until the water runs clear.

Put the rice into a saucepan and pour over it 1.5 L water. Bring to the boil and boil for 5 minutes. Drain.

In the bottom of a heatproof dish at least 12 cm deep and of a size to fit into your steamer, pack in the chopped crab pieces, reserving the marinade. Pour the rice over the top and pack it down. Press the intact crab into the top of the rice. To the marinade, add a further tablespoon soy sauce and a tablespoon oil, teaspoon salt and 1 teaspoon sugar. Pour over the crabs and rice.

Put the dish in the steamer over boiling water and steam for 35-40 minutes. Serve. Diners deal first with the top crab, now half buried in rice, then fish around, for the rest of the crab pieces in rice.

Chinese Fried Rice

Yield: 4 Servings

4 c Rice, leftover; cold

6 sl Bacon; cooked, crumbled OR-

1/4 c BACOs

1 T Sugar, white

3 T Soy sauce dark

3 Eggs

- 4 Green onions; including
 - green, sliced
- 1/4 c Peas, frozen (optional)
 - Bacon drippings or oil

Cut bacon into cubes and cook until crisp. Drain but keep drippings. Set bacon aside.

Beat 3 eggs in bowl with a little water until well blended. Heat wok over med high temp, pour 1 Tbl bacon fat drippings into wok. Pour eggs in wok, scramble until set and remove and set aside.

Place 2 Tbl bacon fat drippings into wok. Place cold rice into wok and stir fry for 2 - 3 mins. Add sugar and soy sauce, stir fry until uniform in color. Add green onions, (peas - optional), bacon and cooked eggs. Stir fry for another minute, serve hot.

You can add any other meats such as leftover cooked pork, chicken, ham, etc. Add with the green onions and peas.

MEATLESS VERSION

Follow above except use peanut oil instead of bacon drippings. Replace bacon with 1/4 cup of BACOS or BACO chips.

Chinese Pork & Shrimp Rice Noodles in Broth

Yield: 6 Servings

- 4 Oriental mushrooms; dried
 - . * OR *
 - . 6 fresh mushrooms
- 6 Leaves of Napa cabbage
- 1/2 lb Pork chop meat; thinly
 - . sliced into 1/4" strips
- 1 T Soy sauce
- 1 t Hoisin sauce
- 3 T Water
- 2 t Cornstarch
- 4 T Vegetable oil
- 3 Green onions; cut into 2"
 - . slivers
- 1 c Small shrimp; peeled &
 - . deveined
- 8 c Chicken stock
- 1/2 lb Rice stick noodles (may
 - . substitute egg noodles
 - . or vermicelli)
- 1 t Salt
- 1/4 t Black pepper

Soak the dried mushrooms in hot water for 10 minutes. Remove the stems and slice the caps into strips. (Just slice the fresh mushrooms, if using fresh). Set aside.

Stack the cabbage leaves; then cut across into strips 2 inches wide. Cut each strip across the width into slivers 2 inches in length. Set

aside.

Place the pork strips in a bowl with the soy sauce, hoisin sauce, water and cornstarch. Mix until the pork is thoroughly coated. set aside to marinate for 20 minutes.

Heat the oil in a wok or large skillet over high heat and stir-fry the pork for 3 minutes. Using a slotted spoon, drain the pork and remove to a paper-towel-lined plate.

Bring the oil back up to high heat and stir-fry the mushrooms and onions for 2 minutes. Add the shredded cabbage and shrimp and fry until the shrimp becomes pink and the cabbage becomes limp.

Add the stock and bring to a boil. Add the rice noodles and boil for one minute. Return the pork to the wok just to heat through and season with the salt and pepper.

NOTE: Some ingredients may be available only at Asian grocers.

Vietnamese variation: Omit the mushrooms. Stir-fry the onions with the pork. Substitute 3 large tomatoes, each cut into 6 segments, for the cabbage. Serve the soup in individual bowls, first placing a lettuce leaf torn into a few pieces, a few bean sprouts, 4 or 5 narrow strips of cucumber, 3 mint leaves and a scattering of chopped cilantro leaves in the bottom of each bowl before pouring the soup in. Garnish with a sprinkling of crushed peanuts. This version may also be made with chicken instead of pork.

Nutritional Information per serving: 411 calories, 20g fat, 122mg cholesterol, 1753mg sodium

Chinese: Shrimp Fried Rice

Yield: 3 Servings

---CATE VANICEK---

c Cold cooked rice

3 Eggs, slightly beaten

1/3 c Raw shrimp, cleaned and
Slivered

1/3 c BBQ pork

1/2 t Cornstarch

1 t Wine

1 T Soy sauce

1/4 t MSG (optional)

2 Green onions, diced

1 t Salt

Peanut oil

Pan-fry the eggs into thin sheets in a frying pan. Remove and cut into small strips.

Heat peanut oil over high heat. Stir-fry shrimp and chicken. When done, sizzle in 1 tsp. wine.

Add the cooked rice. Stir until well-mixed. Add 1 tbsp. soy sauce, 1/4 tsp. MSG and the diced green onion. Add 1 tsp. salt (or more).

Stir-fry for at least 10 minutes over MEDIUM heat. Add egg strips.

Serve hot.

Note: The cooked rice should not be sticky. It might even be better to use day-old rice. If you must use freshly cooked rice, you may spread the rice on a cookie sheet and let cool completely before you stir-fry it.

Chunky Chicken Rice Soup

Yield: 7 Servings

1 c Cooked cubed chicken

1 t Oil for frying

2 c Chicken broth

1 c Water

10 oz Frozen mixed vegetables

1/2 t Poultry seasoning

1/4 t Pepper

1 c Minute Rice

1 T Dried parsley

>. In a skillet, fry chicken in hot oil until browned. Add broth, water, vegetables (thawed) and seasonings. 2>. Bring to a boil. Reduce heat to low, cover and simmer 5 minutes. Stir in Minute Rice and parsley; cover, remove from heat. Let stand 5 minutes before serving.

Coconut Rice Noodles

Yield: 4 Servings

150 g Dried rice noodles

2 t Sesame oil

225 g Firm tofu

300 Vegetable stock

75 g Creamed coconut

2 T Soy sauce

1 sm Onion

2 lg Red chillies

3 Garlic cloves

100 g Beansprouts

- 4 Spring onions
- 2 T Fresh coriander
- Seasoning

Preparation: Cut the tofu into 2.5cm cubes Crumble the creamed coconut
Grate the onion Finely slice the chillies Crush the garlic cloves

Thinly slice the spring onions Chop the fresh coriander

Pour boiling water over the noodles and leave for one minute then rinse
with cold water and drain thoroughly.

Heat the oil in a large frying pan and fry the tofu cubes until lightly
golden on all sides.

Heat the vegetable stock in a medium pan, then add the creamed coconut,
soy sauce, onion, chillies and garlic and simmer for 5 minutes.

Add the cooked noodles, beansprouts, spring onion slices and fried tofu
and cook for a further 3 minutes. Season to taste, add the coriander
and serve.

cal per serving 12g protein 35g carbohydrate 29g fat 6g saturated fat
(medium)_ no added sugar 4g fibre (medium) 0.78g salt (medium)

Columbian Squash Stuffed With Dirty Rice

Yield: 6 Servings

- 1 Columbian squash, about
- 5 pounds
- 1 lb Extra lean ground chuck
- 1/4 lb Chicken giblets, chopped fine
- 1/4 lb Bulk sausage
- 2 T McIlhenny Tabasco pepper
- sauce
- 1/4 t Salt
- 2 Small cayenne peppers,
- chop fine
- Olive oil
- 2 c Beef stock or water

The Columbian squash used in this recipe may be replaced with a small
pumpkin, as the edible portions are similar in color, taste and
texture.

Cut and remove a section of the squash top as if you were about to
carve a "Jack-O-Lantern". Remove the seeds and stringy parts of the
vegetable. Mix the salt and McIlhenny Co. Tabasco sauce and rub onto
the inside of the squash (or pumpkin). Replace the squash top, and
microwave on high for about 5 minutes. While squash is in the
microwave, brown the ground meats, along with the chicken giblets in a
small amount of olive oil in a heavy skillet. When the meats are
browned, drain off excess fat, then add beef stock or water bring to a
boil, add the package of dirty rice mix, return to boil, lower heat and
simmer 5 minutes. Place the mixture into the squash or pumpkin, replace
the top and microwave on high for about 6 minutes per pound of squash.

Company Microwave Rice

Yield: 4 Servings

1 c Rice; unconverted, uncooked

2 T Butter

1/3 c Celery; finely chopped

1/3 c Green onion; finely chopped

3 T Soy sauce

1 c Bouillon; chicken

1/2 c Mushrooms; fresh sliced

1/2 c Peas; frozen

Combine

rice and butter and cook, uncovered on HIGH (100%) for 4 to minutes or till rice has browned. Stir 2 times while cooking. Add celery and green onions and cook an additional minute. Add remaining ingredients except mushrooms and peas. Stir well and return to microwave. Stir and let stand covered for 10 minutes. If mushrooms and peas are done, serve. If not, microwave 3-5 minutes to complete. Fluff and serve.

Cooking Rice on the Stove

Yield: 1 Serving

1 Free Flow Recipe

This is gonna seem so simple that you won't believe that it will work, but it does. The thing with rice cooking is that folks tend to make it too hard. Get out a nice heavy pan with a tight fitting lid. (Visions is nice for this cause you can see what's going on in the pot.) Get a bag of normal ol' long grain rice++not Rice-A-Roni or Uncle Ben's or any of that "converted" stuff. Dump as much into the pot as you like (one cup dry makes about three cups cooked).

At this point, you can either rinse it or not. If you don't the rice will be a tad stickier when done. (That makes it good for eating with chopsticks.) If you rinse it well it will be a tad "fluffier".

Personally, over the years I've come to NOT rinse my rice. It's just too much work and I can't really see that much difference in the finished product.

Level the rice in the pot and place your index finger so that it just touches the surface of the rice. Add water until the level comes just up to the crease at the backside of the top of the first knuckle on your index finger. Crank the heat up on the stove quite high and put the pot of rice on the burner. Stir the rice lightly before it comes to a boil, just once, so it doesn't stick. Let the shebang come to a full, rolling boil, then lower the heat to about medium. Let it boil, UNDISTURBED, until the free water evaporates and little holes appear in the surface of the rice.

When this stage is reached, immediately lower the heat to the lowest setting possible (one of those "flame tamers" that you set on the burner can be helpful here), cover the rice and let it simmer and steam for about twenty minutes. DO NOT LIFT THE LID UNTIL THE TIME HAS ELAPSED-DO NOT STIR THE RICE!!! Sorry++didn't mean to shout. ;-} When the time has passed you will have a pot of perfectly cooked rice.

Fluff it a bit when you put it in the serving dish. No complex procedures, no measurements and very little fuss and muss...

This is an old Chinese method of cooking rice and it works regardless of the amount of rice used. Just remember the "first knuckle rule" and things should work well. I don't add salt to mine, but I don't imagine that it would cause any problems. I've never cooked brown rice this way, but I imagine it would work if you doubled the steaming time.

Another easy way to get perfect rice is to buy one of those Japanese rice cookers. They run around forty bucks and are really quite good at what they do. I'm using one made by Hitachi that works very well.

Cornish Hen Halves and Wild Rice

Yield: 4 Servings

- 1/4 c Green onions, sliced
- 1 T Margarine
- 1 t Chicken bouillon granules
- 1/4 t Ground sage
- 1/3 c Wild rice
- 1/3 c Long grain rice
- 1/4 c Carrot, shredded
- 2 T Snipped fresh parsley
- 2 Cornish game hens, halved
 - lengthwise (1 to 1/2 pounds
 - each)
- 1/4 c Apple juice concentrate
- 1 t Lemon juice
- 2 md Apples, sliced

In a medium saucepan, combine green onion, margarine, bouillon granules, sage, and 1 1/3 cups water. Bring to boiling. Stir in wild rice; reduce heat. Cover and simmer for 30 minutes. Stir in long grain rice, carrot, and parsley. Cover and simmer for about 20 minutes

more or until rice is done and liquid is absorbed.

In a shallow baking dish, spoon rice mixture into four mounds. Place hens on rice mounds; cover loosely with foil. Roast in a 375F oven for 30 minutes.

Meanwhile, in a small bowl combine the apple juice concentrate and lemon juice. Uncover hens; roast for about 35 minutes more or until drumsticks can be twisted easily in sockets. During the last 15 minutes, add apple slices; brush hens and apples with apple juice mixture.

Makes 4 servings.

Costa Rican Beef & Vegetable Soup with Yellow Rice

Yield: 6 Servings

- 2 Pound Lean, boneless
- beef chuck
- 1 1/2 inch cubes
- 1 g Onion, thinly sliced
- 1 Cup Celery, thinly sliced
- 3 Cloves garlic, minced
- 1 Dry bay leaf
- 1 g Red bell pepper, seeded and
Cut into thin, bite-size
Strips
- 1 1/2 Cup Water
- 2 cn (about 14 1/2 oz. @)
Beef broth

-----YELLOW RICE----- g

Ear corn, cut into 3/4 inch Thick slices Up Coarsely shredded cabbage
Up Lightly packed cilantro Leaves Salt and pepper

THE SOUP Arrange beef cubes slightly apart in a single layer in a shallow baking pan. Bake in a 500 oven until well browned (about 20 minutes). Meanwhile, in a 3 1/2 quart or larger crockpot, combine onion, celery, garlic, bay leaf and bell pepper. Transfer browned beef to crockpot. Pour a little of the water into baking pan, stirring to dissolve drippings and pour into crockpot. Add broth and remaining water. Cover and cook on low about 8 hours. About 15 minutes before beef is done, prepare Yellow Rice. While rice is cooking, increase cooker setting to high; add corn. Cover; cook for 5 minutes. Add cabbage; cover and cook until cabbage is bright green, 8 to 10 more minutes. Stir in cilantro; season with salt and pepper. Ladle soup into wide, shallow bowls; add a scoop of rice to each. THE RICE 1 tablespoon salad oil 1 small onion, finely chopped 1 cup long-grain white rice 1/4 teaspoon ground turmeric 1/4 cups water Heat oil in 2-quart pan over medium heat. Add the onion; cook, stirring until onion is soft but not browned, (3 to 5 minutes). Stir in the rice and tumeric; cook, stirring occasionally, for about 1 minute. Pour in the water and reduce heat to

low and cook until rice is tender, about 20 minutes.

Country Rice

Yield: 2 Servings

1/3 c Chicken stock - made without
- salt or fat

1/3 c Green onion - chopped
- pinch freshly ground
- black pepper

1/3 c Rice - white, uncooked

PREPARATION: Bring the stock to a boil with the green onion and pepper.

Add the rice; turn down to a simmer and cover; cook for 20 minutes.

NOTE: If you want drier rice, remove the cover at 20 minutes and heat just a minute or so longer.

VARIATIONS: Rice made with fish stock (see recipe page 89) can be served with fish, beef-stock rich with beef. If you begin adding more vegetables, you will end up with a jambalaya instead of a side course of Country Rice.

Calories 115.0 Protein 234.0 g Carbohydrates 25.5 g Dietary
Fiber 0.783 g Fat-Total .147 g Fat-Saturated .037 g Fat-Mono .036 g
Cholesterol 0.0 mg Calcium 18.7 mg Iron 1.22 mg Sodium 3.93 mg

Crackling Rice Soup

Yield: 6 Servings

1/2 c Rice, raw

1 c Water

1/2 t Salt

2 T Peanut Oil

1 1/2 qt Chicken Broth

2/3 c Baked Ham, slivered

1/3 c Green Onions, chopped

Soy Sauce

Recipe By : California Cooks! by McDermott and Marks Serving Size

Preparation Time :0:00 Categories Chinese

Soups

Combine rice, water and salt in a small saucepan. Heat to boiling; cover and simmer 25 mins. Cool. Toss cooled rice with peanut oil in a large skillet until rice turns golden brown. Keep hot until ready to serve. Meanwhile heat together chicken broth, ham and green onions. turn into large soup tureen. Serve soup at the table topping each bowl with a spoonful or two of hot rice which crackles as it goes into the soup. Pass soy sauce, adding individually to taste. Makes 6 servings.

NOTES : According to legend; once, when a beginning Chinese cook once over cooked a pot of rice, he tasted the scorched crust and found it good. A rice crust, deep fat fried, is dropped crackling hot into this novel soup in restaurants. This is a home-grown version.

Cranberry/Wild Rice Stuffing

Yield: 4 Servings

1/2 c Wild Rice, uncooked 1 c Water 1/4 c Raisins, dark or golden 5
Green Onions (scallions), chopped 1 tb Vegetable Oil 1/2 c Celery ~or-
Fennel Bulb, chopped 1 c Cranberries, fresh or frozen 1 ts Orange Rind,
grated 1/2 t Dried Thyme

Put the wild rice in a saucepan. Add the water and raisins and cook over medium heat for 1 hour, or until the rice is tender. Drain
Saute the onions and celery (or fennel bulb) in the oil until tender.
Add the cranberries, orange rind, thyme and rice. Stuff into two Cornish hens or a 3-pound chicken, or use with turkey breast. Bake in a 350-degree oven for 1 hour, or until the poultry is done.

Creamy Chicken and Rice

Yield: 6 Servings

6 7/8 oz Pkg. chicken flavor rice **
2 1/4 c Hot water
1 c Sliced mushrooms
1 1/2 lb Skinned, boned chicken breasts
Cut into bite-sized pieces

1/2 t Garlic powder
 3/4 c Non-fat sour cream
 1/4 t Pepper
 1 cn Low-cal cream
 - of mushroom sp
 1/4 c Cracker crumbs
 1 t Melted margarine
 1/2 t Poppyseeds

*** This recipe calls for 1 6.9 oz. package of chicken flavored rice and vermicelli mix with chicken broth and herbs. Cook the rice mix in a large nonstick skillet according to package directions, using 1 tb margarine and 2-1/4 cups hot water. When done, remove from the skillet and set aside. Wipe the skillet with a paper towel. Coat the skillet with cooking spray, and place over high heat until hot. Add the chicken, mushrooms, and garlic powder: saute for minutes or till the chicken loses its pink color. Combine the rice mixture, chicken mixture, sour cream, pepper, and soup in a bowl: stir well. Spoon into a greased 2-quart casserole. Combine the cracker crumbs, margarine, and poppyseeds. Stir well, and sprinkle over the chicken mixture. Bake at 350 for 35 minutes or until thoroughly heated. Each 1-1/3 cup serving contains 334 calories and 6.8 grams of fat. You can freeze this in single servings in containers or zip-lock bags. Just heat it up in the microwave and you've got a home-cooked meal in a hurry.

Creamy Rice Pudding

Yield: 4 Servings
 1/3 c Short grain rice, uncooked
 1/2 c Whipping cream
 1 qt Milk
 1/2 c Sugar
 1/8 t Nutmeg OR
 1 t Vanilla
 3 T Butter or margarine

PREHEAT OVEN TO 300F. Sprinkle rice evenly over the bottom of a buttered 1 1/2-quart casserole. Mix milk and sugar, pour over rice, sprinkle with nutmeg and dot with butter. Bake, uncovered, 2 hours, stirring every 15 minutes for the first 1 1/2 hours, until lightly browned. Remove from oven and stir in whipping cream. Bake another 1/2 hour.
 Makes 4 to 6 Servings

Creole Liver and Rice

Yield: 2 Servings

1/2 lb Beef liver

1 T Vegetable oil

1/3 c Green bell pepper, chopped

1 cn Stewed tomatoes(8oz)

1/2 t Basil

1/2 t Salt

1/2 t Garlic salt

1 pn Black pepper

2 T Sherry

1 c Rice, hot cooked

Cut liver into serving pieces.

In skillet, brown liver quickly in oil on both sides.

Add remaining ingredients except rice; cover and simmer 45 minutes, or until liver is tender.

Uncover and allow sauce to thicken, if necessary.

Serve over mounds of hot rice.

Creole-Style Red Beans & Rice

Yield: 10 Servings

1 lb Red beans

8 Cloves garlic, chopped

1 Rib celery, chopped

1/4 lb Salami

1 lb Smoked sausage

1 Large onion, chopped

1/4 Bell pepper, chopped

1 t Sugar

Salt & pepper to taste

1 pn Thyme

1 lb Weiners

Wash beans thoroughly; cover with water and place on medium fire. Chop sausage and salami and add to beans; add garlic celery, onions, green pepper, sugar, and thyme. Continue cooking until beans are soft, adding more water if necessary.

When beans are soft, add weiners, sliced in 1" pcs., and salt and pepper to taste. Cook until gravy is thick and creamy. Serve over hot cooked rice.

Crockpot Chicken & Rice

Yield: 6 Servings

1/2 lb Mushrooms, fresh

1/2 c Onions, chopped

2 lb Chicken, raw

1 t Chicken bouillon

1 t Poultry seasoning

1/4 t Salt

2 c Water

3/4 c Rice, uncooked

Slice mushrooms. Remove skin from chicken. Spray 12" skillet with nonstick spray coating. Brown mushrooms, onion, and chicken pieces on all sides over medium heat about 15 minutes. Stir in seasonings and transfer to crockpot. Can be refrigerated overnight.

Start crockpot on LOW. When ingredients are heated, add rice. Cook until done.

PER SERVING: 265 cal, 25g prot, 27g carbo, 6g fat, 67mg chol, 20% of calories from fat

Crock-Pot Chicken & Rice Casserole

Yield: 4 Servings

4 lg Chicken breasts

1 cn Cream of chicken

- soup (small)

1 cn Cream of celery

- soup (small)

1 cn Cream of mushroom

- soup (sm)

1/2 c Diced celery

1 c Minute rice

Mix in crock-pot the 3 cans of soup and rice. Place the chicken on top of the mixture, then add the diced celery. Cook for 3 hours on high or 4 hours on low. Makes 4 servings. More rice, about 1/2 cup, and 2 other chicken breasts may be added to make 6 servings. Linda Scales

Crockpot Chicken and Rice

Yield: 6 Servings

1/2 lb Mushrooms, fresh

1/2 c Onions, chopped

2 lb Chicken, raw

1 t Chicken bouillon

1 t Poultry seasoning

1/4 t Salt

2 c Water

3/4 c Rice, uncooked

Preparation: Slice mushrooms. Remove skin from chicken. Spray 12" skillet with nonstick spray coating. Brown mushrooms, onion, and chicken pieces on all sides over medium heat about 15 minutes. Stir in seasonings and transfer to crockpot. Can be refrigerated overnight. Start crockpot on LOW. When ingredients are heated, add rice. Cook until done.

PER SERVING: 265 cal, 25g prot, 27g carbo, 6g fat, mg chol.

Crock-Pot Chicken and Rice Casserole

Yield: 4 Servings

4 lg Chicken breasts

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1/2 c Diced celery

1 c Minute rice

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Crockpot Rice Pudding with Fruit

Yield: 8 Servings

1/2 ga Milk; * see note

1 c Rice

1 c Sugar

3 T Margarine; solid

1/4 t Salt; optional

1 t Vanilla extract

1/2 c Dried apricots or peaches; m

1/4 t Ground cinnamon

Recipe by: Jo Anne Merrill Preparation Time: 3:00 * Use half nonfat and half whole milk, or all nonfat for lower fat content.

Substitute canned milk for the regular milk for a very rich flavor. The cooking time will vary greatly, anywhere from 1-1/2 to -1/2 hours. The longer it cooks the thicker it will be. It is important to have the dried apricots minced. Put all ingredients into crockpot. Stir to blend well. Cover and cook on high - 1/2 hours, stir once after about 1 hour. Or, cook on high for the first 30 minutes, turn to low and cook as long as you desire. Check after the first 2 hours of low cooking and stir. If rice is not absorbing the milk quickly enough, turn the crockpot up to high again. Keep cover on at all times.

Crockpot temperatures vary widely among different brands. Only experimentation can tell you the correct amount of time for cooking in your crockpot. Rarely will a crockpot recipe fail, though, as the long, slow cooking process does not require precise timing.

Cumin Rice With Eggplant And Peppers

Yield: 4 Servings

1 1/2 c Brown rice

2 T Virgin olive oil

1 T Butter

1 Eggplant (10-12 oz) cut

- in 1/2-inch cubes

1 md Onion cut into

- 1/4-inch squares

Salt

1 sm Green bell pepper

- cut into 1/2-inch squares

1 sm Red or yellow

- pepper or a mixture,

- cut into 1/2-inch squares

2 md Tomatoes; peeled,

- seeded and cut into large

- pieces -OR-

- 15 oz -Canned Tomatoes, drained
 - and cut into large pieces
- 4 t Ground cumin
- 1/2 t Turmeric
- 1/4 t Ground ginger
- 1/4 t Ground cinnamon
- 1/2 t Freshly ground pepper
- 1/4 c Chopped parsley or cilantro
- 3 c Water
- 1 c Dried provolone (optional)
 - =OR=- Monterey Jack
 - =OR=- Muenster cheese

RINSE THE RICE, cover it with water and set it aside to soak while you prepare the rest of the vegetables. Preheat the oven to 375F. Warm the oil and butter in a large skillet. Add the eggplant and onion, salt them lightly, and rapidly saute them to distribute the oil. Cook over medium heat until the eggplant is soft but not mushy, about 5 minutes. Add the peppers, tomatoes, spices (including the pepper), parsley and more salt to taste. Stir carefully, combining everything well. Drain the rice and add it to the pan along with 3 cups water. Turn up the heat to bring the water to a boil, then transfer everything to a baking dish, such as a large, earthenware gratin dish. Lay a piece of parchment over the top, cover with foil, and bake until the rice is done, about 45 minutes. Toss the diced cheese, if you're using it, into the rice and serve. Serves 4 as a main course or 6 to 8 as a side dish.

Curried Rice And Lentils

- Yield: 6 Servings
- 2 c Lentils; rinsed
- 4 c Water
- 1/2 c Butter (less if desired)
- 2 Carrots; grated
- 2 Onions; finely chopped
- 2 Cloves garlic; finely chopped
- 6 T Flour
- 2 c Applesauce
- 1 T Curry powder
- 2 c Water
- 1/4 c Lemon juice
- 2 c Cooked rice

Cook the lentils in the water for 30 minutes; drain. Melt butter and add the carrot, onion, and garlic and saute for a minute. Add the flour, applesauce, curry powder and 2 cups water. Simmer for 30 minutes. Add the lemon juice, lentils, and rice. Heat the dish thoroughly and serve.

Curried Rice With Pineapple

Diabetic, Low Fat, Side Dish, Vegetarian

Yield: 4 Servings

- 1 onion, chopped
- 1 1/2 c water
- 1 1/4 c low-sodium beef broth
- 1 c uncooked rice
- 1 t curry powder
- 1/4 t garlic powder
- 8 oz pineapple chunks, drained

In a medium saucepan, combine onion, water, and beef broth. Bring to a boil, and add rice, curry powder and garlic powder. Cover and reduce heat. Simmer for 25 minutes.

Add pineapple and continue to simmer 5 to 7 minutes more until rice is tender and water is absorbed. Transfer to a serving bowl and serve.

This recipe yields 4 servings. Serving size: about 1/2 cup.

Exchanges Per Serving: 3 Starch.

Diabetic Chicken Rice Dinner

Yield: 4 Servings

- 1 c Uncooked rice
- 1 t Salt
- 1 cn Cream of chicken soup
- 1 cn Warm water
- 2 lb Chicken parts
- 2 md Carrots, peeled and cut

In a 3 quart microwave casserole mix salt, rice, carrots, soup and water. Place chicken parts, thick side out, around outside of casserole and baste with a bit of the liquid. Cover tightly and cook on high for 20 minutes. Shake casserole to stir, don't lift cover. Cook on high an additional 10-15 minutes. Let carry over cook covered for 10 minutes. Check for doneness. Cook another minute or two if needed.

Serves 4

Dill-Lemon Rice Mix

Yield: 1 Serving

4 c Long Grain Rice, Uncooked

4 t Dill Weed Or Dill Seed

8 t Instant Chicken Bouillon

5 t Dried Grated Lemon Peel

2 t Salt

Combine all ingredients in a large bowl and blend well. Put about 1 /2 cups of mix into 3 1-pint airtight containers and label as Dill-Lemon Rice Mix. Store in a cool, dry place and use within 6 to months. Makes about 4 1/2 cups of mix.

Dill-Lemon Rice: Combine 1 1/2 cups of mix, 2 cups cold water, and 1 T butter or margarine in a medium saucepan. Bring to a boil over high heat; cover and reduce heat. Cook for 15 to 25 minutes until liquid is absorbed.

Makes 4 to 6 servings.

Dirty Rice

Yield: 2 Servings

2 T Chicken fat

1/2 lb Chicken gizzards

1/4 lb Ground pork

1 Bay leaves

1 Yellow onions

1 1/2 Celery stalks

1/2 Bell peppers, green

1 Garlic cloves

1 t Tabasco sauce

1 t Salt

1 t Black pepper

2 t Paprika

1 t Dry mustard

1 t Cumin

1/2 t Thyme

1/2 t Oregano

2 T Butter

2 c Pork stock

1/2 lb Chicken livers

1 c Rice

Mince onion, bell pepper, celery and garlic. Grind livers and gizzards. Place fat, gizzards, pork and bay leaves in large heavy skillet over high heat; cook until meat is thoroughly browned, about minutes, stirring occasionally. Stir in the onion, celery, bell pepper, garlic, Tabasco, salt, pepper, paprika, mustard, cumin, thyme, and oregano; stir thoroughly, scraping pan bottom well. Add the butter and stir until melted. Reduce heat to medium and cook about 8 minutes, stirring constantly and scraping pan bottom well. Add the stock or water and

stir until any mixture sticking to the pan bottom comes loose; cook about 8 minutes over high heat, stirring once. Then stir in the chicken livers and cook about 2 minutes. Add the rice and stir thoroughly; cover pan and turn heat to very low; cook about 5 minutes. Remove from heat and leave covered until rice is tender, about 10 minutes. Remove bay leaves and serve immediately.

Dixie's Red Beans and Rice

Yield: 6 Servings

- 2 cn Dark Red Kidney Beans
- 1/2 package Sausage, fully cooked
- 1/2 x Onion, Chopped
- 1 c Rice, long cooking white
- 1 x Cajun, Creole seasoning
- 1 x Louisiana hot sauce
- 1 x Cayenne pepper
- 1 x Black pepper

Cook rice according to package directions. Microwave is best. Takes about 20 minutes. Meanwhile, in saucepan, combine cans of beans, 2 cans water, Louisiana hot sauce (Red Devil is right kind but not Texas Pete or tabasco. Sauce is based on cayenne pepper.) Also onion, Creole and/or Cajun seasoning, avail. in spice or Cajun section of store; but LOOK OUT FOR THOSE THAT CONTAIN SALT if so, don't add too much and don't add extra salt. If Cajun seasoning contains salt, you can easily get too salty! Also may add cayenne pepper to taste; Black pepper. Chop up sausage (any kind is OK as long as "Fully cooked"; hot is preferable to most who prefer a hot taste!) Taste as you go to make sure not too salty or too hot. Boil slowly for about 20 minutes, until it begins to thicken and smells REAL good. Serve beans in bowl OVER white rice.

Dolmadakia (Stuffed Grapeleaves with Rice.)

Yield: 75 Servings

- 16 oz Grape leaves
- 3/4 c Extra virgin olive oil

- 3 Onions; more if desired
(shredded or minced finely)
- 1 3/4 c Rice
- 1 Lemon, juiced or more,
- to taste
- Dill; very finely chopped
- 1 3/4 c -Hot water
- 3/4 t Salt
- 1/4 t Pepper

Sautee the onion with half the oil. Add the rice and let cook for a few minutes. Add the dill, the hot water and salt and pepper. Boil for about 5 minutes. Let it cool.

Steam the grape leaves and rinse with plenty of water in a collander. Wrap the rice mixture with the grape leaves. This is the most difficult and time consuming part, although after you are through it a couple of times you enjoy it the most. It is better if two people work on it simultaneously, talking, joking etc. You want to make them small in size (about 1-2 inches.) Do not hesitate to cut big leaves in half.

Discard the central stem of these leaves and if you can reduce (with a sharp knife) any other tough stems it would be good. You want to wrap the rice very tightly. You place the rice in one end, fold from the short end and the two sides and then roll while pushing the rice downwards to pack it really tight. You have to do it a couple of times to understand. If they are not tightly packed they will unroll later.

Also be careful to wrap totally, do not leave any holes.

You arrange the dolmadakia in a casserole, tightly. Make more than one layers. Add the lemon juice, the rest of the olive oil and 1 1/2 cups of hot water. Cover them with a plate or something to keep them in place. Let them simmer for 35 minutes.

Serve then cold, with strained yogurt or taramosalata. Enjoy.

Double Rice Stuffing [For a 12-Pound Turkey]

Yield: 1 Serving

- 2 package Long-grain & wild
- rice
(6 oz. each)
- 6 T Butter or margarine
- 4 1/2 c Water
- 3 c Chopped celery
- 1 lg Onion chopped
- 7 oz (1 jar) Pimento-stuffed
Olives, drained & sliced
- 1 t Salt
- 1/4 t Pepper

Prepare rice mix with 2 tablespoons of the butter or margarine and the 4 1/2 cups water, following label directions.

Saut? celery and onion in remaining butter until soft in a large frying pan; lightly stir in rice mixture, olives, salt, and pepper.
Makes approximately 10 cups or enough to stuff a 12-pound bird.

Duck Soup with Wild Rice

Yield: 8 Servings

5 lb Duck

Salt

Ground Pepper

2 qt Chicken Stock

1 c Wild Rice

1 md Onion, chopped

3 Leeks, cleaned and finely
Sliced

2 c Mushrooms, sliced

3 Ribs celery, diced

2 T Vegetable Oil

1/3 c Sherry Vinegar

Parsley, chopped

Season the duck lightly with salt and pepper, place in a baking pan on a rack and roast in a preheated 375°F oven for 1 hour, until juices run clear and meat is tender. Let cool. Pull off the meat, discard the skin and dice the meat in small pieces. Set aside.

Brown the duck bones in a skillet over high heat. Place in a soup pot with chicken stock. Bring to a boil and simmer for 35 minutes. Degrease and strain the stock. Set aside. Wash the wild rice and soak in cold water for 30 minutes. In the soup pot, saute the onion, leeks, mushrooms and celery in hot oil (or duck fat) without browning. Drain the wild rice and add to vegetables. Pour in the strained stock. Cook at a simmer for 45 minutes.

Add the sherry vinegar and duck meat. Season with salt and pepper to taste. Cook 15 more minutes. Serve with a garnish of chopped parsley.

Per Serving: Calories: 355, Protein: 28g, Carbohydrates: 24g, Fat: g, Saturated Fat: 4g, Cholesterol: 80mg, Sodium: 79mg, Fiber: 3g.

Duck With Pine Nut Wild Rice

Yield: 4 Servings

Apricot Basting Sauce; *

Duckling; 4 1/2 to 5 Lbs.

Pine Nut Wild Rice; Below

-----PINE NUT WILD RICE-----

1/2 c Wild Rice; Uncooked tb Green Onions/Tops; Sliced ts Margarine Or Butter 1/2 c Chicken Broth oz Pine Nuts; Toasted, 1/2 Cup 1/2 c Pears; Dried, Chopped 1/2 c Currants

* See Sowest 2 for recipe.

~-- Prepare Apricot Basting Sauce and set aside. Heat oven to 350 degrees F. Place duckling, breast side up, on rack in a shallow roasting pan. Brush with Apricot Basting Sauce. Insert meat thermometer so that the tip is in the thickest part of the inside thigh muscle and doesn't touch the bone. Do not add water and do not cover. Roast, brushing with the sauce 2 or 3 times, until thermometer registers 180 to 185 degrees or drumstick meat feels very soft when pressed between fingers, 2 to 2 1/3 hours. Serve with Pine Nut Wild Rice. PINE NUT WILD RICE: Cook and stir wild rice and onions in margarine in a 2-quart heavy saucepan over medium heat until onions are tender, about 3 minutes. Stir in broth. Heat to boiling, stirring occasionally, reduce heat and cover. Simmer until wild rice is tender, 40 to 50 minutes. Stir in pine nuts, pears and currants.

Easy chicken and rice casserole

Yield: 4 Servings

4 x Chicken (white or dark)

1 cn Cream of mushroom soup

1 package Lipton rice and sauce

Uncle Ben's box or envelope of flavored rice (wild or pilaf, etc.) can be substituted for Lipton's Rice 'n' Sauce, but if you use plain white rice, use long cooking kind (not Minute) and you will have to add spices to your taste: curry, paprika, pepper, etc. whatever you wish. The small packets of Lipton's or Uncle Ben's usually have their own flavor pak and no spices need to be added unless you like extra pepper. Combine dry rice, flavor pak if there is one, can of cream of mushroom (or cream of chicken or cream of celery) soup, and 1/2 to 1 full can of water after that. Stir well with fork as soup will be lumpy. Add washed and skinned pieces of chicken and sink them down into the liquid. Bake at 375 for 45 minutes to an hour depending on type of rice--wild rice takes a little longer. When rice is done, chicken is done. Watch during cooking and if rice begins to dry out, add water. If bake at 400 cooking time is less. If mixture was relatively soupy before putting in oven, bake uncovered, but if mixture was not very soupy bake covered. The soupier the mixture when goes in oven (how much water you added) the less you will need to watch it while baking. If it is

looking like it is going to still be soupy towards time for it to get done, take cover off. One more thing, cleanup is easier if you sprayed baking dish (glass) with Pam or other cooking spray before you put the ingredients in the dish (sorry!)

Easy Mexican Chicken And Rice

Yield: 2 Servings

1/3 c Converted rice

9/16 c Water

1/3 md Onion (chopped)

1 1/3 Skinless, chicken breast
- halves

1/3 c Salsa (the one you like)

Salt to taste

2/3 Chicken bullion cubes

In a large pan, combine the water and bullion cubes, and bring to a boil. Add rice, onions and salt, boil 10 min then remove from the heat. Place into casserole dish, place chicken breasts on top and pour salsa over the chicken breast and rice, cover.

Place into preheated oven (350o), and cook for 1 hr. Serve.

Source: Found floating around BBSLand

This was a pretty good dinner, and it required very little of my time in the kitchen. It took a while to cook, but almost no preparation time.

This was originally a 6-serving recipe, and I had it scaled down to two. I approximated the measurements, since I'd have to be looney to sit and measure out 9/16 Cups of water. As it was, I ended up adding a lot more water than that, since the rice took *much* less than 10 minutes before it completely sucked up the water.

Easy Oriental Fried Rice

Yield: 4 Servings

4 c cooked Rice sl Bacon, chopped /2 c

Low-fat Ham *(you may substitute cooked -shrimp, turkey or chicken) c

Carrots, diced /2 c Red Pepper, diced /2 c Green Onion, chopped c
Frozen Green Peas /2 ts Dried Ginger /3 c Low-Salt Soy Sauce Salt &
Pepper to taste

Fry bacon in large skillet or wok until crisp. Drain off all but T of fat.

Add meat and carrots; stir-fry about 2 minutes.

Add red pepper and onions; toss or stir to fry until vegetables are cooked.

Stir in green peas, rice, ginger, soy sauce, salt and pepper.

Stir to heat well; cover and let stand about 5 minutes.

Serving size depends on amount of rice used.

Egg Fried Rice

Yield: 4 Servings

4 Eggs, large

2 1/2 t Salt

6 T Peanut oil

3 1/2 c Rice, cooked (1 c uncooked

2 Scallions, large, chopped

Beat eggs well with 1/2 t salt. Have rice and scallions ready. Heat wok over high heat until hot; add 3 T oil, coat, and heat for seconds (don't let oil smoke). Pour in eggs and as they puff at the edges, push mass with spatula across to back of pan as you tilt it towards you; this allows the liquid eggs to slide down in to the hot pan. Repeat this pushing and tilting quickly until the eggs are no longer runny but soft and fluffy. Slide into a dish and set aside. Stir rice a little with wet hands. Add remaining 3 T oil to hot pan and scatter in the rice; stir, poke and flip with spatula to coat each grain with oil. Add rest of salt and stir briskly for 1 minute, until rice is heated through. Add eggs and stir to mingle; eggs should remain in decent size pieces. Add chopped scallions, give a few quick turns and por into hot serving dish.

Fast Food 1 (Rice & Veggies) (Quick)(Vegan)

Yield: 1 Serving

- x Instant rice
- x Water
- x Frozen vegetables
- x Seasoning, sauce or Dressing

Pour instant rice into a bowl. Add twice the volume of water. Stir. Pour in some frozen veggies (broccoli, carrots, peas, 'mixed', whatever happens to be in the freezer.) Pour on a glub or two of flavoring agent (tomato sauce, salad dressing, whatever happens to be in the fridge.) Nuke on high for 3 minutes.

Note: This isn't real high nutritional value. Single-serving bricks of frozen cooked rice/beans/barley/lentils would go a long way towards improving it. I ate this many many times...

Fast Food 4 (Rice & Vegetables) (Vegan)

Yield: 1 Serving

- 1 x Instant rice
- 1 x Bouillon
- 1 x Italian seasoning
- 1 x Onion
- 1 cn Crushed tomatoes
- 1 Box thawed frozen spinach

In large pot, cook up 2 cups of (real or instant) rice. When it's almost done, stir in a spoon or two of bouillion granules, and/or some italian seasoning, onion, black pepper, whatever. Add a large can of crushed tomatoes. Add a box of thawed frozen spinach.

And a few hints:

When you cook, make a big pot of whatever it is you're making. It won't add very much extra work, and you can freeze the leftovers, or just munch on them for a few days.

Keep shortcut foods like canned beans, quick-cooking noodles (not ramen bricks, they have a lot of fat), instant rice, canned tomato puree, dehydrated onions, quick-cook oatmeal, frozen veggies, etc. around. They aren't as good or as nutritious as the 'real thing', and they cost more, but they come in very handy when you don't have time...

Fennel and Rice

Yield: 4 Servings

1 md Fennel Bulb Sweet Red Pepper 1 sm Onion, chopped 1 tb Vegetable Oil

1/2 c Brown Rice 1 Bay Leaf 2 c Water

Trim off the top of the fennel bulb. Cut the fennel into small cubes.

Clean the pepper and cut it into small cubes. Combine the fennel, pepper, onion and vegetable oil in a saucepan. Cook over medium heat for 2 minutes. Add the rice, bay leaf and water. Bring to a boil, cover, and turn the heat to low. Cook for 30 to 35 minutes, or until the rice is tender.

Filled Tomatoes on Herbed Rice

Yield: 4 Servings

2 Bags of cooking rice (like Instant rice)

8 sm Tomatoes

Salt, Pepper

2 Onions

12 oz Butter

3 1/2 oz Bacon

3 oz Lindenberg Cheese

1 pn Paprika

1 pn Nutmeg

4 T Sweet Cream

12 oz Cornstarch

2 T Herbs, chopped your choice

Prepare rice as directed on bags. Cut out the inside of the tomatoes and season the inside. Chop the lids up and strain through a sieve.

2. Saute the onions in the butter; add the bacon, cut up and fry for a short while. 3. Grate the cheese finely and with the seasons add to the

bacon, stir and fill all into the tomatoes. 4. Butter a pan, shallow, and set the tomatoes inside. Mix the tomato mix, cream, cornstarch and seasons and pour over the tomatoes. 5. Bake all in a 200 C oven for 30 minutes. Add the herbs to the rice and put on a platter, arrange the tomatoes on top. Serve the sauce separate.

Foil-baked Chicken, Rice And Cabbage

Yield: 4 Servings

- 1 Fryer chicken
- 1 md Onion, minced
- 3 T Butter; melted
- 3 c Cabbage; shredded
- 1 t Salt
- 1 c Rice; cooked
- 1 cn Cream of tomato
- soup undiluted
- 1 c Dry breadcrumbs

Cut chicken in quarters. Simmer onion in the melted butter for 5 minutes. Add cabbage and simmer 10 minutes longer. Add salt, rice and undiluted soup, stirring as it heats. Have ready four pieces of aluminum foil, 12 x 12 inches. Lightly oil one side and place a chicken quarter in the center of the oiled side. Spoon rice and cabbage mixture evenly over the chicken; spread crumbs evenly over each top. Fold foil over and seal each package. Place on a baking pan and bake at 450 F for about 35 minutes. Tear foil to expose crumbs and bake 15 minutes longer, or until browned. Serve at once.

Foolproof Rice

Yield: 4 Servings

- 1 c Converted rice
- 1 c Water
- 2 t Salt
- 1 T Butter

Place all ingredients together in crockpot. Cover and cook on LOW for two hours.

Foolproof Rice Bread for the R2 D2

Yield: 16 Servings

- 1/2 T Yeast
- 2 1/4 c Bread flour

- 1 T Sugar
- 1/2 T Salt
- 1 T Oil
- 1 c Rice; cooked
- 1 c Water

Bring all ingredients to room temperature and pour into bakery, in order. Set "baking control" at 10 o'clock. Select "white bread" and push Start.

For a richer bread, use 1 egg and 3/4 c water instead of 1 c water.

In hot, humid weather, use 1/8 c less water.

Sylvia's comment: Very soft, nice all-purpose bread. Great for sandwiches. WARNING: the dough will look a little "wet." DO NOT ADD EXTRA FLOUR.

French Rice Salad

Yield: 6 Servings

- 3 c Cooked rice
- 1 c Diced carrots
- 1 c Diced green bell pepper
- 1 c Sliced mushrooms
- 1 c Green peas
- 1 sm Celery stalk
- 2 T Chopped fresh parsley
- MARINADE---
- 1/4 c Olive oil
- 1/4 c Vegetable oil
- 1/4 c Lemon juice
- 1 Garlic clove, pressed
- 1 t Dried tarragon
- 1 t Dill
- 1 t Marjoram
- 1 t Basil

Place the rice in a large bowl. Steam the carrots, peppers, mushrooms & peas, separately, till tender but firm. Add steamed vegetables, celery & parsley to rice. Whisk marinade ingredients together. Pour over the rice mixture & toss gently. Refrigerate till well chilled, stirring occasionally. Garnish with tomato wedges & green olives.

Fried Curried Rice (Khao Pad Pong Kari)

Yield: 2 Servings

2 T Oil

1 Garlic clove; finely chopped

2 c Plain boiled rice

1 sm Potato; diced small

1 sm Onion; diced small

1/4 c Peas

3 T Light soy sauce

1/2 t Sugar

1 t Curry powder

1/2 t Ground white pepper

-----TO GARNISH-----

Piece of cucumber (1-inch) -- thinly sliced into rounds Coriander leaves

In a wok or frying pan/skillet, heat the oil until a light haze appears, add the garlic and fry until golden brown. Add the boiled rice, stir once, add all the remaining ingredients and stir until thoroughly mixed. Turn on to a serving dish and garnish with cucumber rounds and coriander.

Fried Rice

Yield: 4 Servings

2 c Cooked rice

1 T Cooking oil

2 T Sesame oil

1/4 c Peas

1/4 c Finely diced red pepper

1/2 c Bean sprouts

1/2 c Broccoli florets

3 T Soy sauce

PREPARE RICE ACCORDING to directions and set overnight in the refrigerator, covered. Place a large skillet over medium heat on the stove, add the oils, peas, pepper, sprouts and broccoli. Cook, stirring, for 1 minute. Add the rice and soy sauce and cook, stirring for another 5 minutes. (Cover the skillet and add additional time if using frozen rice.) Scoop rice into a serving dish and serve immediately.

Fried Rice (Chow Fun)

Yield: 4 Servings

- 3 c Cooked Rice
- 3 Bacon strips
- 3 Slightly beaten eggs
- 1 1/4 c Meat, finely diced
- 2 Green onion, finely chopped
- 1/2 lb Fresh bean sprouts (optional)
- 6 Mushrooms, sliced
- Salt to taste as needed
- ds black pepper
- 2 T Soy sauce

Cook bacon til lightly browned but not crunchy and set aside. Add beaten eggs to bacon drippings and scramble. Remove and chop very fine. Add cooked rice and fry for approx. 5 minutes stirring constantly then add remaining ingredients; mix well and continue cooking for 10 minutes longer. Serve piping hot. NOTE: Use your favorite meats; pork, chicken, ham, beef, or shrimp, or experiment with whatever tastes good to you.

Fried Rice with Basil (Khao Pad Krapow)

Yield: 2 Servings

- 1 Garlic clove; finely chopped
- 3 sm Fresh red or green
 - chilis finely chopped
- 1 c Fresh button mushrooms halved
- 1 sm Onion; chopped
- 2 c Cooked rice
- 1 sm Bundle long beans
 - OR- French/snap beans
 - cut into 1/2" pieces
- 1 sm Red or green pepper; diced
- 1/2 t Sugar
- 3 T Light soy sauce
- 15 Sweet basil leaves

In a wok or frying pan/skillet, heat the oil until a light haze appears. Add the garlic and chilis and fry until the garlic is golden brown. Add the mushrooms and onions and stir quickly. Add the cooked rice and stir thoroughly. Add the long beans, peppers, sugar and light soy sauce and stir thoroughly. At the last moment quickly stir in the basil leaves and turn on to a serving dish.

Fruit And Nut Rice

Yield: 6 Servings

1 kg Basmati rice

90 g Ghee

2 T Oil

2 Cloves garlic, crushed

1 Onion, finely chopped

1 T Cumin seeds

1 T Coriander seeds

6 Cardamom seeds

1 Cinammon stick

4 c Hot water

Tiny pinch saffron powder

3/4 c Chopped dried apricots

1 c Sultanas

1 c Roasted unsalted cashews

1/2 c Pistachio nuts

Wash rice; drain 30 minutes. Heat ghee and oil in large pan, add garlic, onion and spices, cook stirring, 1 minute. Add rice, stir until rice is coated with ghee, stir in combined water and saffron. Bring to the boil, cover with tight fitting lid, reduce heat to very low, steam 20 minutes or until water is absorbed and rice is tender. Add apricots and sultanas, cover, cook over low heat 10 minutes, stir in cashews, serve sprinkled with pistachios.

Garlic-Wine Rice Pilaf

Yield: 4 Servings

1 x Rind Of 1 Lemon

8 Cloves Garlic, Peeled

1/2 c Parsley

6 T Unsalted Butter

1 c Regular Rice (Not Instant)

1 1/4 c Chicken Stock

3/4 c Dry Vermouth

1 x Salt & Pepper To Taste

Chop together the lemon rind, garlic and parsley. Heat the butter in heavy 2-qt pot. Cook the garlic mixture very gently for 10 minutes. Stir in the rice. Stir over medium heat for 2 minutes. Combine the stock and wine in a saucepan. Heat until it begins to bubble at the sides. Stir into rice; add salt and freshly ground pepper. Cover tightly and simmer over very low heat for 20 minutes or until liquid is absorbed and rice is tender. Fluff with a fork. Drape a towel over the pot and cover the towel until it is time to serve. Serve hot or at room temperature.

Gf Pat's Brown And White Rice Flour Breads And Buns

Yield: 14 Servings

2 t Sugar

1/2 c Wrist-warm water

1 package Active dry yeast

1 1/4 c Water

1/4 c Vegetable shortening

1 c Brown rice flour

2 c White rice flour

1/4 c Sugar

4 t Xanthan gum

OR 1 tbsp dry pectin

2/3 c Non-instant dry milk

OR 1/3 cup soy powder

1 1/2 t Salt

2 lg Eggs

Bring all ingredients to room temperature and pour into bakery, in order. Set "baking control" at 10 o'clock. Select "white bread" and push Start.

In hot & humid weather, use 1/8 c less water.

Recipe may be doubled. Dough may be shaped for hot dog or hamburger buns after first rising. For herb bread, add 2 Tbsp fennel seeds or dried herbs of choice to dry flour.

Ginseng Shreds Stir Rice - for a Special Meal

Yield: 1 Serving

9 c Pre steamed rice

2 oz finely chopped Ginseng

2 T Soy sauce

2 T Vegetable oil

1 t Salt

3 Onions shredded

3 Sweet peppers shredded

1 lb Celery

Steam and simmer rice. Use 1 heaping tablespoon vegetable oil and stir rice in a skillet over a big fire for 1 or 2 minutes. Take out the rice.

Heat the remaining vegetable oil over a big fire until hot. Put in finely chopped Ginseng, onions, peppers, celery and salt and stir for minutes. Let sit, covered, for 7 minutes. Then it's ready.

Almost all Chinese soups and stews are adaptable to Ginseng, with the exception of those having citrus fruits as an ingredient. I've given you a start here, but experiment. Dig up a Chinese cookbook and try out a few recipes.

Glutinous Rice (Khow Neow)

Yield: 1 Serving

Glutinous Rice

Water

Cane steaming basket

Pot to suit

Wash rice well. Soak overnight in plenty of water. If in a hurry 3-4 hours will do. Drain rice and place into cane steaming basket and place on pot to suit. Bring water to boil and cover basket with a saucepan lid. Continue until rice is cooked. Transfer rice onto a clean surface and form into a suitable shape. Stored in a cane basket with lid. Traditionally eaten with gai yang, som dum, laap, phat phet, nam prik or a base for Thai sweets.

Glutinous Rice with Ham and Dried Shrimp

Yield: 1 Serving

3 c Glutinous rice, washed and

- soaked 2 hours, then

- drained

3 c Water

1/2 c Slivered ham

1/4 c Dried shrimp, soaked

- to soften

4 Dried forest mushrooms,

- soaked to soften and

- cut in match stick
- 1 Piece Chinese preserved
 - turnip, rinsed and finely
 - minced
- 1 t Oriental sesame oil

Glutinous rice is a sticky rice high in the B vitamins. Many Chinese eat it in the winter time because its high protein content keeps them warm.

Place rice in a heat proof earthen pot. Add water and bring to boil. Lower heat to medium and cook, uncovered, until all water is absorbed. Combine remaining ingredients and place on top of rice. Cover and cook at lowest heat for 20 minutes. Let stand for 10 minutes before serving.

Grape Leaves Stuffed with Rice

Yield: 4 Servings

- 5 T Chopped onions
- 1 c Oil
- 2 c Water
- 1 c Brown rice
- 1 t Salt
- 2 t Kelp
- 2 t Dill weed
- 1/4 t Cinnamon
- 1/2 t Peppermint
- 1 t Paprika
- 1/2 t Pepper
- 1/2 t Allspice
- Juice of 1 lemon
- 12 Grape leaves

Saute onions in oil till light brown. Add 1 c water with the rice, salt & kelp. Mix well. Cover & cook till the water is absorbed. Remove from heat, cool slightly & add remaining spices. Place 1 generous ts of filling onto each grape leaf. Make one fold up from the base of the leaf, tuck in the sides & roll up tightly. Place in a heavy saucepan & fold down, packing the rolls tightly. Add remaining cup of water & lemon juice. Cook slowly over low heat till almost all the liquid has been absorbed. Serve hot or cold.

Green Bean Almond Rice

Yield: 8 Servings

- 1 T Butter or margarine
- 1/2 c Slivered almonds
- 1/2 c Chopped onions
- 1/3 c Chopped red bell peppers
- 3 c Cooked brown rice, (cooked
- in beef broth)
- 1 10 oz package frozen French
- style green beans, thawed
- ground white pepper,
- for taste
- 1/4 t Tarragon

Melt butter in large skillet over medium-high heat. Add almonds; stir until lightly browned. Add onions and red pepper; cook for 2 minutes or until tender. Add rice, green beans, white pepper and tarragon. Stir until thoroughly heated.

Grouse & Wild Rice

Yield: 4 Servings

- 2/3 c Wild rice
- 2 c Chicken broth
- 1/4 c Butter
- 8 Grouse breast filets
- 3 Eggs [beaten]
- 1 c Flour
- Garlic salt, oregano, and
Basil to taste
- 2 T Butter
- 1/2 c Chicken broth
- 4 oz Mozzarella cheese [sliced]

Combine the wild rice with 2 cups of broth and 1/4 cup butter in a saucepan, cover and cook 'til tender. (keep warm) 2) Rinse grouse filets and pat dry. Pound the filets between waxed paper with meat mallet 'til tender, then combine with the eggs in a bowl. Let stand for 1 hour... 3) Combine the flour, oregano, garlic salt, basil, and pepper to taste in a bowl and roll the filets in this flour mixture, coating well. 4) Brown on both sides in 2 tb butter in a skillet. Then add enough broth to cover the bottom of the pan and simmer filets, covered, for 10 min. 5) Place 1 slice of cheese on each filet and cook 'til cheese is melted... Serve with the rice...

Gujar Ka Pullao (Carrot Rice)

Yield: 4 Servings

1 c Basmati rice

1 c -Water

1 lg Onion

2 T Vegetable oil

1 Bay leaf

1/2 t Cumin seeds

2 Cloves

1 Cardamom pod

1/2 Cinnamon stick; 1/2 inch

1/2 t Peppercorns

2 c Carrot; grated salt to taste

"Carrots add a mild sweetness to this pullao, which is lightly flavoured with whole spices. the recipe was given to me by my sister-in-law Rachna, who entices her family to eat carrots this way." Wash the rice under running water, then let soak in 1 cup water. Slice the onion into thin half rounds. In a large, heavy bottom saucepan over medium heat, warm the oil. Add the bay leaf, cumin, cloves, cardamom pod, cinnamon and peppercorns. cook until the spices puff up and darken (1 to 2 seconds), then add the sliced onion and saute until browned (8 to 10 minutes). Add the rice and the soaking water and the salt. Stir gently, cover, increase the heat to high and bring to a boil. Then reduce the heat to very low and cook for 25 minutes without uncovering the pan. Turn off the heat and let the pan stand covered on the burner for 5 minutes. then uncover, fluff up the rice gently and serve.

SERVES: 4 as a side dish

Hanoi Beef and Rice-Noodle Soup (Pho Bac)

Yield: 1 Serving

5 lb Beef bones with marrow

5 lb Oxtails

2 lb Short rib plate, or

- 1 lb flank steak

2 lg Onions, unpeeled,

- halved and studded with

- 8 whole cloves

3 Shallots, unpeeled

2 oz Fresh ginger root, unpeeled

- in one piece

8 Star anise

1 Cinnamon stick

4 md Parsnips, cut

- into 2-inch chunks

- 2 t Salt
- 1 lb Beef sirloin
- 2 Scallions, thinly sliced
- 1 T Shredded coriander
- 2 md Onions, sliced paper-thin
- 1/4 c Hot chili sauce (tuong
- ot or sriracha sauce)
- 1 lb 1/4-inch-wide
- dried rice sticks (banh
- pho)
- 1/2 c Nuoc mam (Vietnamese
- fish sauce)
- Freshly ground black pepper

-----ACCOMPANIMENTS-----

c Fresh bean sprouts Fresh red chile peppers, -sliced Limes, cut into wedges bn Of fresh mint, separated -into leaves bn Fresh Asian basil *
* or regular fresh basil, -separated into leaves

"This sublime recipe comes from my mother, a native of Hanoi. She always made the beef stock in large quantities++enough for at least 3 meals++and froze it in batches until needed."

In order to cut the beef into paper-thin slices, freeze the pieces of meat for 30 minutes before slicing.

The night before, clean the bones under cold running water and soak overnight in a pot with water to cover at room temperature. (This will help loosen the impurities inside the bones. When heat is applied, these impurities are released and come to the top much faster and can be removed, therefore, producing a clear broth.)

Place the beef bones, oxtails and short rib plate in a large stockpot. Add water to cover and bring to a boil. Cook for 10 minutes. Drain. Rinse the pot and the bones.

Return the bones to the pot and add 6 quarts of water. Bring to a boil. Skim the surface to remove the foam and fat. Stir the bones in the bottom of the pot from time to time to free the impurities. Continue skimming until the foam ceases to rise. Add 3 quarts more water and bring to a boil. Skim off all the residue that forms on the top. Turn the heat to low and simmer.

Meanwhile, char the clove-studded onions, shallots and ginger directly over a gas burner or under the broiler until they release their fragrant odors. Tie the charred vegetables, star anise and cinnamon stick in a double thickness of dampened cheesecloth. Add the spice bag, parsnips and salt to the simmering broth. Simmer for hour.

Remove the short rib plates. Pull the meat away from the bones. Reserve the meat and return the bones to the pot. Simmer the broth, uncovered, for 4 to 5 hours. Keep an eye on it; as the liquid boils away, add enough fresh water to cover the bones.

Meanwhile, slice the beef sirloin against the grain into paper-thin slices, roughly 2 by 2-inches in size. Slice the reserved short rib meat paper-thin. Set aside.

In a small bowl, combine the scallions, coriander and half of the slice onions. Place the remaining sliced onions in a small bowl and stir in the hot chili sauce. Blend well.

Soak the rice sticks in warm water for 30 minutes. Drain and set aside.

When the broth is ready, remove and discard all of the bones. Strain the broth through a strainer or colander lined with a double layer of dampened cheesecloth into a clean pot. Add the fish sauce and bring the broth to a boil. Reduce the heat and keep the broth at a bare simmer.

In another pot, bring 4 quarts of water to a boil. Drain the noodles,

then drop them in the boiling water. Drain immediately. Divide the noodles among 4 large soup bowls. Top the noodles with the sliced meats. bring the broth to a rolling boil. Ladle the broth directly over the meat in each bowl (the boiling broth will cook the raw beef instantly). Garnish with the scallion mixture and freshly ground black pepper.
 Serve the onions in hot chili sauce and the accompaniments on the side. Each diner will add these ingredients as desired. Yield: 4 servings.

Harvest Rice

Yield: 6 Servings

- 1 c Sliced carrots
- 1 T Vegetable oil
- 1 c Sliced green onions
- 2 c Apples, cored, chopped
- 3 c Cooked brown rice
- 1/2 t Salt
- 1/2 c Seedless raisins
- 1 T Sesame seeds

In large skillet, cook carrots in oil about 5 minutes over medium heat. Add onions and apples. Cook 3-5 minutes longer. Stir in remaining ingredients. Cook until thoroughly heated.

Nutrition (per serving): 220 calories

Saturated fat 1 g Total Fat 4 g (17% of calories) Protein 4 g (7% of calories) Carbohydrates 42 g (76% of calories)
 Cholesterol 0 mg Sodium 208 mg Fiber 1 g Iron 1 mg
 Vitamin A 5243 IU Vitamin C 7 mg Alcohol 0 g

Hearty Chicken & Rice Soup

Yield: 8 Servings

- 10 c Chicken broth
- 1 md Onion
- 1 c Celery [sliced]
- 1 c Carrots [sliced]
- 1/4 c Parsley [snipped]

- 1/2 t Black pepper
- 1/2 t Thyme leaves [dried]
- 1 Bay leaf
- 1 1/2 c Chicken [cubed]
- 2 T Lime juice

Lime slices for garnish

Combine the broth, onion, celery, carrots, parsley, pepper, thyme, and bay leaf in a dutch oven, and bring to a boil over high heat, stirring once or twice... 2) Reduce heat to low and simmer, uncovered, 10 to 15 min., then add the chicken and simmer for 5 to 10 min. more or 'til the chicken is done... 3) Remove and discard bay leaf, stir in the rice and lime juice just before serving... garnish with lime slices...

Calories... 184 Cholesterol... 23mg Fat... 4g Sodium... mg

Hearty Chicken Rice Soup

Yield: 1 Serving

- 1/2 c Celery; sliced
- 2 Chicken breast halves
 - frozen, boned, skinned
- 2 Cans chicken broth
- 1/2 c Water
- 2 c Mixed veggies; frozen
- 3/4 c Uncooked instant rice
- 1 T Dried parsley flakes
- 2 t Salt free lemon herb season.

Spray large saucepan or Dutch oven with nonstick cooking spray. Heat over med high heat until hot. Add celery; cook and stir 1 1/2 to 2 mins or until crisp tender. Add chicken breast halves, broth and water. Bring to a boil. Reduce heat; cover and simmer 10-12 mins or until chicken is fork tender and juices run clear, stirring occasionally. Remove chicken from saucepan; cool slightly. Cut into bite sized pieces.

Bring broth mixture in saucepan to a boil; stir in frozen veggies. Return to a boil. Stir in rice, chicken, parsley and lemon and herb seasoning. Reduce heat; cover and simmer 10 mins or until rice and veggies are tender.

1/4 c serving yields 220 calories, and 2 grams of fat.

Honey Ribs and Rice

Yield: 4 Servings

2 lb Extra lean back ribs

1 cn Condensed beef consomme

1/2 c Water

2 T Maple syrup

2 T Honey

3 T Soy sauce

2 T Barbecue sauce

1/2 t Dry mustard

1 1/2 c Quick cooking rice

If ribs are fat, place on broiler rack and broil for 15 to 20 minutes; drain well. Otherwise, wash ribs and pat dry. Cut ribs into single servings. Combine remaining ingredients except rice in crockpot; stir to mix. Add ribs. Cover and cook on LOW setting for 6 to 8 hours, or HIGH setting for 3 to 4 hours. Remove ribs and keep warm. Turn crockpot to HIGH setting; add 1-1/2 cups quick cooking rice and cook until done. Serve rice on warm platter surrounded by ribs.

Indonesian-Style Yogurt Rice

Yield: 1 Serving

1 c Arborio rice (240g)

1/2 t Saffron threads

1 md Onion, minced

2 Garlic cloves, minced

3 T Oil

1 Inch piece fresh ginger,
- grated

1 c Milk (240ml)

1 c Plain

- yogurt, room temperature

- (1/2 pt.)

Salt & pepper

It's only touted as "Indonesian-style" but what the hay...

As is the case with most Southeast Asian and South African yellow rice dishes, the coloring agent called for here was turmeric, not saffron.

Yogurt appears in many Indian saffron dishes, however, and I suspected saffron would work well here. It does. You can substitute California pearl rice successfully.

Heat 1/4 cup of milk and steep threads for 20 minutes. Saute onion and garlic in oil. Add ginger and rice and coat grains well. Add the rest of the ingredients, including the saffron. Season with salt and pepper and cover. Cook over low heat until rice is done. Serve immediately.

John's Garlic Rice

Low Fat, Side Dish

Yield: 8 Servings

2 T reduced-fat margarine

2 T minced garlic

2 c long-grain rice

4 c reduced-sodium

- reduced-fat chicken broth

Salt, (optional), to taste

Freshly-ground black pepper,

- (optional), to taste

Heat the margarine in a large skillet and saute the garlic and rice, stirring constantly, until lightly brown.

Add the chicken broth, salt, and pepper and stir. Bring to a boil, then reduce heat to simmer, cover, and cook for 20 minutes.

This recipe yields 8 servings. Serving size: 1/2 cup.

Exchanges Per Serving: 2 1/2 Starch.

Joni's Rice Pudding

Yield: 8 Servings

1/2 ga Milk

1 c Rice long grain

1 c Sugar

4 T Butter (OPTIONal)

Salt

Cinnamon

Raisens

Place Milk, Rice and Sugar and a pinch of salt into Crock on Hi. Cook for 1 and 1/2 hours. Stir and at this time if you like raisen add them, a couple of hands full and sprinkle in some cinnamon. Cook for another 1 1/2 hours keeping a check on the last hour stirring often. As soon as it starts to thicken turn it off if you like it real creamy, let cook longer if you like it thick. It will thicken a lot after it cools. I use skim milk, omit the butter, and sometimes if I have it on hand add a can of evaporated milk, gives a little creamer taste, but either way it is just as good this way and a lot less fat etc.

Kalamarakia Pilafi (Squid Baked With Rice)

Yield: 4 Servings

1 lb Medium squid

Salt

1/4 c Olive oil

3 Garlic cloves; sliced

1/4 c Dry white wine

2 Tomatoes; peeled & seeded

3 T Butter

1 c Raw long-grain white rice

Chopped parsley

1 T Chopped fresh rosemary

Freshly ground pepper

Wash and clean the squid, separating the outer sacs from the heads and tentacles, removing and discarding the translucent cartilage, and small sand bag and ink. Rub salt on the outer sacs and rinse them inside and out with cold water. Rinse head and tentacles thoroughly as well. Slice squid into uniform rings, between 1/2 and 1 inch wide. Heat the oil in a frying pan and add the squid and garlic and saute for 5 minutes. Stir in the wine and sliced tomatoes, cover, and simmer until the squid is almost tender (approximately 30 minutes). Transfer to a baking dish. Meanwhile, heat the butter and saute the rice, without browning, until transparent, stirring constantly. Add the rice to the squid and sprinkle with 1/4 cup chopped parsley, the rosemary, and salt and pepper to taste. Add enough hot water to cook the rice, slightly more than 2 cups including the tomato sauce. Cover and bake in a moderate oven (350 F) for 30 to 40 minutes, or until the rice is tender. Sprinkle with additional chopped parsley and serve hot.

Kar-In's Crispy Rice Squares

Yield: 1 8"x8" pan

1/4 c Almond butter

1/4 c Tahini

1/2 c Rice syrup

1 t Vanilla extract

1/4 t Salt (optional)

2 c Crispy brown rice cereal

1/3 c Almonds; roasted; chopped

- (optional)

1/3 c Carob or chocolate chips

- (optional)

1/3 c Coconut (optional)

In a heavy saucepan over low heat, combine almond butter, tahini and

rice syrup until soft. Turn off heat. Add vanilla and salt. Fold in cereal and optional ingredients. Mix well. Press into a lightly oiled "x 8" pan. Chill in refrigerator for 1 to 2 hours.

Kathie Jenkins wild rice soup

Yield: 12 Servings

- 1/4 c Butter
- 4 Celery stalks, chopped
- 2 Carrots peeled and diced
- 1 sm Onion, diced
- 1 sm Red onion, diced
- 1/2 c Green onions, sliced
- 1/3 c Slivered almonds
- 1 T Dill weed
- 2 t Black pepper
- 2 t Garlic salt
- 2 Bay leaves
- 1/2 t Turmeric
- 4 qt Chicken stock
- 1 1/2 c Wild rice, well washed
- 1/2 c White rice, well washed
- 1/2 t Salt
- 4 Egg yolks
- 4 c Cooked chicken diced
- 3 c Mushrooms, sliced

Melt butter in skillet over medium heat, add celery, carrots, all onions and almonds and saute until slightly tender, stirring occasionally, about 5 minutes. Add dill weed, pepper, garlic salt, bay leaves and turmeric. In separate large pot, bring chicken stock, wild rice, white rice and salt to boil. Reduce heat, add celery mixture, cover and simmer 30 minutes, Add more stock if too thick. Whisk 1 C hot soup into yolks, then whisk back into soup. Add chicken and mushrooms, discard bay leaves, Heat gently, Do not boil. Serve immediately. Each serving contains about 282 calories; 1,444 mg sodium; 111 mg cholesterol; 12 grams fat; 28 grams carbohydrates; 16 grams protein; grams fiber.

Yield: 8 Servings

- 4 c Milk
- 1/4 c Converted rice
- 4 Eggs
- 1/2 c Sugar
- 1 1/2 t Lemon extract
- 1 1/2 t Vanilla
- 1 T Butter; melted
- 1 t Nutmeg
- 3/4 c Light raisins

Bring 3 cups milk and rice to boil over direct heat. Lower heat and cook, covered, until rice is tender, about 15 to 20 minutes. Remove from heat.

Preheat oven to 350 F. Beat eggs well. Add sugar, beating continuously. Add remaining milk, lemon extract, vanilla and butter. Combine rice and milk with egg mixture and pour into 8x8-inch pan. Sprinkle with nutmeg. Place pan in larger pan, taking care that sides of smaller pan do not touch larger pan. Bake until custard begins to set, about 30 minutes. Stir in raisins and continue baking until knife inserted in center comes out clean, about 15 minutes. Remove from oven and set custard pan on cake rack. Cool slightly before refrigerating.

Lamb Shanks and Rice Soup

Yield: 4 Servings

- 4 (1kg) lamb shanks
- 1 T Oil
- 8 c (2 litres) water
- 30 g Butter
- 1 t Chopped fresh dill
- 1 T Chopped fresh parsley
- 3 Shallots, chopped
- 100 g Baby mushrooms, sliced
- 2 T Plain flour
- 1 md (120g) carrot, chopped
- 2 T White rice
- 1/2 bn (20 leaves) English
- spinach, shredded
- 2 t Lemon juice

Place shanks in baking dish, brush with oil, bake, uncovered, in hot oven about 25 mins or until well browned. Drain on paper towel. Combine shanks and water in pan, simmer, uncovered, 30 mins. Remove shanks from pan, reserve 5 cups cooking liquid. Remove meat from bones, chop meat and reserve; discard bones. Heat butter in pan, add herbs, shallots and mushrooms, cook, stirring until mushrooms are soft. Add flour, cook, stirring, until combined. Remove from heat, gradually stir in reserved cooking liquid, carrot and rice, simmer, partly covered, about 10 mins or until rice is tender.

Add reserved meat, spinach and juice, stir until spinach is just wilted and soup is heated through.

Lamb Steamed in Rice Powder

Yield: 1 Serving

- 1 3/4 lb Piece of boneless lamb
- 2 t Dark soy sauce
- 1 T Light soy sauce
- pn Salt
- 1/2 t Sugar
- 5 sl Ginger
- 1 T Ginger juice (see note)
- 4 Garlic cloves, crushed
- 2 Scallions, cut in half and
- smashed
- 2 sm Dried hot peppers, ground
- 1 c Uncooked long-grain rice
- 2 Star anise
- Fresh banana leaves
- (opt, see note)

Cut the meat into "butterfly" slices by making one slice not quite all the way through and the second slice all the way through. Pound the meat lightly.

Toss the meat with the soy sauces, salt, sugar, ginger, ginger juice, garlic, scallions and hot peppers; marinate for 30 minutes.

Meanwhile, make the rice powder by putting the rice and star anise into a dry skillet and cook while stirring until the rice is brown. (It should be thoroughly browned but not scorched.) Spoon the rice and anise into a blender++a food processor won't work++ and blend until it's the consistency of fine sand. (Don't blend it too finely.)

Line two steamer sections with banana leaves cut to fit. Put half the rice powder into a bowl, reserving the rest in a jar for future use, and dredge the lamb pieces in the powder, coating them generously. Arrange them on the banana leaves and steam them for 25 minutes. At the end of 15 minutes, sprinkle them with a little water. Serve in the steamer.

NOTES: Ginger juice is made by covering fresh crushed ginger with boiling water and letting it stand for 15 minutes or so.

If you can't get banana leaves, the lamb may be steamed on a plate.

Lemon Parsley Chicken and Rice

Yield: 4 Servings

3/4 lb Chicken breast halves

- boneless, skinless

1 T Oil

1 1/2 c Chicken broth

1 1/2 c Minute instant brown rice

2 T Chopped parsley

1 t Grated lemon peel

1/8 t Pepper

3 T Toasted whole almonds

Brown chicken in hot oil in skillet. Add broth; bring to boil. Stir in rice. Return to boil. Reduce heat to low; cover and simmer 5 minutes. Remove from heat. Stir in parsley, lemon peel and pepper; cover. Let stand 5 minutes. Sprinkle with almonds.

Lemon Rice Soup

Yield: 6 Servings

1 sm Onion; chopped

1/2 Cabbage; shredded

1/2 t Garlic powder

1/8 t Black pepper

1/8 t Turmeric

2 T Oil

3 c Rice; cooked

8 c ;water OR

8 c Vegetable broth

1 c Nutritional yeast

1 T Tamari

Saute onion or scallions, cabbage and spices in oil for 5-8 minuts. Add rice, water or broth, lemon juice, yeast, and tamari or soy sauce. Simmer for another 10 minutes. Serve hot.

Variation: Instead of cabbage, use 2 cups chopped kale.

Per serving: 232 cal; 11 g prot; 37 g carb; 5 g fat (19% of total); mg calcium; 5 mg iron; 212 mg sod; g fiber

Lentil & Brown Rice Soup

Yield: 6 Servings

5 c Chicken broth

1 1/2 c Lentils, picked over and

-rin ed

1 c Brown rice

32 oz Tomatoes, drained, reserving

- uice, and chopped

3 Carrots, in 1/4 inch pieces

1 Onion, chopped

1 Celery, chopped

3 Garlic cloves, minced

1/2 t Basil

1/2 t Oregano

1/4 t Thyme

1 Bay leaf

1/2 c Fresh parsley, minced

2 T Cider vinegar (or to taste)

In a heavy kettle, combine the broth, 3 cups water, lentils, rice, tomatoes and juice, carrots, onion, celery, garlic, basil, oregano, thyme, and bay leaf. Bring mixture to a boil and simmer, covered, stirring occasionally, for 45-55 minutes or until lentils and rice are tender. Stir in parsley, vinegar, and salt and pepper to taste. Discard bay leaf. The soup will be thick and will thicken more as it stands. Thin, if desired, with chicken stock.

Makes about 14 cups.

Low-Fat Beans and Rice

Yield: 8 Servings

Brown or white rice

Canned black beans

Salsa, mild or medium

Cook the rice (as you wish with amounts) in water according to directions with no seasoning (butter, salt, etc). Rinse the beans in a colander. mix the beans with the rice. I use about 1/2 of a can of beans to 4 cups of cooked rice. Mix enough salsa with the rice and beans to make it colorful. Serve over lettuce or alone. This recipe leaves a lot of leeway to add amounts to suit your tastes. The kids love it and it adds a nice touch to BBQ meals. Good way to use left over rice instead of turning it into fattening rice pudding. Make plenty...it goes FAST! Make sure the beans are well rinsed otherwise that nasty looking black liquid will spoil the appearance. It's a personal favorite of mine.

Malaysian Braised Chicken with Rice

Yield: 6 Servings

2 lb Chicken Thighs; skinned

- and boned

1 t Salt

1 T Peanut Oil

5 Shallots; thinly sliced

3 md Yellow Onions;

- thinly sliced

4 Red Chiles; seeded and minced

-----SAUCE----- c

Water tb Dark Soy Sauce tb Sugar ts Salt

-----GARNISH----- c

Cooked Rice /2 c Roasted Peanuts /2 c Cilantro Leaves

Season the chicken with salt and pepper and set aside as you preheat the oil in a 12" skillet. Stir fry the shallots, onions and chiles until lightly browned, then add the chicken and cook 5-7 minutes, or until the chicken is lightly browned. Mix together the water, soy sauce, sugar and salt. Pour over the chicken, raise to a boil, then reduce heat, cover and cook 15-20 minutes until the chicken is cooked through and tender, and the sauce is thick. Serve over rice topped with peanuts and cilantro.

Mandarin Rice Pudding

Yield: 6 Servings

2 1/2 c Cooked rice

1 c Undiluted evaporated milk

1/2 c Mandarin orange liquid (can)

1/2 c Light brown sugar

3 T Butter; melted

1 t Vanilla

3 Eggs; beaten

- 1/2 c Raisins
- 1 c Drained mandarin orange

Sections

Combine rice with all ingredients except orange sections. Mix well. Lightly butter crockpot. Pour in rice mixture. Cover and cook on LOW for 4 to 6 hours or on HIGH for 2 to 3 hours. Stir during first 30 minutes. During last half-hour, stir in orange sections.

NOTE: For classic rice pudding use 1/2 cup evaporated milk and 2 tsp vanilla. Raisins are optional. Omit orange liquid and sections.

Mangoes with Sticky Rice

Yield: 1 Serving

- 1 c Coconut cream
- 4 T Sugar
- 1 t Salt
- 4 Ripe mangoes
- 3 c Sticky coconut rice

Mix the coconut cream with the sugar and salt, and bring to a boil. Simmer for a few minutes, stirring occasionally.

Peel the mangoes and slice them, removing the stones. Arrange the mangoes on individual plates with rice beside them. Spoon the sauce over the rice.

COCONUT RICE (Khao Man):

Coconut rice can be prepared with another ordinary or sticky rice, depending on what sort of dish it is to be served with. If using sticky rice, soak it first in plenty of water for at least two hours, but preferably overnight.

If prepared with ordinary rice, serve with Salted Sun-Dried Beef (Nua Dad Diao) or other savoury dishes. Sticky coconut rice is delicious with mangoes.

1 cups rice 2 cups water 1 cup coconut cream Salt

Rinse and drain the rice and put into a pan with the water, coconut cream and salt. Mix well.

Bring to the boil over medium heat. Reduce the heat and cover.

Simmer for 10 minutes.

When all the liquid has been absorbed, cook for a few more minutes over low heat. The resulting slight burning of the rice at the bottom of the pan gives extra flavour to this dish.

These are typical of the "street food" that one buys from the vendors with mini-kitchens on pushcarts all over Thailand. Thai desserts and confections tend to nastily/heavenly sweet and rich. You might be careful using the amount of salt called for in these recipes. The Thais tend to like their stuff saltier than we would. They even make lemonade with salt instead of sugar!

Manitoba Wild Rice

Yield: 4 Servings

- 1 c Wild rice
- 4 c Water
- 1 t Salt
- 6 Slices bacon
- 2 Onions, chopped
- 1 Sweet green pepper chopped
- 3 Stalks celery, chopped
- 1 1/2 c Sliced mushrooms
- 2 T Butter
- 1/4 c Beef stock or water
- 1 x Salt and pepper to taste

Rinse rice in colander with cold running water. In large saucepan, bring water and salt to boil; add rice; reduce heat to medium low and simmer, covered 30 minutes. Drain. Meanwhile, in skillet, over medium high heat, fry bacon 3 to 5 minutes or until crisp. Transfer bacon to paper towel; pat dry and chop. Drain all but 1 tablespoon bacon drippings from skillet; add onions and cook, stirring 3 to 5 minutes or until tender. Add green pepper, celery and mushrooms; cook, stirring 3 minutes. Transfer vegetable mixture to 8 cup casserole. Stir in butter, beef stock and rice. Bake covered, 15 to 20 minutes in 350 F degree oven until rice is tender. Season to taste with salt and pepper..

Maple Rice Pudding

Yield: 4 Servings

- 1 qt Skim milk
- 2 c Cooked long-grain white rice
- 1/3 c Maple syrup; PLUS:-
- 2 T Maple syrup
- 1 t Grated orange rind
- 1/3 c Broken walnuts

Combine the milk and rice in a large saucepan. Cook, stirring, over medium-low heat until the mixture boils and thickens, about 25 minutes. Stir in 1/3 cup maple syrup and cook 10 minutes more.

Add the orange rind and vanilla. Pour into 4 (8-ounce) dessert bowls or custard cups; then allow to cool at room temperature.

Meanwhile, heat the walnuts in a small heavy frying pan over low heat, stirring, until fragrant, about 3 minutes. Drizzle with remaining 2 tablespoons maple syrup. Cook over medium heat, stirring, until the syrup boils and coats the walnuts, about 2 minutes. Sprinkle on the puddings.

Per Serving: 377 calories, 6.9 g. fat (16% of calories), 1.5 g dietary fiber, 12.5 g. protein, 66.3 g. carbohydrates, 4 mg. cholesterol, 135

mg. sodium.

Mariachi Beefballs And Rice

Yield: 6 Servings

2 lb Ground Beef

1 c Crushed Corn Chips

1/2 c Milk

1 Large Egg, Slightly Beaten

2 t Salt

2 1/2 T Unbleached Flour

2 T Butter or Margarine

2 c Sliced Onion

1 Clove Garlic, Crushed

1 t Chili Powder

1/4 t Powdered Cumin

19 oz (1 cn) Tomatoes, Undrained

4 oz (1 cn) Green Chilies, Drained

1/2 c Sliced Ripe Olives

1 x Mexican Rice

In large bowl, lightly combine ground beef with corn chips, milk, egg and 1 t salt. Cover and refrigerate 1 hour. Shape into 15 meatballs, using 2 Rounded Tablespoons meat mixture for each. Lightly roll meatballs in 2 T Flour, coating completely. In large frying-pan, cook meatballs in hot butter, half at a time, stirring until evenly browned. Remove meatballs from frying-pan as they are browned. In same frying-pan, cook onion and garlic about 5 minutes, stirring occasionally. In small bowl, combine remaining 1/2 T flour and 1 t salt, chili powder and cumin. Stir into onions. Add tomatoes, green chilies and olives. Bring to a boil, stirring constantly; reduce heat, cover tightly and cook slowly for 30 minutes. Add meatballs to tomato mizture, cover tightly and cook slowly for 20 minutes. Uncover and continue cooking slowly 10 minutes. Serve meatballs and sauce over hot Mexican Rice. Mexican Rice: Pint Dairy Sour Cream 1/2 lb Monterey Jack Cheese, 4 Oz (1 cn) Chopped Green cut into stripes Chilies 1/4 Cup Grated Parmesan Cups Cooked Seasoned Rice Cheese Combine sour cream, chilies and salt. in 13 x 9-inch baking pan, layer 1 cup cooked rice, 1/2 sour cream-chili mixture and 1/2 cheese strips. Repeat layers and top with remaining cup of rice. Bake in moderate oven (350 degrees F.) for 25 minutes. Sprinkle with Parmesan cheese and top with meatballs and sauce. Continue baking for 5 minutes or until cheese melts.

Mark's Fried Rice

Yield: 4 Servings

4 c Cooked rice

2 T Vegetable oil

1 lg Onion, finely chopped

2 Garlic cloves, minced

1 lg Carrot, scrubbed & diced

1 md Green pepper, diced

1/2 c Frozen corn &/or peas

1 3" piece ginger, sliced

1/2 t Chili pieces, or to taste

1 lb Tofu, cut into strips

Soy sauce

Salt & pepper, to taste

Ensure that the rice has been cooked ahead of time & is well cooled.

Heat vegetable oil in a wok. When hot, add onions & garlic & fry for minutes. Add the carrots & stir-fry for 2 minutes. Add the rest of the vegetables & continue to stir-fry for 2 or 3 minutes. Toss in the chili pieces & ginger root. Cook for a few seconds. Carefully stir in the rice & tofu strips. Lower heat & continue to cook, stirring occasionally for 5 minutes. Add enough soy sauce to coat the rice & cook for a further 5 minutes on low heat, stirring often to prevent sticking. Season if desired with salt & pepper.

Serve when heated through.

This goes great with spicy tofu dishes or works well on its own as a main dish in its own right. If serving it with another tofu dish, omit the tofu.

If you desire something hotter, add more chili pieces. Use pieces rather than powder because they are hotter.

Mel's Mexican Rice (mjnt73c)

Yield: 6 Servings

2 c Long-grain rice; uncooked*

2 Cloves garlic; crushed

1/4 c Corn oil

5 c Chicken broth; **

* NOT Uncle Ben's converted type or the precooked type. ** When using substitutions (see below) always remember to keep the proportions of rice to liquid the same. Heat the oil on med-high in a large skillet or 4-5 quart pot. Add the garlic and sautee about 1 minute. Add the rice and fry it, stirring frequently, until the rice is golden brown. Add the liquid and stir. When it comes to a boil, lower to a simmer, stir once more and cover. Cook until all water is absorbed. This is the basic recipe, and there is a lot more you can do with it. For example:

Substitute 1/2 cup tomato juice, or a pureed tomato, for part of the liquid. Substitute part of the liquid with black bean soup broth. Add 1/2 cup frozen peas and carrots. Add 1/2 cup sliced mushroom and green onion. Use beef or other broth instead of chicken. Add 1/2 cup cooked chick peas(garbanzo). Substitute part of the rice with some vermicelli. The possibilities are really endless if you use your imagination. Just stick to the basic recipe and proportion of rice to liquid.

Mexicali rice

Yield: 6 Servings

2 lb Ground beef

1 lg Onion, minced

2 Cloves garlic, minced fine

1 cn Green salsa

1 cn Red Salsa

1 cn Tomato soup

1 pt Sour cream

1 c Shredded cheddar cheese

Salt

Pepper

12 Servings cooked rice

Brown hamburger and add onions and garlic and cook until soft. Add soups and salsa. Warm all the way through. Add to rice. Mix in sour cream. Salt and pepper to taste. Put in casserole dish and top with cheese and cook for 30 minutes at 350 degrees or until cheese is bubbly and casserole is warm all the way through.

Mexican Cinnamon Rice

Yield: 6 Servings

1/2 c Onion; Chopped, 1 Md

1 Clove Garlic; Finely Chopped

2 T Margarine Or Butter

1 c Regular Rice; Uncooked

1/2 c Currants

2 1/4 c Chicken Broth

- 2 t Cinnamon; Ground
- 1/4 t Salt
- Fresh Cilantro; Snipped, *
- * To taste.

~~~~~

~~~ Cook and stir the onion and garlic in the margarine in a 3-quart saucepan until the onion is tender. Stir in the remaining ingredients except the cilantro. Heat to boiling, stirring once or twice, then reduce the heat and simmer, covered, 16 minutes. (DO NOT lift the cover or stir.) Remove from the heat and fluff the rice lightly with a fork. Recover and let steam for about 10 minutes before adding the cilantro.

Mexican Rice

Yield: 6 Servings

- 1 cn Tomato sauce (8oz.) *
- 1 cn Green chillies, chopped
- Chili powder to taste
- 2 c Rice, uncooked lng. grain
- 1 sm Whole kernel corn, drained
- 3 Green onion, diced
- 4 c Water
- 2 Tomatoes, chopped fine

Rinse rice until water runs clean. Fry uncooked rice in oil in fry pan or wok. Stir until brown. Pour tomato sauce and drained chillies on rice and add water. Mix well, add onion, tomato, and corn. Bring to full boil, then cover and simmer for about 25 mins. or until water is absorbed. If you wish you may add 1 lb. of browned ground beef to this recipe before simmering. * If you want "hotter" rice use Mexican tomato sauce.

Mexican Rice Mix

Yield: 1 Serving

- 4 c Raw Long Grain Rice
- 4 t Salt

- 1 t Dried Basil
- 1/2 c Green Pepper Flakes
- 5 t Parsley Flakes

Combine all ingredients in a large bowl; stir until well blended. Put about 1 1/2 cups of mix into three 1-pint airtight containers and label as Mexican Rice Mix. Store in a cool, dry place and use within 8 months.

Makes about 4 1/2 cups of mix. Mexican Rice: Combine 1 1/2 cups of mix, 2 cups cold water, and 1 T butter or margarine in a medium saucepan. Bring to a boil over high heat; cover and reduce heat. Cook for 15 to 25 minutes, until liquid is absorbed.

Makes 4 to 6 servings.

Mexican Rice No. 2

Yield: 4 Servings

- 1 c Rice
- 1 T Chili pepper, chopped green
- 2 T Salt
- 1 c Tomatoes
- 2/3 c Raisins
- 2 Bacon slices
- 1 T Oil or fat
- 1 Onion, small chopped
- 1 T Chili powder
- 1 Garlic, sm clove chopped
- 1 1/2 c Water
- 1 lb Hamburger steak, raw

Wash and drain rice. Wash raisins in hot water and drain. Heat half the oil in frying pan, add washed rice and fry to a light brown, stirring occasionally to prevent burning. Remove rice, add remaining fat, then fry the hamburger, onion, garlic, and chili pepper about ten minutes; add salt, tomatoes and chili powder which has been dissolved in one-fourth cup cold water. Allow the mixture to cook a few minutes, then mix with the rice and raisins. Pour into a baking dish, add water and lay the strips of bacon over the top. Bake until rice is tender, about forty-five minutes in a moderate oven (350 to degrees F.) If bacon gets too brown, cover dish for part of the baking.

Mexican Rice Pudding (Arroz Con Leche)

Yield: 1 Serving

- 2 Inches cinnamon stick
- a 2" strip of lime zest,
- 3/4 " wide
- 1 c Rice
- 1 qt Milk
- 3/4 c Sugar
- 1/4 t Salt
- 4 lg Egg yolks
- 1/4 c Raisins
- 1 T Unsalted butter, cut into
- bits Ground cinnamon,
- for garnish
- 1/2 t Vanilla extract (mexican
- vanilla would be best
- it comes in a pretty
- big bottle though.)

The rice. Bring 2 c water to boil in med saucepan, add cinn stick and lime zest, cover and simmer over med heat for 5 min. Pour in rice, let mix return to boil, stir once, then cover and cook over med-low heat for 20 min, until all the liquid is absorbed and the rice is tender.

The pudding. Stir in milk, sugar, and salt and simmer over med to med-low heat, stirring frequently, until the liquid shows the FIRST signs of thickening, 20-25 min. Take from the heat and remove the cinn stick and zest. Beat the egg yolks until runny, stir in the vanilla and a few T of the hot rice, the stir yolk concoction back into the rice mixture, Mix in HALF the raisins, then spoon the rice pudding into a decorative 8"square baking dish.

Browning and finishing the pudding. Preheat the broiler and dot the rice pudding w/butter. Set the dish under the heat long enough to brown the top, 3 or 4 min. Sprinkle with remaining raisins and the ground cinnamon, and serve warm or at room temperature.

COOK'S NOTES:

Timing and Advance Preparation The rice pudding can be ready in an hour, much of which won't involve your direct participation. It may be prepared through Step 2 a day or two in advance, then buttered and broiled shortly before serving.

Historical Notes:

Arroz con leche

This dessert is softer and more connamony than our baked rice pudding.

The flavors are simple and close to home, but it's easy to develop a real love for it, spoonful after spoonful. mexican people everywhere serve it as regularly as they do flan; it's creamy and, in its own way, light and soothing.

Yield: 1 Serving

---INGREDIENTS---

- 3 T Shortening
- 1/2 c Onion, sliced
- 1 14 oz can whole tomatoes
- 1 t Black pepper
- 3 c Water

-----DIRECTIONS-----

1/2 c Rice 1/2 c Bell pepper, sliced md Clove garlic, minced ts Salt
Melt shortening in large skillet. Add rice and brown. When rice is a golden brown, reduce heat and add onion, bell pepper, tomatoes, garlic and pepper. Mix well and add 1 1/2 cups warm water or enough to just cover the rice. Add salt. Cover and let simmer until almost dry. Add remaining water, cold, a little at a time, cooking over low heat until fluffy. Note: You may substitute peeled seeded green chili for the bell pepper.

Minnesota Wild Rice Dressing

Yield: 12 Servings

- 4 slices turkey bacon cut
 - into 1-inch pieces
- 1 c onion chopped
- 1 c celery chopped
- 1/2 lb mushrooms sliced
- 1 Package (4 ounces) wild
 - rice cooked according
 - to package directions
- 2 c bread crumbs
- 1/2 lb turkey breakfast sausage
 - cooked
- 1 t dried oregano
- 1/2 t dried sage
- Salt
- Pepper

Preheat oven to 325.

In medium-size skillet, over medium heat, saute bacon until almost crisp. Add onion, celery and mushrooms; continue cooking until vegetables are tender.

In large bowl combine bacon mixture, wild rice, bread crumbs, sausage, oregano and sage. Season to taste with salt and pepper if desired.

Spoon dressing into lightly greased 2-quart casserole dish. Bake, covered, at 325 degrees F. 35 to 40 minutes.

Minnesota Wild Rice-Stuffed Chicken

Yield: 10 Servings

- 1 6-ounce package long grain
- and wild rice mix
- 2 medium cooking apples
- (such as Granny Smith
- or Jonathan), cored
- and chopped
- 8 oz sliced fresh mushrooms
- (3 cups)
- 1 c shredded carrot
- 1/2 c thinly sliced green onion
- 1/2 t pepper
- 1 5- to 6-pound whole
- roasting chicken
- 2-3 T apple jelly, melted
- 1 medium apple, cut into
- wedges (optional)

For stuffing, cook rice according to package directions, except add apples, mushrooms, carrot, onion, and pepper to rice before cooking. Meanwhile, rinse chicken; pat dry with paper towels. Spoon some of the stuffing loosely into the neck cavity. Pull the neck skin to the back and fasten with a small skewer. Lightly spoon the remaining stuffing into body cavity. Tuck drumsticks under the band of skin that crosses the tail. If there is no band, tie drumsticks to tail. Twist the wing tips under the bird.

Place stuffed chicken, breast side up, on a rack in a shallow roasting pan. Insert meat thermometer into the center of one of the thigh muscles. The bulb should not touch the bone. Roast, uncovered, in a 325 degree F. oven for 1-3/4 to 2-1/2 hours or until meat thermometer registers 180 degrees F. to 185 degrees F. At this time, chicken is no longer pink and the drumsticks move easily in their sockets. When the bird is two-thirds done, cut the band of skin or string between the drumsticks so the thighs will cook evenly. Brush chicken with melted jelly once or twice during the last 10 minutes of roasting.

Remove chicken from oven and cover it with foil. Let stand for 10 to 20 minutes before carving. Transfer the chicken to a serving platter.

Spoon the stuffing around the chicken. Garnish with apple wedges, if desired. Makes 10 servings.

Comments: Team up this apple-glazed bird with a chicory and red onion salad dressed with a blue cheese vinaigrette.

Miss Allie's Chicken and Rice Casserole

Yield: 4 Servings

- 1 Chicken, 3-4 lb*
- Salt
- Pepper
- 1 Onion, lg, mild, peeled/chopped
- 1 cn Mushrooms, drained (4 oz)
- 4 T Butter, cut into small pieces
- 3 c Chicken stock, boiling
- 1 c Rice, long-grained, uncooked

Preheat oven to 350°F.

Place half of the chicken in a Dutch oven (or heavy casserole with tight-fitting lid) and season with salt and pepper.

Cover with the onions, mushrooms and half of the butter. Cover with remaining chicken, season, and dot with butter. Cover and bake for about 45 minutes. Remove chicken pieces; add rice and stir into cooking fat. Add the boiling stock. Place chicken over mixture. Recover and bake for about 1 hour, or until rice and chicken are tender and almost all liquid has been absorbed.

Mushroom Ragout in Rice Ring

Yield: 4 Servings

- 1 Bunch Soupgreens
- 18 oz Veal
- 4 c Saltwater
- 1 Onion
- 18 oz Mushrooms
- 3 oz Butter
- 2 oz Flour
- 2 c Beefbroth, instant
- 3/4 c Sweet cream
- 1 c White Wine
- Salt, Pepper, Sugar to taste
- 2 Cooking Bags Rice, Instant
- 1 Hardboiled Egg
- 1 Tomatoe
- 1 T Butter
- 2 T Parsley, finely chopped

Clean and cut up the soupgreens in small cubes; add the water and meat and cook all for 45 minutes. 2. Chop the onion very fine, half the mushrooms. Melt the butter and saute both for a short while; add the flour and cream, fill up with the broth and simmer for another 20 minutes. Season to taste. 3. Prepare rice as directed. Mix the mushrooms and the meat together. Season and add the egg and the finely chopped tomatoe. 4. Grease a rice ring form and fill in the rice, then invert on a platter and fill the ragout in the middle. Garnish with tomatoes and parsley. Typed by Brigitte Sealing Cyberealms BBS 315-786-1120

Mushroom Wild Rice Chowder

- Yield: 6 Servings
 2 T Vegetable oil
 8 oz Mushrooms, fresh; sliced
 1 Celery rib; thinly sliced
 1/2 c Flour, unbleached
 3 3/4 c ;water
 3 c Wild rice; cooked
 1 t Salt
 1/2 t Curry powder
 1/2 t Mustard, dry
 1/2 t Cinnamon
 3 dr Hot pepper sauce
 1 1/2 c Soymilk
 Paprika
 1/2 c Almonds, slivered;toasted
 - optional

In a soup pot, heat oil. Add mushrooms and celery and saute 2 minutes. Sprinkle flour over vegetables and cook over medium-low heat, stirring, 1 minute. Gradually add water, stirring constantly; cook over medium heat until mixture is somewhat thickened. Stir in remaining ingredients. Heat thoroughly. Garnish with paprika and toasted almonds if desired. Serves 6.

Per serving: 195 cal; 9 g prot; 5 g fat; 29 g carb; 0 chol; 680 mg sod;
 1 g fiber; vegan

Nasi Goreng (Fried Rice)

- Yield: 1 Serving
 2 c Long-grain rice
 4 Shallots or 1 small onion
 2 Red chillis or 1 tsp
 - chilli powder and 1 tsp
 - paprika
 2 T Vegetable oil or clarified
 - butter or pork fat
 Salt
 1 t Sweet soya sauce
 1 t Tomato ketchup

The name Nasi Goreng means simply 'fried rice', and it is really a collective description of an indefinite number of slightly differing dishes. You can vary the trimmings and garnishes to suit your taste; but even the most elaborate Nasi Goreng is quick to make. It is a particularly good luncheon dish. Boil the rice a good long time before you intend to fry it; you can fry freshly boiled rice, but the Nasi

Goreng will be better if the boiled rice is allowed to cool. Two hours is a satisfactory interval. Leaving the rice to cool overnight, however, gives less good results-the rice has time to go dry and stale. An important point to note here is that rice for Nasi Goreng must be cooked with the least possible quantity of water; this prevents it from becoming too soft. For 1 cup of rice, use 1 cup of water. Assuming you have now got your cool, boiled rice, proceed like this: slice the shallots or onion, seed and slice the chilli (or pound the shallots and chilli together in a mortar). Heat the oil in a wok; it makes no difference, by the way, whether you use oil, fat, or butter. Saute the shallots and chilli for a minute or so, and season with salt, soya sauce, and tomato ketchup. Put in all the rice, and stir it continuously until it is well heated: this will take 5 to 8 minutes. Serve in a good large dish, generously garnished with sliced cucumber, tomatoes, fried onions, and Krupuk.

New Zealand Brown Rice Salad

Yield: 6 Servings

- 1 c Brown rice
- 2 Kiwifruit
- 1 New Granny Smith or
- Braeburn apple
- 1/2 c Thinly sliced celery
- 1/2 c Red pepper strips
- 1/4 c Toasted walnut pieces
- 1/4 c Thinly sliced green onions
- 2 T Chopped parsley
- 3 T Sherry vinegar
- 1 T Olive oil

Cook rice in water according to package directions. Drain and cool. Peel kiwifruit and cut into 1/4" thick slices. Cut slices in half to form semi circles. Core and dice apple into 1/2" cubes. Toss together rice, kiwifruit, apple, celery, red pepper strips, walnuts, green onions and parsley in salad bowl. Mix together vinegar and oil. Drizzle over salad. Toss to mix well. Cover and refrigerate 1-2 hours, to allow flavors to blend, before serving. Makes 6 servings.

No-Egg Rice Pudding

Yield: 8 Servings

---DEIDRE ANNE PENROD FGGT98

- 1 c Raw Converted Rice
- 2 1/2 c Milk
- 2/3 c -Granulated Sugar
- 1/2 c Golden Seedless Raisins
- 1/2 t -Salt
- 1/2 t -Nutmeg
- 1/2 Lemon Rind; of half
- a lemon slivered
- 1/2 t -Vanilla
- 1/2 c Heavy Cream OR Half-And-Half
- chilled

No-Egg Rice Pudding 4 to 6 hours

Madame Bertrand, my landlady in southern France, made rice pudding this way.

To Cook: Place all the ingredients except the cream in the slow cooker and stir once. Cover and cook on Low for 4 to 6 hours. Serve lukewarm with chilled heavy cream or half-and- half. Makes 8 to 10 servings.

Okra Chicken & Crab Gumbo with Rice

Yield: 2 Servings

- 1/2 c Onion - chopped
- 1/4 c Green onion - chopped
- 1/4 c Green bell pepper - chopped
- 1/4 c Celery - chopped
- 1/4 c Okra - sliced
- 1 Garlic clove - minced
- 1 t Parsley - fresh, minced
- 2 T Dry brown roux - (see Recipe)
- 2 c Water
- 1 Bay leaf
- 1/4 t Thyme
- 1/4 t Black pepper - freshly Ground
- pn Cayenne
- 1 Gumbo - (blue crab) - Cleaned and quartered
- 4 oz Chicken breast - cooked, cut Into 1/2" cubes
- 1 c Rice - hot, cooked (no oil Or salt added)

Put the onion, breen onion, bell pepper, celery, okra, garlic, and parsley in a saucepan and cook while stirring for 5 minutes. Stir in

the dry roux and slowly blend in the water. Add the bay leaf, thyme, pepper, and cayenne and bring to a boil, then reduce to a simmer. Add the crab and the chicken, cover the pot, and continue simmering for minutes.

TO SERVE: Spoon the gumbo into warm soup bowls and top with 1/2 cup rice in the center of each. Serve immediately.

NOTE: Since the roux is made before you start the gumbo (always be sure that it is), there are no tricks to getting this right. The preparation is as simple as it sounds and as delicious as some far more complicated preparations.

VARIATIONS: There are as many different preparations of gumbo as there are cooks. Make your own substitutions and calculate the dietary differences by using the Dietary Analysis published by both the Canadian and U.S. Governments. Remember though, keep it light!

ANALYSIS (per serving): Calories 300, protein 27.6g., carbohydrates g, dietary fiber 2.64g, total fat 3.51g (saturated 0.884g, mono g, poly 0.935g, cholesterol 76.1mg, calcium 99.7mg, iron 3.72mg, sodium 147mg

Old Fashioned Rice Pudding

Yield: 4 Servings

1/3 c Rice, raw

1 t Cornstarch

1 1/3 c Milk

1/2 t Vanilla

1/3 c Sugar

1/4 t Salt

1 T Butter

2 Eggs

Cook rice according to package directions until tender. Combine sugar, cornstarch and salt. Add milk and sugar mixture to rice. Heat to boiling; boil 1 minute, stirring constantly. Remove from heat. Stir in butter and vanilla. Separate eggs (whites will not be used) and beat yolks. Slowly stir about 1 cup of the hot rice mixture into the beaten egg yolks in a bowl. Blend with the remaining mixture in saucepan. Cook over medium heat, stirring frequently, just until mixture starts to bubble. Serve warm or cold, plain or with favorite topping.

Optional: One or more of the following ingredients can be added after the egg yolks and before final cooking. 1/2 c Raisins 1/2 c Chopped Nuts 1/2 c Chopped Apples t Cinnamon

Onion-Flavored Rice Mix

Yield: 1 Serving

4 c Uncooked Long Grain Rice

1 T Parsley Flakes

2 package (1 1/4 oz) Onion

- Soup Mix

1 t Salt

Combine ingredients in a large bowl; stir until well blended. Put about 1 1/3 cups of mix into three 1-pint airtight containers and label as Onion-Flavored Rice Mix. Store in a cool, dry place and use within 6 to 8 months.

Makes about 4 cups of mix

Onion-Flavored Rice: Combine 1 1/3 cups ONION-FLAVORED RICE MIX, 2 cups cold water, and 1 T butter or margarine in a medium saucepan. Bring to a boil over high heat; cover and reduce heat. Cook for 15 to 25 minutes, until liquid is absorbed.

Makes 4 to 6 servings

Oranges Filled with Raisins, Chickpeas, and Rice

Yield: 2 Servings

---ORANGE TAHINI SAUCE---

1/4 c Tahini

3/4 c Plain yogurt or soft tofu

1/4 c Orange juice

2 t Ground cumin

2 t Paprika

2 T Minced fresh cilantro (opt.)

-----FILLING-----

tb Unsalted butter -OR- avocado oil md Red onion; chopped c Brown and wild rice blend -- (uncooked) -OR 1/3 brown & 2/3 wildrice c Vegetable broth or water c Chickpeas; cooked, drained /4 c Raisins

-----ORANGES-----

Jumbo navel oranges -- halved crosswise

-----GARNISH-----

tb Sesame seeds tb Chopped scallion whites Cilantro leaves (optional)

FOR THE ORANGE-TAHINI SAUCE: In a blender or food processor, combine all ingredients. Refrigerate until ready to use.

FOR THE FILLING: Melt the butter or heat the oil in a medium saucepan.

Saute the onion until soft, about 10 minutes. Add the rice and stir to coat with the butter. Add the broth, bring to a boil, cover, and simmer over low heat until rice is tender and liquid is absorbed, about 45 minutes. Let cool to room temperature.

In a large bowl, toss together the cooked rice, Orange-Tahini Sauce, chickpeas, and raisins.

Prepare the oranges for stuffing by slicing off the rounded ends so that each half stands squarely on a plate. Using a paring knife, carve out the fruit, cut it into bite-size sections, and toss it into the rice mixture. Once the fruit has been removed, cut away as much of the white portion of the peel as possible, leaving the shell intact. Set the orange shells on a serving dish and fill them with the rice mixture. Garnish each with a sprinkling of sesame seeds and scallions topped with a whole cilantro leaf.

Peanut Butter Chocolate Rice Krispie Treats

Yield: 1 Serving

2 c Sugar

2 c Corn syrup

18 oz Peanut butter

8 c Rice Krispies

6 oz Butterscotch morsels

6 oz Semi-sweet chocolate chips

Bring sugar and syrup to a boil. Add peanut butter and cook, stirring until well blended. Remove from heat and pour hot mixture over cereal. Mix quickly and thoroughly. Spread in a greased 9x12x2 inch pan. Sprinkle butterscotch and chocolate morsels over top. Press morsels into bar mixture lightly with spoon. When cool, cut into bars and store at room temperature.

Peas with Rice

Yield: 4 Servings

4 Green onions, chopped

4 T Butter

2 c Shld peas (2 lb unshelled)

4 c Chicken broth, hot

1 c Short grnd rice (arborio)

2 T Minced parsley

1/2 c Grated Parmesan cheese

Salt to taste

Chop both the white and green of the onions and saute' them gently in the butter in a deep saucepan with a lid. Add the peas and cook -2 minutes, stirring constantly. Add the hot broth, cover and simmer 8-10 minutes. Add rice and parsley, stir once, bring to a boil, cover, and reduce the heat to a simmer. Cook about 15 minutes. Taste for seasoning and add salt if needed. Stir in the cheese.

Perfect Chinese Steamed Rice

Yield: 4 Servings

2 c Uncooked long-grain rice

3 1/2 c Water

PUT THE RICE INTO A LARGE BOWL and wash it in several changes of water until the water runs clear. Drain the rice and put in a heavy pot with the water and bring to a boil. Continue boiling until most of the surface liquid has evaporated. This should take about 15 to 20 minutes. The surface of the rice should have small indentations like a pitted crater. At this point, cover the pot with a very tight-fitting lid, turn the heat as low as possible and let the rice cook undisturbed for 15 to 20 minutes. There is no need to fluff the rice before serving it.

Picadillo (Rice & Beef Hash/filling)

Yield: 2 Servings

2 t Olive oil

8 oz Cooked ground beef lean

1/4 c Diced onions

1/2 Garlic clove, minced

1 md Tomato chopped and seeded

1 sm Apple, pared and chopped

1 Sliced canned jalapeno

2 T Raisins

2 Large stuffed olives, sliced

2 Pitted black olives, sliced

1/4 t Each salt and pepper

ds each cinnamon & cloves

In a 10" skillet heat oil over medium heat; add ground beef and cook,

breaking up large pieces with a wooden spoon, until crumbly. Add onion and garlic and saute until softened, about 5 minutes. Stir in the remaining ingredients. Reduce heat to low and cook, stirring occasionally until flavors are well blended, about 20 minutes. Serve over rice or as a filling for burritos or tacos.

Picnic Rice Salad

Yield: 6 Servings

- 1 c Rice, cooked, still firm
- 1 Tomato, fresh cut wedges
- 3 Eggs, hard-boiled, quartered
- 1 sm Can tuna fish, shredded
- 1/2 c Celery, diced
- Any leftovers
- FRENCH DRESSING
- 3 T Olive or salad oil
- 1 T Vinegar or lemon juice
- 1/8 t Mustard
- 1/2 t Salt
- Pepper

Beat the seasonings and oil for the dressing in a bowl (with a fork) for one minute then add vinegar and beat until mixed, or shake dressing ingredients in a small jar.

Toss the salad ingredients with the dressing and store in a jar in the refrigerator with screw-top lid.

Pineapple Fried Rice

Yield: 4 Servings

- 1 lg Fresh pineapple
- 2 c Cooked long-grain white rice
- 1 oz Chinese dried mushrooms
- 1 sm Onion; finely chopped
- 2 T Oil, preferably peanut
- 1/4 lb Chinese long beans (OR
- Green Beans), trimmed

- and diced
- 2 Eggs
- 2 T Dark soy sauce
- 1 T Fish sauce (optional)

CAREFULLY CUT OFF and save the pineapple top, leaving about 1-inch of the pineapple under the leaves. Scoop out the inside fruit leaving the skin of the pineapple whole to use as a bowl for the fried rice.

Coarsely chop the pineapple meat. Soak the dried mushrooms in warm water for 20 minutes until they are soft. Squeeze the excess liquid from the mushrooms and remove and discard their stems. Cut the caps into small dice. Heat a wok or large frying pan until it is hot. Then add the oil and wait until it is almost smoking. Add the mushrooms, onions, beans and stir-fry for one minute. Mix in the cooked rice and stir-fry it for one minute. Add the eggs, soy sauce and fish sauce and continue to stir-fry for five minutes over high heat. Add the chopped pineapple and continue to stir-fry for about two minutes. Scoop the mixture into the hollowed-out pineapple shell, replace the top and serve the remaining rice on a platter.

Poached chicken in cream sauce with rice

Yield: 4 Servings

- 2 1/2 lb Chicken, trussed
- 5 c Water or chicken broth
- 1 Bay leaf
- 1 Small onion, peel and stick t
- 2 Allspice berries
- 1 Large carrot, peeled and hald
- 3 Large stalks celery
- 6 Black peppercorns
- 2 Sprigs fresh thyme
- Salt and pepper
- 1 c Rice
- 2 T Butter
- 2 T Flour
- 1 c Heavy cream
- 1/2 Juice of lemon
- 1/8 t Grated nutmeg
- pn of cayenne

Place the chicken in a small kettle or large saucepan and add the water, bay leaf, onion with cloves, allspice, carrot, celery, peppercorns, thyme and salt to taste. Bring to a boil and partly cover. Simmer 30 min. 2. Remove the chicken, carrot, and celery from the kettle and keep hot. Strain the cooking liquid and reserve it. Discard the flavorings. 3. Place the rice in the saucepan and add 2 c. of the reserved cooking liquid. Bring to a boil, cover and cook 20 min. 4. Meanwhile, melt the butter in another

saucepan and add the flour, stirring with a wire whisk. Add 1 c. of the reserved chicken cooking liquid, stirring rapidly with the wire whisk. Cook for 5 min. Stir in the cream and continue cooking about 10 min. Add the lemon juice, nutmeg, cayenne and salt and pepper to taste. 5. Untruss the chicken and remove the skin (except the wing skin). Cut the carrot and celery into 2-in pieces. 6. Arrange the rice on a warm serving platter. Place the chicken, carrots and celery on the rice. Spoon the sauce over the chicken and serve.

Pork Chops and Rice

Yield: 4 Servings

4 Pork chops, lean

2 c Water

1 t Salt

2 T Oil

1 c Rice

1 cn Cream of mushroom soup

1 x Flour

1/4 c Water

Bring 2c salted water to boil. Add uncooked rice; cook until tender. Brown floured and salted pork chops in oil. Add mushroom soup and 1/4c water. Cover and cook 15 minutes. Line casserole with rice, cover with chops and gravy. Bake 30 to 45 minutes at 350 degrees or until tender.

Portuguese-Style Rice

Yield: 4 Servings

1 Linguica sausage, about

- 6 ounces, cut on

- 1/4-inch dice

3/4 c Raw long-grain white rice

1 1/2 c Water

pn Salt

2 T Chopped fresh cilantro.

Saute diced sausage in a heavy saucepan until browned, about 5 minutes. Drain off excess fat. Add rice, stirring well to coat grains. Add

water and salt, and bring a boil. Lower heat, cover pan, and simmer for 19 minutes, or until grains are soft and water has evaporated. Stir in cilantro.

Serves 4.

PER SERVING: 215 calories, 6 g protein, 28 g carbohydrate, 8 g fat (3 g saturated), 2 mg cholesterol, 316 mg sodium, 0 g fiber.

Pumpkin & Rice Soup

Yield: 6 Servings

1 md Onion; chopped

1 Clove garlic; minced

1 T Vegetable oil

4 c Chicken broth

1 cn Pumpkin (16 ounces)

1/2 c To 1 cup fresh pumpkin (opt)
;finely grated

1/2 t Coriander; ground

1/4 t Red pepper flakes

1/4 t Nutmeg; ground

3 c Hot cooked rice

Cilantro sprigs for garnish

Cook onion and garlic in oil in a large saucepan or Dutch oven over medium heat until onion is tender. Stir in remaining ingredients except rice and garnish. Bring to a boil. Reduce heat; simmer, uncovered, 5 to 10 minutes. Top each serving with 1/2 cup rice. Garnish with cilantro sprigs.

Per serving: Calories: 215; protein: 7.2g; fat: 3.8g; sodium: 913mg;

Quick Salsa Chicken and Rice

Main Dish, Poultry

Yield: 4 Servings

1 T vegetable oil

1 lb boneless, skinless chicken

- breast halves, cubed

1 t garlic powder

2 c instant white or brown rice

- 1 (16-oz) jar Ortega Salsa
 - Prima Homestyle Mild
- 1 1/4 c water
 - 1 Maggi Chicken Bouillon Cubes
 - 2 chopped green onions (green
 - parts only)

Heat oil in stockpot. Add chicken and garlic powder; cook, stirring occasionally, until chicken is no longer pink. Add rice, salsa, water and bouillon; bring to a boil. Cover; reduce heat to low. Cook, stirring occasionally, for 10 to 12 minutes or until rice is tender and liquid is absorbed. Sprinkle with green onions. Comments: In many Mexican households, rice flavored with broth, tomatoes and chiles constitutes a full meal. This dish, featuring flavorful rice and chicken with Ortega Garden Style Salsa, is a speedy version of the classic. Enjoy with a mixed green salad and chilled Libby's Kern's mango nectar.

Quick, Southern Style Red Beans and Rice

Yield: 6 Servings

- 6 Slices bacon
- 2 Onions
- 1 Garlic clove
- 1 c Beef broth
- 1 c Rice, raw
- 1 t Thyme
- 1 t Salt
- 1 Bell pepper
- 2 c Kidney beans

Cut bacon into 1 inch pieces. Cut Onions into 1/2 inch wedges. Ince Garlic Clove. Dice bell Pepper. Drain Beans. Cook bacon in 10 inch skillet over medium heat until browned but not crisp, about 5 minutes. Remove bacon from skillet; drain off all but tablespoons drippings. Add Onion and Garlic to skillet; cook until onion is tender but not brown, about 5 minutes. Add enough Water to beef broth to make 2 1/2 cups. Add to skillet and bring to a boil. Stir in rice, bacon, thyme and Salt. Cover tightly and simmer 15 minutes. Add Green Pepper, cover and continue cooking 5 minutes. Remove from heat. Stir in Beans. Let stand covered until all liquid is absorbed, about 5 minutes.

Red Bean, Rice & Sausage Soup

Yield: 8 Servings

- 1 lg Onion, chopped
- 1 lg Garlic clove, minced
- 1 t Olive oil
- 3 1/2 c Chicken stock, defatted
- 1 lg Carrot, diced
- 1 lg Celery stalk, diced
- 1/2 Sweet red peppers, diced
- 1 1/2 c Water
- 1 cn Tomato sauce, (15 ounces)
- 2 cn Red kidney beans, canned ,
(16 ounces)
- 1/4 t Dried thyme
- 1 Bay leaf
- 1/4 t Black pepper
- 1/3 c Long-grain rice
- 6 oz Sausage, sliced 1/4"

Thick

In a Dutch oven or small soup pot, combine onion, garlic, olive oil, and 3 tablespoons of chicken broth. Cook over medium heat, stirring frequently, until onions begin to brown, about 5-6 minutes. Add all remaining ingredients except sausage. Bring soup to a boil over high heat. Lower heat and cover. Simmer, stirring occasionally, about 20 minutes. Add sausage and cook an additional 10 minutes or until flavors are well blended and soup has thickened slightly. Keeps in refrigerator for 3-4 days.

NOTES : Note: that's 1/2 of one sweet red pepper and cans of beans must be drained. Also, for low fat version smoked turkey sausage may be substituted

Red Beans and Rice

Yield: 8 Servings

- 2 lb Dried red kidney beans
 - 2 c Chopped yellow onions
 - 1 bn Of scallions, chopped
 - 3 Or 4 finely sliced
- cloves of garlic
 - 1 bn Parsley (chopped)
 - 3 lb Smoked sausage *
 - Salt and pepper to taste
 - 3 qt Of cold water
- * cut into 2 inch lengths (smoked ham or ham bone works fine)
I just made no-fat refried beans last night completely by accident.

I was making this recipe and discovered it in the process.

Soak beans overnight if possible. Drain water and add beans to a large 8- or 10-quart pot. Then add enough of the cold water to cover the beans. Add chopped yellow onions and garlic and bring to a boil. Cook for one hour and add all the other things and more water if necessary. Simmer (slight bubbling action) for 2 more hours or until the beans are soft. Then remove 2 cups of cooked beans without juice and mash very good. Then return the mashed up beans to the pot and stir into the mixture. This makes a creamy, thicker gravy. If the beans are too dry, add enough water to make them like you like them. Good over boiled rice.

Serves 8.

If you're in New Orleans on a Monday, this is the only thing you can eat.

When I got to the point where you take the two cups beans out and mash 'em, I put them in the food processor to puree. They came out smelling and tasting just like refried beans. The texture was a tad thin, but that could be remedied easily. You could probably even "re-fry" them in a non-stick skillet to reduce the water content. I used skin-on ham hocks to make this batch of beans, but you could easily leave that out and still come up with something close to what you want, I think.

Red Beans and Rice No. 5

Yield: 4 Servings

cloves garlic, minced 1/3 cup diced onion 1/8 tsp cayenne /8 tsp cumin 1/8 tsp chili powder 2 tsp Tabasco sauce 2 cup cooked brown rice 2 cup cooked red beans 1 cup diced cooked ham Directions: In a large pan, saute garlic and onion with seasonings. Add rice, beans and ham; cook over medium heat. Stir in approximately 1/4 cup water or liquid from beans. Cook until heated through.

Red Beans and Rice Soup with Shrimp

Yield: 6 Servings

- 1 T Vegetable oil
- 1 c Chopped onion
- 1/2 c Coarsely chopped celery
- 1 Garlic clove; minced
- 2 T All-purpose flour
- 1 1/2 c Water
- 1/4 c Long-grain rice, uncooked
- 1 t Chili powder
- 1/2 t Ground cumin
- 1/4 t Salt
- 14 1/2 oz Canned whole tomatoes
 - (no-salt-added),
 - undrained chopped
- 10 1/2 oz Low-sodium chicken broth
- 3/4 lb Small fresh unpeeled shrimp
- 15 1/2 oz Canned red beans; drained
- 1 T Lime juice

Heat oil in a large Dutch oven over medium heat. Add onion, celery, and garlic; saute 5 minutes. Sprinkle with flour, stir well, and cook an additional minute. Add 1 1/2 cups water and next 6 ingredients. Bring to a boil; cover, reduce heat, and simmer for 20 minutes.

Peel and devein shrimp. Add shrimp and red beans to rice mixture, and stir well. Cook, uncovered, 5 minutes or until shrimp is done. Remove from heat, and stir in lime juice. Yield: 7 1/2 cups (serving size: 1 1/2 cups).

Red Beans and Rice with Smoked Sausage

Yield: 4 Servings

- 1 lb Dried red beans
- 1 Garlic clove chopped
- 1 1/2 lb Smoked sausage cut
- 1 t Dried thyme
- 1 x Into chunks
- 1 t Ground pepper
- 8 oz Smoked ham shanks
- 1/2 t Sage
- 1 Large onion chopped
- 1 pn Cayenne pepper
- 1 x Salt
- 1 x Freshly cooked rice

Place beans in Dutch oven and cover generously with water. Let soak minutes. Add remaining ingredients to beans except salt and rice. Bring to boil over medium high heat. Reduce heat to medium low, cover and simmer until beans are tender, adding more water if necessary (about 2 1/2 hours). Add salt to taste. Discard ham bones. Remove about 3 tablespoons of beans from mixture and mash to paste; return to Dutch oven and stir. Simmer 15 more minutes. Serve over hot rice.

Red Beans With Rice

Yield: 6 Servings

1 lb Red kidney beans

1 lb Salt pork

2 Cloves garlic

1 t Italian seasoning

1 Bell pepper

1 Chopped onion

1 Stalk celery

1 Whole hot pepper

Boil pork 5 minutes to get rid of salt. Put pork in second water (hot) and add beans, water, should be one-half inch above beans. Add immediately, one bell pepper, one chopped onion, celery, garlic, Italian seasoning and whole hot pepper. Cook slowly two to three hours, until gravy is thick and beans tender -- just before dishing out add a pinch of Italian seasoning again. Salt to taste and serve with rice.

Republica Dominicana Red Beans & Rice (Arroz Con Habijual

Yield: 1 Serving

---BEANS---

1 c Dry red beans *

3 c -Water (approx.)

3 c -Fresh water

1 T Cumin

1 T Raw sugar

1 T White vinegar

2 Garlic cloves peeled

- and chopped

1 Onion; peeled and chopped

1/2 t Salt

Freshly ground black pepper

1 ds Tabasco

-----FOR RICE-----

c Rice /2 c Water

*NOTE: (red beans are not the same as kidney beans- they are smaller)
Soak the beans in the water overnight or at least 8 hours. Drain the soaking water.

Put the beans and all the rest of the ingredients into a large cooking pot. Bring the water to a boil, then reduce to moderate-low heat and cook for about 1 hour, until most of the water is absorbed. Add more water if you need to, and stir the beans every 10 minutes or so.

When the beans have 1/2 hour to go, make the rice. Put the rice and water in a saucepan, bring to a boil, then reduce the heat and cover. Simmer until all the water is absorbed, about 30 minutes. Then turn the heat off and let sit, with cover on, about 10 minutes.

To serve, serve the beans over the rice.

Serve with sliced avocado (aguacate), fried plantain chips (platanos fritos), and cornbread (served fried like hush-puppies). For dessert serve fruit such as papaya with coconut, and expresso coffee (for Dominican style expresso: fill up your demitasse cup 1/2 full of raw sugar, then add outrageously strong expresso coffee!).

Rice & Onion Soup Base

Yield: 2 Quarts

2 c Onions; thinly sliced

2 T Butter

8 c Chicken stock

1/2 c White rice

Salt and pepper to taste

In a 3-quart heavy saucepan, cook the onions in the butter over moderately low heat for 7 to 8 minutes, stirring frequently, until the onions are very tender and colored no more than a buttery yellow. (This is known as "sweating the onions".) Pour in 4 cups of the stock, stir in the rice and simmer for 20 minutes or more until the rice is very tender. Puree the soup in the blender until very smooth and lightly thickened, adding a little more stock if needed. Return the puree to the pan, add the rest of the stock and season to taste with salt and pepper.

Note: to make a fat-free version, cook the onions in a little stock instead of butter.

Rice and Beans with Cheese

Yield: 5 Servings

- 1 1/3 c Water
- 2/3 c Long grain Rice
- 1 c Shredded Carrots
- 1/2 c Sliced Green Onions
- 1 t Instant chicken bouillon
- 1/2 t Ground Coriander
- 1/4 t Salt
- 1 t Hot pepper Sauce
- 15 oz Can Pinto / Navy Beans, drain
- 1 c Lo-fat Cottage Cheese
- 8 oz Plain lo-fat Yogurt
- 1 T Snipped fresh parsley
- 1/2 c Shredded lo-fat Cheddar chee

In a large saucepan combine water, rice, carrots, green onions, bouillon granules, coriander, salt, and bottled hot pepper sauce. Bring to boiling; reduce heat. Cover and simmer for 15 minutes or till rice is tender and water is absorbed. Stir in pinto or navy beans, cottage cheese, yogurt, and parsley. Spoon into a 10x6x2" baking dish. Bake, covered, in a 350 deg F. oven for 20-25 minutes or till heated through. Sprinkle with cheddar cheese. Bake, uncovered, for 3-5 minutes more or till cheese melts.

***** Per
 serving: 282 calories, 19 g fat, 42 g carbohydrates, 4 g fat, 14 mg cholesterol, 489 mg sodium, 548 mg potassium.

Rice And Cheese Casserole

Yield: 6 Servings

1/2 cup cooked brown rice 3 green onions, chopped 1 cup low-fat cottage cheese 1 tsp dill weed 1/4 cup freshly grated Parmesan 1/2 cup low-fat milk 1/2 tsp Dijon-style mustard Nonstick vegetable spray
 Directions: Combine all but the last ingredient in a mixing bowl. Pour into a casserole dish coated with nonstick vegetable spray. Bake in a preheated 350 degree oven for 15 to 20 minutes.

Rice and Lentils

Yield: 4 Servings

1 md Onion, chopped 2 Garlic Cloves, minced 2 tb Vegetable Oil 1 ts Ground Turmeric 1/2 ts Paprika 1/4 ts Ground Cloves 1/4 ts Ground Cinnamon 1/4 ts Ground Coriander 1/4 ts Ground Black Pepper 1/4 ts Salt 1 c Brown Rice, uncooked 1 c Dried Lentils, sorted and washed 4 c Water
Saute the onion and garlic in the oil in a large saucepan. Add the spices and cook over low heat for 4 minutes. Add the rice and lentils and stir to mix well. Pour in the water. Bring to a boil, turn the heat to low and cook for 45 to 50 minutes, or until the rice and lentils are tender.

Rice Cheese Croquettes

Yield: 6 Servings

2 c Rice; short grained
1/4 c Onion; finely minced
2 T Olive oil
1 t -salt
3 1/2 c -hot water
1 c Tomatoes; peeled
1 lb Mozzarella; cut in 24 1/4
1 c Bread crumbs; fine
1 c Vegetable oil; for frying
Eggs; slightly beaten -inch X 1 inch bits Suppli al Telefono To quote the author, "It is not easy to make Suppli al Telefono. Nevertheless, it pays to make the effort once in awhile because this dish always makes family and guests happy. The name comes from the fact that a thread of cheese will spin between your mouth and the suppli while you are eating it, resembling the mouthpiece of an early model telephone from the time this dish was first created. Suppli can be served as an appetizer, as a side dish in a dairy meal, or as a meal in itself for a lunch or brunch. ...Suppli should be served piping hot. Tell your guests, who might have never had them before, that suppli should be eaten with the fingers." Place rice, onion and olive oil in 2 qt saucepan and saute 2 or 3 minutes, stirring frequently. Add salt and 3 1/2 cups hot water. Bring to a boil. Lower heat to minimum and cook, covered, without stirring, 15 minutes. Add tomatoes and cook, uncovered, 5 minutes longer, stirring frequently. The rice should now be quite dry. Remove from heat and cool for 15 to minutes, add eggs and mix well. With damp hands, shape heaping tablespoons of the mixture into croquettes the size of a large egg; insert one piece of cheese into each croquette,

Rice Con Queso

Yield: 6 Servings

- 3 c Cooked brown rice (1
 - 1/2 cups uncooked),
 - cooked with
 Salt and pepper
- 1 1/3 c Cooked black beans or
 - blackeyed
 - peas, pinto beans,
 Etc. (about 1/2 cup uncooked)
- 3 Cloves garlic, minced
- 1 lg Onion, chopped
- 1 sm Can chiles, chopped
- 1/2 lb Ricotta cheese, thinned
 - with a little low fat
 - milk or
 Yogurt until spreadable
- 3/4 lb Shredded Monterrey Jack
 - cheese
- 1/2 c Shredded cheddar cheese

Garnishes (optional): chopped black olives, onions, fresh parsley
 Preheat oven to 350 degree F. Mix together rice, beans, garlic, onion, and chilies. In a casserole, spread alternating layers of the rice-beans mixture, ricotta cheese, and jack cheese, ending with a layer of rice and beans. Bake for 30 minutes. During the last few minutes of baking, sprinkle cheddar cheese over the top. Garnish before serving.

Complementary protein: rice and beans and milk products

Rice Crust For Pizza

Yield: 1 Serving

- 3 c Cooked Brown Rice
 - 2 Eggs; beaten
 - 1 c Grated Mozzarella Cheese
- Mix the rice with eggs and cheese. Press into 10" pizza pan. Bake for

20 minutes at 450*. Put on sauce and toppings of your choice; bake 10 minutes longer. PROTEIN: 45.4 grams; CALORIES: 1066

Rice Cutlets

Yield: 6 Servings

1/2 lb Cooked long grain rice

1/4 lb Mushrooms, chopped

4 T Milk, heated

2 T Flour

2 T Chopped parsley

2 Large eggs

1 oz Butter

Breadcrumbs as required

Oil for grilling

Salt and pepper

Cook the chopped mushrooms very slowly in the butter until soft, add the flour and blend. Gradually add the heated milk stirring all the time until the sauce is smooth. Take the pan off the heat and add one of the eggs (beaten), the parsley, the rice and the salt and pepper. Blend well, then leave aside to cool thoroughly. Shape into cutlets, dip into the other well beaten egg, and roll in breadcrumbs. Grill until golden on both sides, basting well with the oil. Drain and serve.

Rice Flan Tart with Candied Ginger

Yield: 12 Servings

3 c Nonfat milk

1/2 Vanilla bean; split

1/4 c Medium-grain rice

1/2 c Sugar (or more)

8 oz Frozen egg substitute thawed

1/3 c Low-fat ricotta cheese

- OR pureed fat-free

- cottage cheese

1 1/2 T Candied ginger (finely

- slivered)

Low-Fat Sweet Pastry

1 t Cinnamon

1 T Powdered sugar, optional

Sliced candied ginger, opt.

The low-calorie rice pudding flan is so delicious by itself that you may want to save the calories and fat in the crust, and serve it without the pastry.

Bring nonfat milk to boil in medium saucepan. Add vanilla bean and rice. Cover partially and simmer until rice is almost tender, about to 30 minutes, stirring occasionally. Stir in sugar and continue and continue cooking 3 minutes. Remove from heat and cool slightly. Remove vanilla bean. Blend egg substitute with ricotta cheese. Stir into rice mixture with candied ginger. Carefully pour into prepared pastry shell, filling almost to the top (if there is any flan mixture left from incomplete reduction in cooking, place in small custard dish, cover and microwave 40 to 60 seconds or until set.) Sprinkle with 1/4 teaspoon cinnamon. Bake at 400 degrees F. 25 to 30 minutes or until set. Remove from oven. Sift powdered sugar over and sprinkle with remaining cinnamon. Serve warm and garnish with sliced ginger if desired.

Each serving contains about:

calories; 102 mg sodium; 11 mg cholesterol; 4 grams fat; 31 grams carbohydrates; 6 grams protein; 0.25 gram fiber.

Rice Flour and Yogurt Pancakes

Yield: 26 Servings

2/3 c Brown rice flour

1/3 c Cornstarch

1 T Sugar

1 t Baking powder

pn Salt

1 lg Egg

2 T Vegetable oil

1/2 c Plain low-fat yogurt

1/2 c Low-fat milk

Sift rice flour, cornstarch, sugar, baking powder and salt into a large bowl. mix egg with oil and yogurt; stir in milk. Pour liquid ingredients over dry ingredients and mix until just blended.

Heat a non-stick skillet over medium heat. Pour batter by tablespoonfuls into the dry pan. Cook pancakes until golden brown on both sides, 2 minutes or less. Stack on warm plates. Serve with butter and preserves, or honey.

Makes 26 pancakes, 2 3/4 inches in diameter.

NOTE: If making pancakes for 1 or 2, reserve the remainder of the dry and liquid ingredients separately and combine just before cooking. If refrigerated, the flour mixture will keep for weeks, the liquid mixture for 3 days.

PER 2 PANCAKES: 75 calories, 2 g protein, 11 g carbohydrate, 3 g fat

(1 g saturated), 18 mg cholesterol, 62 mg sodium, 0 g fiber.

Rice in Minutes

Yield: 4 Servings

---START WITH---

3 c Rice; cooked, hot

-----AND STIR IN-----

-----PARMESAN PLUS-----

/2 c Parmesan cheese; freshly -grated T Butter

-----OR: SNAPPY SPINACH-----

c Spinach; cooked, fresh ts Lemon juice: fresh squeezed

-----OR: SAVORY STUFFING----- T

Butter /2 ts Poultry Seasoning Celery stalks; thin sliced

-----OR: CURRIED ALMOND-----

ts Curry powder /2 c Almonds: chopped

-----OR: LEMON DILL-----

/4 c Dill; fresh, chopped ts Lemon peel; grated

-----OR: COUNTRY BACON-----

sl Bacon; crumbled, cooked c Peas; cooked

-----OR: HOT PEPPER-----

/4 ts Tabasco sauce /2 Red pepper; seeded & chopped

Stir additions in with cooked, hot rice. The Snappy Spinach Rice and Lemon Dill Rice are particularly good with fish, the Country Bacon Rice with burgers, the Hot Pepper Rice with steak and the others with chicken

SERVES:4

Rice Krispie Squares

Yield: 1 Serving

4 T Butter

4 c Marshmallows or 10 oz

5 c Rice krispie cereal

Fat grams per serving: Approx. Cook Time: :05 Melt butter in saucepan over low heat. Add marshmallows and stir till melted. Cook 3 minutes, stirring constantly. Remove from heat, add

Rice Krispies and stir till all are coated. Using buttered spatula, press evenly into buttered 13x9x2" pan. Cool. Cut into 2" squares.
 VARIATIONS: add 1 cup raisins add 1 cup peanuts add 1/4 cup peanut butter to marshmallows melt 2 squares chocolate with marshmallows for Christmas: add green food colouring (if desired), shape into "trees" or press into buttered ring or small Bundt mold. Decorate with red cinnamon candies (for tree) or spearmint leaves and jelly berries for ring mold (resembles a wreath)

Rice Nut Loaf

Yield: 6 Servings

3 c Cooked brown rice

8 oz Sharp Cheddar cheese shredded

4 Eggs; lightly beaten

1 md Onion; chopped

1 c Shredded carrots

1/2 c Italian-style breadcrumbs

1/4 c Chopped walnuts

1/4 c Chopped sunflower kernels

1/4 c Sesame seeds

1/2 t Salt

1/4 t Ground black pepper

16 oz Spaghetti sauce (optional)

Combine rice, cheese, eggs, onion, carrots, breadcrumbs, walnuts, sunflower kernels, sesame seeds, salt and pepper; pack into greased 9-inch loaf pan. Bake at 350 degrees F. for 50 to 60 minutes until firm. Let cool in pan 10 minutes; unmold and slice. Serve with heated spaghetti sauce.

Each serving provides: * 444 calories * 20.2 g. protein * 25.9 g. fat * 33.6 g. carbohydrate * 2.5 g. dietary fiber * 187 mg. cholesterol * mg. sodium

Rice Pilaf

Yield: 2 Servings

1/2 c Sliced fresh mushrooms

- 2 Green onions, sliced
- 1 T Butter or margarine
- 2/3 c Water
- 1/3 c Regular long grain rice
- 1/4 Med. bell pepper *
- 1/4 t Salt
- 1/4 t Dried sage, crushed
- 2 t Snipped parsley

* Bell peppers can be any color, but should be cut into 1-inch julienne strips.

~--- In a 1-quart casserole micro-cook mushrooms, onion and butter or margarine, uncovered, on 100% power for 1 1/2 to 2 1/2 minutes or till vegetables are tender. Stir in water, rice, bell pepper strips, salt, and sage. Micro-cook, covered, on 100% power for 2 to 3 minutes or till boiling. micro-cook, covered, on 50% power for 14 to 16 minutes or till rice is tender and liquid is absorbed, stirring once. Stir in parsley. Let stand, covered, for 5 minutes.

Rice Pilaf with Peas

Yield: 4 Servings

- 2 c Rice
- 3 T Olive oil
- 1 Onion, chopped
- 2 Bay leaves
- 1 sm Piece cinnamon
- 1 t Salt
- 1 pn Freshly ground black pepper
- 1 c Peas
- 4 c Water or stock
- 1 T Parsley, chopped
- Tomato slices
- Cucumber slices

Wash rice & leave to soak for half an hour. Allow to drain. Heat oil in a pot & fry onion till it becomes translucent. Add bay leaves, cinnamon, salt, pepper & rice. Cook until the rice grains become opaque, stirring occasionally. Add peas & stir together until the peas are well coated in oil. Add 4 c water or stock. Bring to a boil, cover & simmer over a low heat until the rice is tender (15 to minutes). Serve with the garnish.

Rice Pudding

Yield: 1 Serving

1 c Rice, cooked

2 c Milk

1/2 c Sugar

1 T Butter

1/2 c Raisins

2 Egg, separated

2 T Powdered sugar

Nutmeg

Beat the egg yolks and add the sugar and milk and stir into the rice.

Add the butter and raisins. Pour into a buttered baking dish. Beat the egg whites until frothy, add the powdered sugar and spread on top of rice pudding. Sprinkle lightly with nutmeg. Bake at 325-F for 30 minutes.

Rice Pudding (#1)

Yield: 6 Servings

-BETTY PINDER

1 c Regular rice; cooked

3 c Milk

3 T Butter

1/2 t Salt

1/2 c Sugar

3 Eggs; beaten

1 t Vanilla

1 c Raisins; (optional)

Cinnamon; to taste

Choose a baking dish which will fit inside your crockpot. Mix all ingredients except cinnamon and place in baking dish. Sprinkle cinnamon on top. Cover dish with foil. Place metal trivet or rack in bottom of crockpot. Add 1 cup hot water to pot. Set covered dish in water in crockpot. Cover crockpot and cook on HIGH for 2 hours.

Rice Pudding C/p

Yield: 6 Servings

Betty Pinder (TKHN51B)

1 c Rice; regular, cooked

3 c Milk

3 T Butter

1/2 t Salt

1/2 c Sugar

3 Eggs; beaten

1 t Vanilla

1 c Raisins; (optional)

Cinnamon

Choose a baking dish which will fit inside your crockpot. Mix all ingredients except cinnamon and place in baking dish. Sprinkle cinnamon on top. Cover dish with foil. Place metal trivet or rack in bottom of crockpot. Add 1 cup hot water to pot. Set covered dish in water in crockpot. Cover crockpot and cook on high for 2 hours. Makes -8 servings.

Rice Pudding with Bourbon

Yield: 1 Serving

---DEIDRE ANNE PENROD FGGT98

3 1/2 c Milk

1 c White Rice; cooked

3 Eggs; slightly beaten

1/3 c -Granulated Sugar

2 t -Vanilla

1/2 c Golden Seedless Raisins

1 1/2 t Lemon Rind; grated

1 t -Nutmeg

2 T Butter

3 T Bourbon OR Dark Rum

1/2 c Sweetened Whipped Cream

Rice Pudding with Bourbon 4 to 6 hours

I make this with leftover rice, but you can start from scratch by cooking 1/2 cup raw rice as directed on the package.

To Cook: Warm the milk and pour it over the rice. Into the eggs, beat the sugar, vanilla, raisins, and lemon rind. Stir the milk and rice into the egg mixture. Scrape into the slow cooker. Sprinkle with nutmeg and dot with butter. Cover and cook on Low for 4 to 6 hours. Turn into a serving bowl and stir in the bourbon. Serve the pudding lukewarm with a dollop of sweetened whipped cream on top. Makes 6 to servings.

Rice Souffle

Yield: 1 Serving

1 c Rice

2 qt Water, boiling

1 T Salt

4 Egg

3/4 c Sugar

1/2 c Raisins

1/2 t Cinnamon

1 qt Milk

Add the salt to the boiling water and after washing rice in several waters, stir slowly into the boiling water. Cook without stirring for or 25 minutes or until rice is tender. Drain off water. Beat the yolks of eggs and add the sugar and mix with the milk. Stir into the cooked rice and mix well. Add the cinnamon and raisins. Beat the whites of eggs stiff and fold into the rice mixture. Pour into a buttered baking dish and bake at 325-F for 1 hour.

Rice Sticks With Vegetables

Yield: 6 Servings

3 qt Water

1 package Rice sticks (13
- 3/4 oz)

2 Stalks celery

4 oz Chinese pea pods

1 oz Oriental dried mushrooms *

1/4 c Oil

1 lb Bean sprouts

1 T Curry powder

1 c Chicken broth

1 x Salt

1 x Soy sauce

*Note: Mushrooms should be softened in water. Bring water to boil and add rice sticks. Cook 2 minutes, then drain. Rinse with cold water and drain. Cut celery, pea pods and mushrooms into thin slices. Heat oil until hot and add rice sticks. Cook, stirring, until brown. Remove rice sticks from pan and drain. Add celery, pea pods, mushrooms and bean sprouts and cook over high heat minutes, stirring constantly. Combine curry powder and chicken broth and add to pan. Season to taste with salt. Pour over rice sticks and toss to serve. Serve with soy sauce.

Makes 6 to 8 servings

Rice Stuffed Mushrooms

Yield: 12 Servings

- 24 lg Fresh Mushrooms
- 1 T Chili Sauce
- 3 T Minced Onion
- 1 T Lemon Juice
- 1 T Butter or Margarine
- 1 t Salt
- 1 c Cooked Extra Long Grain Rice
- 1/4 t Ground Black Pepper
- 1/2 c Finely Chopped Nut Meats
- 1/4 c Melted Butter

Remove stems, wash and dry mushrooms. In small skillet, cook onion in butter until tender, but not brown. Add remaining ingredients except for melted butter. Press rice mixture into each mushroom cavity. Place mushroom caps on rack in broiler. Drizzle with melted butter and broil until golden brown. Makes 24 mushrooms (2 per person).

Rice With Artichokes

Yield: 6 Servings

- 6 Artichokes;medium: -OR
- 4 -Artichokes; large
- 1/2 c Olive oil
- 3 t -salt freshly ground
- black pepper
- 3 c -cold water
- 1 1/2 c Rice; short grained;Arborio
- is best

Risotto Coi Carciofi To quote the author," In Pitigliano it was traditionally served during Passover*, when artichokes are in season and tender". **Other differences (between Italian Jews and Ashkenazic Jews) stem from the fact that some foods are not considered kosher by the Ashkenazim are permitted by the Italkim or Sephardim and vice versa. For example, rice, which was a staple for us at Passover, is considered chametz, or leavened food, by the Ashkenazim, whereas chocolate, cheese, and other milk products, so widely used by the American Jews during Passover, were absolutely forbidden for us, because we considered them to be chametz."

Trim artichokes; remove any choke and slice very thin. Heat oil thoroughly in a large skillet and add the artichoke slices. Season with 2 teaspoons salt and pepper to taste. Cook over high heat, stirring frequently, for approximately 5 minutes. Lower heat to medium and cook, stirring frequently, another 10 minutes. Bring 3 cups of water with 1 tsp salt to a boil. Add rice and cook, covered, for 12 to 15

minutes. Add to skillet with artichokes and stir to combine. SERVES: 6

Rice with Cucumbers

Yield: 6 Servings

- 1 Large cucumber
- 1 1/2 c Cooked long grain rice
- 1/2 lb Ripe tomatoes
- 1 Small sweet onion
- 3 oz Grated sharp cheese
- 4 T Milk
- 2 T Butter
- 1 T Chopped parsley
- 1 t Cornstarch
- Sweet basil leaves
- Salt and pepper

Fry the sliced tomatoes and the sliced onion for a few minutes in a little butter until the tomatoes are soft, sprinkle with sweet basil leaves and blend. Add the cooked rice, mix well and season with salt and pepper. Cover and cook over a low heat while you prepare the cucumber. Peel the cucumber, fry in butter for 3 minutes, then add the milk. Mix well. Blend the cornstarch with a little cold water and add to the cucumber. Stir until boiling and then add the grated cheese, mixing well. Serve very hot, surrounded by the rice mixture.

Rice With Garlic And Pine Nuts

Yield: 6 Servings

- 4 T Unsalted Butter
- 1 x Garlic Puree(1 Roasted - Head)
- 4 c Cooked Regular Rice
- 3/4 c Pine Nuts
- 1 x Salt & Pepper To Taste

Heat the butter in a wide skillet. Swirl in the garlic puree. Add the rice and pine nuts. Saute, stirring and tossing, until the rice is heated through and has absorbed the butter. Season with salt and

freshly ground pepper. Serve hot.

Rice with Mushrooms and Onions - Grdg72b

Yield: 2 Servings

Ingredients Below

Here is a rice recipe for you to go with the directions for cooking rice in the crockpot.

C converted rice 2 C water 2 t salt 3 T butter 1/2 C fresh mushrooms, cleaned and coarsely chopped 1 large onion, peeled, and finely minced Place all ingredients except onion and mushroom and half the butter into the crockpot, cover, cook on low 6-8 hours.

Before serving; In a large skillet, melt remaining butter and over medium heat, saute the onion until it is translucent. Add the mushrooms and saute until the moisture is gone, for 3-4 minutes. Add the rice and mix well with the onions and mushrooms. Serve hot. 2-4 servings.

Rice With Raisins

Yield: 6 Servings

4 T Olive oil

1 Garlic clove finely minced

1 T Parsley; fresh - chopped

1 1/2 c Rice; short grain

1/2 c Raisins; dark seedless

1/2 t Salt

3 c Broth; hot

Pepper; black

"Riso coll'Uvetta is an ancient Venetian dish prepared mainly during Chanuka. It has an interesting taste, but is not for every palate."

Heat oil in large skillet. Add garlic, parsley and rice. Cook over high heat, stirring with wooden spoon, till garlic begins to discolour. Add raisins and salt. Add hot broth, 1/4 cup at a time and continue to cook, uncovered over high heat till rice is done - about minutes in all. Taste for salt and pepper and add if necessary. Serve hot or at room temperature.

Rice With Spinach, Herbs And Cheese

Yield: 4 Servings

- 1 c White or brown rice
- Salt and pepper; to taste
- 1 lb Fresh spinach
- 1 T Olive oil
- 1 Onion; minced
- 1 Garlic clove; minced
- 1 t Chopped thyme
- 1/4 c Minced parsley
- 1 pn Red pepper flakes
- 1/4 lb Grated provolone cheese
- 3 Eggs; beaten (optional)

PREHEAT OVEN TO 350F. Cook rice in salted water until tender but still undercooked (15 minutes for white rice, 30 minutes for brown). Drain, rinse with cold water, drain again and set aside. Wash spinach and remove stems. Cook spinach in the water that clings to the leaves, until wilted. Cool and chop coarsely. Heat the oil, add the onion and saute until softened. Add the garlic and thyme. Combine all the ingredients together and season with salt and pepper to taste. Lightly oil a baking dish and add the spinach mixture. Drizzle more oil over the top, if desired. Cover with foil and bake for 25 minutes. Remove foil and cook for 5 minutes more.

Rice, Apple and Raisin Dressing

Yield: 8 Servings

---SEASONING MIX---

- 2 t Salt
- 1 1/2 t White pepper
- 1 t Garlic powder
- 1 t Dry mustard
- 1 t Ground cayenne pepper
- 1/2 t Black pepper

-----RICE INGREDIENTS-----

1/4 c Vegetable oil c Chopped onions c Chopped green bell peppers 1/2 c Pecan halves, dry roasted 1/2 c Raisins T Unsalted butter 1/2 c Uncooked rice (converted) c Pork, beef or chicken stock c Chopped unpeeled apples

Combine the seasoning mix ingredients in a small bowl and set aside. In a 2-quart saucepan, heat the oil over high heat until very hot, about 2 minutes. Add the onions and bell peppers; saute about 2 minutes, stirring occasionally. Add the pecans (we ran out of pecans, so Lucy substituted hickory nuts - good!) and continue cooking for about 3 minutes, stirring occasionally. Add the raisins and butter (these are added together so the raisins will absorb as much butter as possible). Stir until butter is melted, then cook until raisins are plump, about 4 minutes, stirring occasionally. Add the rice and seasoning mix and cook until rice starts looking frizzly (a bit like ce Krispies) Chef Prudhomme recommended using converted rice. Lucy used brown, long grain rice - super!. This will require about 2 to minutes, stirring almost constantly before the rice looks "frizzly". Stir in the stock, scraping pan bottom well, then stir in the apples. Cover pan and bring to boil; lower heat and simmer covered for 5 minutes. Remove from heat and let sit, *COVERED*, until rice is tender and stock is absorbed, about 30 minutes. (We cook the rice this slow way to let the flavors build to their maximum.) Serve immediately, allowing about 3/4 cup per person.

Rice-Stuffed Artichokes

Yield: 2 Servings

- 2 Med. artichokes
- 2 t Lemon juice
- 1/4 c Water
- 1/2 c Shredded carrot
- 1/4 c Sliced green onion
- 2 T Butter or margarine
- 1/4 t Dried sage, crushed
- 1 c Cooked rice
- 1/2 c Chicken broth
- 1 t Lemon juice
- 3/4 t Cornstarch
- 1 x Dash white pepper
- 1 Large beaten egg yolk

Cut off stems and loose outer leaves from artichoke. Cut off 1-inch from tops. Snip off sharp leaf tips. Brush cut edges with 2 t lemon juice. Place artichokes and water in a casserole. Cover with vented clear plastic wrap. Micro-cook, covered, on 100% power for 7 to 9 minutes or just till tender, rotating casserole a half-turn after 4 minutes. Let stand, covered, while preparing stuffing. For stuffing, in a small nonmetal bowl stir together carrot, onion, butter or margarine, and sage. Micro-cook, covered, on 100% power for 2 1/2 to

/2 minutes or till vegetables are tender, stirring once. Stir together vegetable mixture and rice. Drain artichokes. Remove the center leaves and chokes from artichokes. Spread artichoke leaves slightly. Spoon rice stuffing into the center of each artichoke and behind each large leaf. Return artichokes to casserole. Cover with vented clear plastic wrap. Micro-cook, covered, on 100% power for 2 to 3 minutes or till stuffing is hot and bases of artichokes are fork-tender, rotating the casserole a half-turn every minute. Let stand, covered, while preparing sauce. For sauce, in a 2-cup measure stir together chicken broth, 1 t lemon juice, cornstarch, and pepper. Micro-cook, uncovered, on 100% power for 2 to 3 minutes or till thickened and bubbly, stirring every 30 seconds. Stir HALF the hot mixture into the egg yolk. Return all to the 2-cup measure. Micro-cook, uncovered, on 100% power for 30 seconds. Transfer stuffed artichokes to a warm serving platter. Pour sauce around the artichokes.

Roasted Tomato and Rice Salad

Yield: 4 Servings

2 Tomatoes

3 c White or Brown Rice; cooked

-----DRESSING-----

/3 c Olive Oil /4 c Wine Vinegar Lemon; juice of /4 c Parsley;
chopped Salt Pepper

Roast the tomatoes over the high flame of a gas range or a broiler.

Turn every 20 seconds, so skins blister evenly. Peel by running under cold water and rubbing with your fingers. Chop the tomatoes coarsely and toss with warm rice. Mix the dressing ingredients together and toss with the rice and tomatoes. Season with salt and pepper to taste.

Per serving: 349 calories, 4 g protein, 42 g carbohydrate, 19 g fat, g saturated fat, 7 mg sodium, 4 g fiber, no cholesterol.

Rotel-N-Rice Corn Soup (Vegan)

Yield: 2 Servings

1 cn (10 oz) diced Rotel

Tomatoes, with liquid

- 1 1/2 c Cooked rice (give or take
Some; I like lots of rice)
1/2 package Frozen corn (perhaps
- 1 cup or
So of corn)
3 To 4 c stock of your
Choice, or water

-----OPTIONAL-----

To 3 corn tortillas, cut into 2 inch strips /2 Red pepper, seeded and
cut in strips

If using red pepper, saute at the bottom of a large soup pot, using a
little bit of the broth. Add the tomatoes, cooked rice, corn, and stock
to the pot, and heat thoroughly, about 10 minutes or so. about minutes
or so. Just before serving, stir in tortilla strips.

Saffron Rice

Yield: 6 Servings

- 2 T Butter
1 t Cumin Seeds
1 1 Inch Cinnamon Stick
3 Brown Cardamon Pods, Crushed
4 Whole Cloves
1/2 t Black Peppercorns
2 Bay Leaves
1/2 c Uncooked Rice
1 t Salt
1 1/2 c Chicken Stock
1/4 t Saffron

Heat butter in medium heavy saucepan and fry cumin seeds, cinnamon
stick, cardamom, cloves, peppercorns and bay leaves for about 2
minutes. Add rice and fry for 2 - 3 minutes more. Stir in salt, chicken
stock and saffron. Cover and bring to a boil. Reduce heat to low and
cook for 10 minutes.

Saffron Rice Royale

Yield: 4 Servings

- 4 Slices bacon
- 1 Large onion, chopped
- 1 Red bell pepper, chopped
- 1 1/2 c Uncd extra long grain rice
- 1 package (10 oz) frozen
- green peas
- 1/4 c Sherry
- 1/4 c Grated Parmesan cheese
- 1/4 t Ground white pepper
- 2 3/4 c Chicken broth
- 1 pn Saffron OR---
- 1/2 t Ground turmeric

Cook bacon in large skillet over medium heat until crisp and brown. Remove bacon to absorbent paper, set aside. Add onion and pepper to skillet and cook until tender. Add rice, peas, broth, sherry and saffron or turmeric. Bring to a boil; stir. Reduce heat, cover, simmer 15 minutes or until rice is tender and liquid is absorbed. Add crumbled bacon, cheese, and pepper. Toss.

Salmon-Wild Rice Pasty Filling

Yield: 1 Serving

- 1 lb Salmon, poached or barbecued 2 To 2 1/2 c cooked wild rice
- (cooked in chicken or other
Flavorful stock)
- 3 Green onions, chopped
- 1 Red Bell pepper, finely
- chopped
- 2 T Butter
- 1 T Olive oil
- 1 lg Clove garlic, minced
- 3/4 c Apricot or favorite chutney
- Cut salmon into chunks.

Put rice in a mixing bowl. Saute onions and pepper in butter and olive oil until soft. Stir in garlic and saute for 1 minute longer.

Combine with rice and mix well.

To assemble pasty, place a layer of rice on the pastry square, top with chunks of salmon and 1 or 2 teaspoons of chutney. Fold over and, bake as directed in yeast dough recipe.

Salsa Chicken Over Rice

Main Dish, Poultry

Yield: 4 Servings

2 c cooked white rice, held warm

1 T vegetable oil

1 lb boneless, skinless chicken

- breast halves, cut into

- strips

1 medium onion, chopped

1 small red bell pepper, sliced

1 (16-oz.) jar Ortega Salsa

- Prima Homestyle Mild

1/2 c 4 cheese Mexican blend,

- divided

---Garnish suggestions---

sour cream

chopped fresh cilantro

Heat oil in large skillet over medium-high heat. Add chicken, onion and bell pepper; cook, stirring occasionally, for 10 to 12 minutes or until chicken is no longer pink. Stir in salsa; bring to a boil. Remove from heat; sprinkle with cheese. Cover; let stand for 5 minutes or until cheese is melted.

Serve over rice. Garnish as desired.

Comments: Make this salsa chicken dinner in under 30 minutes. All you need to add is a steamed or fresh vegetable to enjoy on the side.

San Francisco Rice

Yield: 4 Servings

-----SEASONING MIX-----

ts Salt ts Dry mustard /2 ts Dried cilantro leaves ts White pepper ts

Dried sweet basil leaves /4 ts Ground ginger /2 ts Black pepper /2 ts

Onion powder /2 ts Garlic powder

-----OTHER INGREDIENTS-----

/4 c Peanut oil c Converted long grain rice - (uncooked) c

Spaghetti; uncooked - in two-inch pieces c Onions; chopped c Celery;

chopped tb Unsalted butter /4 c Sesame seeds ts Fresh garlic; minced

/2 c Fresh parsley; chopped c Chicken stock

Combine the seasoning mix ingredients thoroughly in a small bowl. Makes

3 Tbl plus 3/4 tsp. Heat the oil in a 12-inch skillet over high heat

until very hot, about 4 minutes. Add the rice, spaghetti, onions,

celery, butter, and 2 Tbl of the seasoning mix. Stir well and cook,

shaking the pan and stirring occasionally, until the rice and spaghetti

are golden brown, about 6 minutes. Add the sesame seeds and the

remaining seasoning mix. Stir well and cook 2 minutes. Add the garlic

and cook, stirring occasionally, until the rice and spaghetti are brown, about 3 to 5 minutes. Stir in the parsley and chicken stock, cover the skillet, and bring to a boil over high heat. Reduce the heat to low and simmer 12 minutes. Remove from the heat and let the skillet sit, covered, 8 minutes. This is a great dinner side dish to accompany almost any kind of meat, poultry, or fish. Or serve for lunch with a salad.

Sandy's Lentil/Rice/Barley Soup

Yield: 6 Servings

1 c Lentils

1 c Rice

2/3 c Barley

1 Onion, chopped

1 Bay Leaf

2 cn Corn

1 1/2 t Sweet Basil

1 1/2 cn Evaporated Milk

Salt to taste

Wash and sort lentils, rice, barley. Simmer lentils, rice and barley in 6 cups water with salt, onion, bay leaf and sweet basil until tender. Add corn and milk. Add additional salt to taste. Warm to desired eating temperature.

Serve in a bowl with generous servings on Cottage Cheese on top of the soup. Charrin' off the Ol' Point..from the O :-)

Sante Fe Chicken with Rice

Main Dish, Poultry

Yield: 6 Servings

1 1/2 lb fresh boneless, skinless

- chicken breasts, sliced

- thinly

1 t paprika

1 t salt

1/4 t ground black pepper

1 onion, peeled and chopped

- 1 green bell pepper, seeded
 - and chopped
- 1 clove garlic, crushed
- 2 T vegetable oil
- 1 c chicken broth
- 1 1/2 c quick-cooking rice
 - 1 (10-oz.) can diced tomatoes
 - and green chiles, undrained
- 3/4 c shredded Monterey Jack cheese

Season sliced chicken with paprika, salt, and pepper.

Combine onion, green bell pepper and garlic with seasoned chicken in a bowl; mix well. Heat a large skillet or paella pan over medium-high heat; add oil and heat until hot but not smoking. Carefully add chicken and vegetable mixture into skillet and sauté until everything is golden brown and chicken is cooked, about 8 minutes. Remove from heat, cover to keep warm.

In a medium saucepan add chicken broth and bring to a boil; stir in instant rice and undrained tomatoes. Bring to a boil; cover, remove from heat and set aside for 5 minutes. Sprinkle with Monterey Jack cheese and let melt. Serve rice topped with chicken.

Comments: Seasoned chicken shares the limelight with this quickly cooked white rice flavored with sweet tomatoes and chilies. Convenient weekday dish to prepare on busy nights.

Saucy Beef Over Rice

Yield: 4 Servings

- 1 Oven bag (14x20) large size
- 2 T Flour
- 1 cn (14 1/2 oz.) stewed
 - tomatoes
 - Undrained
- 1 Envelope onion soup mix
- 1/2 c Water
- 1/4 t Pepper
- 1 lb Beef sirloin steak, cut in
 - Thin strips
- 2 c Hot cooked rice

Preheat oven to 350. Shake flour in oven bag and place in 13x9 baking pan. Add tomatoes, soup mix, water and pepper to bag. Squeeze bag to blend in flour. Add beef strips to bag. Turn bag to coat beef with sauce. Arrange ingredients in an even layer. Close bag with nylon tie; cut six 1/2-inch slits in top. Bake until beef is tender, 40 to minutes. Serve over rice.

Savory Chicken and Rice in a Lotus Leaf (China)

Yield: 8 Servings

8 lg Dried lotus leaves

1 c Long-grain rice

3/4 c Sweet glutinous rice

- (see Note)

2 c Chicken stock

3 Chinese sausages (op cheong)

- *

8 Chinese dried black mushrooms

- **

2 T Small dried shrimp ***

1 Whole chicken breast,

- boned and skinned

2 T Soy sauce, plus more

- for dipping

1 t Sugar

1/4 t White pepper

1 t Asian sesame oil

-----CHICKEN MARINADE-----

/2 ts Grated ginger ts Soy sauce ts Dry vermouth or Shao Hsing -wine /2

ts Sugar /4 ts White pepper ts Asian sesame oil

* cut diagonally into 1-inch slices ** soaked in warm water until soft

and pliable (about 30 minutes) *** soaked in warm water for 30 minutes

Foods wrapped in dried lotus leaves become infused with an exotic

earthy flavor. If lotus leaves are not available, you can wrap the

rice filling in oiled parchment. Besides being an unusual appetizer,

this dish can be served as a snack, for lunch, or as a light meal. Note

that the first step must be done the night before. Because lotus

leaves vary so much in size, eight packets may require anywhere from

four to ten leaves. (Larger leaves can be split in half, smaller leaves

may need to be overlapped.)

The night before, pour boiling water over the lotus leaves and let them

soak for 1 hour. Rinse and squeeze them dry. Mix the long- grain and

glutinous rice together in a large bowl. Wash the rice under running

cold water; gently stir and rub the grains between your fingers to

loosen all the excess starch. Continue until the water runs clear.

Drain thoroughly. Mix the rice with the chicken stock in a 2-quart

saucepan; soak overnight in the refrigerator.

The next day, set the saucepan of rice uncovered over high heat; bring

to a boil. Stir just enough to loosen the rice grains. Reduce the

heat to medium-high and boil until the liquid is absorbed, about to 10

minutes. Put the sausages on top of the rice and cover the pan. Reduce

the heat to low and cook for 20 minutes. Turn off the heat but do not

remove the cover. Let the rice stand for 10 minutes, then, with a wet

wooden spoon, transfer it to a large bowl; set aside.

Squeeze the mushrooms dry. Cut off the stems at the base and discard

them; cut the caps in half. Combine the marinade ingredients in a

medium bowl. Cut the chicken breast into 3/4-inch chunks and toss it

with the marinade. Add the mushrooms and marinate for 20 minutes.

Drain and coarsely chop the shrimp.

In a small bowl combine the soy sauce, sugar, white pepper, and sesame

oil; mix into the cooked rice. Add the chicken-mushroom mixture and

the shrimp.

Fold a lotus leaf in half and put it on a cutting board. If the middle

stem or edges are tough and hard, trim and discard them. (If the leaves are small, you may need to overlap halves.) Divide the rice mixture into 8 portions; place one portion in the center of a leaf half. Fold the edges over the rice to make a 4-inch square packet. Tie it with twine. Repeat with the remaining leaves and rice. Arrange the packets in a single layer in a bamboo steaming basket. Prepare a wok for steaming. Steam the packets over medium-high heat for 20 minutes. Remove them from the steamer and cut each packet across the top to expose its contents. Serve with small dishes of soy sauce for dipping.

NOTE: Sweet glutinous rice is also known as "sticky rice" because when it is cooked it becomes sticky. It is used to make poultry stuffing and leaf-wrapped rice packages; it is called sweet rice because it is often used to make sweet dishes. Soak it overnight before cooking for the best results.

Makes 8 packets.

Savory Rice

Yield: 4 Servings

1 c Rice (raw)

1 cn Chicken broth soup

1/4 lb Butter or margarine

1/2 c Mushrooms, chopped

1/2 c Onions, diced

1/2 c Celery, diced

1 t Salt

1 cn Beef consomme soup

Melt butter in skillet and cook onions and celery until translucent.

Into buttered casserole dish put alternate layers of rice, onion/celery mixture, and mushrooms. Add salt and a little pepper. Pour the two cans of broth over the mix and place covered in oven at degrees for 45 minutes or until liquid is absorbed. If rice seems dry, add a little water.

Shrimp & Barbecued Pork Fried Rice

Yield: 4 Servings

- 3 c Cooked long-grain rice,
- preferably cold
- 3 T Peanut or vegetable oil
- 1/2 t Salt
- 1 t Shrimp paste, or more (opt.)
- 1/2 t Sugar
- 1 1/2 T Soy sauce
- 2 t Oyster sauce
- 2 lg Eggs; lightly beaten with
- 1 Egg yolk
- 1/2 c Cooked bay shrimp
- 1/2 c Chinese barbecued pork
- cut into 1/4-inch pieces
- 1/2 c Leftover cooked chicken
- cut into 1/4-inch pieces
- 1/2 c Fresh or frozen peas blanched
- 1 c Finely shredded romaine
- =OR=- Iceberg lettuce
- 1/2 c Chopped green onions

BREAK UP CLUMPS OF RICE by gently rubbing between the palms of your hands into a large bowl. Over medium- high heat, preheat wok until hot.

Add oil; tilt wok to coat sides. When oil is moderately hot, add salt and the optional shrimp paste, stir until fragrant or for 5 seconds. Immediately add rice and quickly stir-fry, pressing and poking at clumps of rice until all grains are separated, without browning rice (about 3 minutes). Season with sugar, soy sauce and oyster sauce. Stir-fry until each grain is evenly coated (about 1 minute). Push rice to sides of wok. Add beaten egg mixture to center of wok, and allow to cook, lightly beating eggs in center only (about minute). Toss together with rice. (Small flecks of egg will appear interspersed in the rice.) Add shrimp, barbecued pork, chicken, peas, lettuce, and green onions; toss and stir until mixed and heated through and lettuce is wilted (about 2 minutes).

Shrimp and Rice Casserole

Yield: 5 Servings

- 1 1/2 lb Cooked shrimp
- 2 c Cooked rice
- 1 pt Light cream
- 1 t Butter
- 8 T Catsup
- 3 T Worcestershire sauce
- 1/4 t Tabasco sauce

Place rice, cream, and seasonings in pan and bring to boil. Add shrimp and cool. Refrigerate overnight. Turn into greased casserole and bake at 350 degrees for 45 minutes or until nearly firm. Mrs. William W.

LaViolette

Shrimp Fried Rice

Yield: 4 Servings

2 oz Cooked bay shrimp

1/4 lb Fresh or frozen peas

2 T Oil, preferably peanut

2 c Long-grain rice steamed and
- chilled

1 t Salt

2 Eggs, beaten

4 oz Fresh bean sprouts

-----GARNISH-----

tb Finely chopped scallions

CUT THE SHRIMP INTO FINE DICE. Blanch the peas in a saucepan of boiling water for about 5 minutes if they are fresh or 2 minutes if they are frozen. Drain them in a colander. Heat a wok or large skillet until it is hot. Then add the oil and wait until it is almost smoking. Add the cooked rice and stir-fry it for 1 minute, and then add the shrimp, peas and salt. Continue to stir-fry the mixture for 5 minutes over high heat. Next add the beaten eggs and bean sprouts and continue to stir-fry for 2 minutes or until the eggs have set. Turn the mixture onto a plate and garnish it with the scallions.

Shrimp Fried Rice, Shanghai

Yield: 3 Servings

1/4 lb Shrimp, shelled and deveined

5 T Oil

3 Eggs, beaten

1/4 t Salt

3 1/2 c Rice, cold cooked

1/2 t Salt

2 Scallions, finely chopped

-----COATING-----

1/4 ts Salt ts Cornstarch ts Water

If shrimp is large, cut crosswise into 1/2 " pieces. Dissolve cornstarch in water and add salt to make coating. Mix with shrimp and set aside. 2. Heat wok over high heat until hot. Add 2 T oil, coat and heat for a few seconds. Reduce heat to medium, add shrimp, and stir-fry briskly for 1-2 minutes until shrimp are pink and firm. Pour into dish and set aside. 3. Clean wok and heat over high heat. Beat eggs with 1/4 t salt. Add 3 T oil to pan, coat, and heat until very hot. Pour in eggs and as they puff around edges, push the mass with spatula to far end of pan. tilting pan toward you so that the runny eggs slide onto the hot surface. Continue this process until the eggs are soft and fluffy. Give one big whirl and scrape into a dish. Set pan over medium heat (don't add oil). Add rice and stir-fry about 1 minute. Add salt to taste. Add scallions and stir in briefly. Add shrimp and eggs and stir rapidly, turning and folding, for about 1 minute. The eggs should be in small pieces and well mingled with the rice and shrimp. Pour into a hot serving dish.

Simple Brown Rice

Yield: 4 Servings

1 c Brown rice

2 1/2 c Liquid (water, stock, juice)

1 T Butter

1 t Salt (optional)

PLACE RICE, LIQUID, BUTTER and salt in a 2-to-3-quart saucepan. Bring to the boil; stir once or twice. Reduce heat, cover, and simmer -to-50 minutes, or until rice is tender and liquid is absorbed. Fluff with a fork.

Simple Wild Rice

Yield: 4 Servings

2 c Wild rice

6 c Boiling water

1 T Olive oil

Salt

TO PREPARE THE WILD RICE, wash it in a sieve under cold running water for 2 minutes. Put the rice in a heavy pan, add the boiling water, and the olive oil. Cover, and let the rice simmer about 55 minutes until it is cracked and puffy. Drain, and salt to taste. (Be sure to drain rice after soaking.)

Sizzling Rice Soup

Yield: 6 Servings

6 c Chicken broth

2 T Shredded Smithfield ham

4 sm Cakes Chinese

- bean curd cubed, rinsed

- in cold water

6 lg Chinese black

- mushrooms soaked, squeezed

- dry and shredded

4 c Peanut oil for deep-frying

-----RICE CRUST-----

Rice Oil, peanut

-----GARNISH-----

Chopped scallions Sesame oil

BRING THE BROTH TO A SIMMER in a pot and add the ham, bean curd and mushrooms. Let it simmer 5 minutes. Heat the oil in a wok to very hot (about 380F). Test the oil by dropping a small piece of Rice Crust into it. It should float immediately. Slip the whole Rice Crust into the oil. As it begins to puff up like popcorn, break it up into large chunks with long chopsticks. Turn it to brown on all sides (about 1 minute). Remove the rice and drain it. At the table, add the rice to the serving bowl of soup. It will sizzle as the steam rises and provide quite a show. Add the scallions and sesame oil just before serving. (The oil used for deep-frying can be cooled, strained through a fine sieve and stored in a jar for future use.)

FOR RICE CRUST: Prepare rice as you normally would, but cook it in a wide, heavy pot at least 15 minutes after the rice is soft so that a crust forms on the bottom of the pot. Spoon off the top layer of loose rice and set aside for Fried Rice or freeze it for future use. If left to stand overnight at room temperature, the crust will be easier to remove from the pot. To use the rice right away, keep the pot on low heat and dribble peanut oil around the edge. Heat for a few minutes, then loosen the crust with a spatula. It should come out in one whole piece. Invert the crust onto a plate. It can now be frozen for future use or used while still hot.

Skillet Chicken and Rice

Yield: 6 Servings

2 lb Chicken pieces, skinned

3 c Mushrooms, fresh, sliced

4 x Carrots; peeled, sliced
- 1/2"

3/4 c Rice, long grain

1/2 c Onion, chopped

1 t Poultry seasoning

1 t Bouillon, chicken, granules

1/4 t Salt

PER SERVING: 265 Cal., 25g Pro., 27g Carbo., 6g fat, 67mg Chol., Spray a 12-inch skillet with nonstick spray coating. Brown chicken pieces on all sides over medium heat about 15 minutes. Remove chicken. Drain fat from skillet, if necessary. Add mushrooms, carrots, rice, onion, bouillon, poultry seasoning, 2 cups water, salt. Place chicken atop rice mixture. Cover; simmer 30 minutes or till chicken and rice are done.

Slow Cooker Red Beans & Rice

Yield: 6 Servings

1 lb DRIED SMALL RED CHILI BEANS

3 CELERY STALKS, CHOPPED

1 GREEN PEPPER, CHOPPED

2 GARLIC, MINCED

2 2/3 c DOUBLE STRENGTH BEEF BROTH

1 HAM HOCK, SCORED IN
DIAMONDS

4 c HOT COOKED RICE

2 T OIL

1 ONION, CHOPPED

3 GREEN ONIONS, CHOPPED

3 1/3 c WATER

1/2 t CRUSHED RED HOT PEPPER

1 t SALT

IN A LARGE POT, COMBINE THE BEANS WITH ENOUGH COLD WATER TO COVER BY

".

BRING TO A BOIL OVER HIGH HEAT, AND BOIL FOR 2 MINUTES. REMOVE FROM HEAT, COVER THE POT, AND LET STAND FOR 1 HOUR; DRAIN WELL. (BEANS CAN ALSO BE SOAKED OVERNIGHT) IN A LARGE SKILLET, HEAT THE OIL OVER MEDIUM-HIGH HEAT. ADD THE CELERY, ONION, BELL PEPPER, GREEN ONIONS, AND GARLIC. COOK, STIRRING OFTEN, UNTIL ONIONS ARE SOFTENED, ABOUT 6 MINUTES. TRANSFER TO SLOW COOKER. STIR IN THE DRAINED BEANS, WATER, BEEF BROTH, AND RED PEPPER. BURY THE HAM HOCK IN THE BEAN MIXTURE.

COVER AND SLOW-COOK UNTIL THE BEANS ARE VERY TENDER, 9 TO 10 HOURS ON LOW. REMOVE THE HAM HOCK. REMOVE MEAT AND DISCARD REST. RETURN MEAT TO POT, AND STIR IN SALT. SERVE BEANS IN BOWLS, SPOONED OVER HOT COOKED RICE, AND SPRINKLED WITH CHOPPED GREEN ONIONS, (READY AND WAITING)

Sopa Seca (Dry Soup with Rice)

Yield: 1 Serving

- 2 t Olive oil
- 1/2 t Minced garlic
- 1/2 c Chopped onion
- 1 lg Tomato, chopped
- 1 c Uncooked converted rice
- 1 sm Green pepper, chopped
- 1 (13 oz.) can chicken broth
- ds Cayenne pepper
- 1/2 t Oregano
- 1/2 t Salt

Heat oil in large pan. Add garlic, onion and tomato. Cover and cook minutes or until onion is soft. Add rice and cook for another 2 minutes stirring until rice is shiny and hot. Stir in green pepper, chicken broth, red pepper, oregano and salt. Bring to a boil. Place in oven proof dish, cover and bake for 20 minutes at degrees.

Sour Cream & Wild Rice Soup

Yield: 8 Servings

---POACHING INGREDIENTS---

- 2 Chicken Breasts; excess
- fat and skin removed
- 1 qt Water
- 1 Onion; quartered
- 1 Carrot; cut in large chunks
- 1 Celery Rib; cut in half
- 1 Bay Leaf
- 10 Black Peppercorns; whole
- Salt to taste

-----SOUP INGREDIENTS-----

ts Olive Oil lg Red Onion; thinly sliced md Celery Ribs; thinly sliced lg Carrots; peeled and shredded Garlic Cloves; chopped c Mushrooms; sliced /4 c Flour Salt Black Pepper; freshly ground c Evaporated Skim Milk c Sour Cream Substitute tb Corn Starch c Wild Rice; Cooked -according to package dir -without fat or salt tb Thyme; fresh chopped

In a heavy saucepan, combine the chicken and water, bring to a boil, reduce the heat to low and carefully skim off any scum. Add onion, carrot, celery, bay leaf, peppercorns, and salt. Cover and simmer the chicken for 45 minutes to one hour. Remove the chicken from the broth and set aside to cool. Strain the remaining broth, discarding the solids, and place in the refrigerator to chill, or use fat separator to remove all fat from broth. When the chicken is cool enough to handle, remove the meat from the bone and tear or shred into bite sized pieces. Cover and refrigerate until needed. Meanwhile, in a large saucepan, heat the olive oil until sizzling, add the onions, celery, carrots and garlic and cook over medium high heat for about 5 minutes. Lower the heat to medium, add the mushrooms and cook for 5 minutes more. Add the flour, salt and pepper and stir to combine, cooking for 2 minutes. Add the chicken stock (remove the fat that has accumulated at the top of the stock) and the evaporated skim milk. In a small bowl, whisk together the sour cream and the cornstarch. Add to the soup, stirring until thickened and heated through. Add the cooked rice, shredded chicken and thyme, stirring until thick and bubbly. Serve at once.

Spanish Rice 2

Yield: 1 Serving

- 2 lb Ground chuck or beef
- 2 md Onions, chopped
- 2 Green peppers, chopped
- 1 cn Tomatoes (28 oz.)
- 1 cn Tomato sauce (8 oz.)
- 1 c Water
- 2 1/2 t Chili powder
- 2 1/2 t Salt
- 2 t Worcestershire sauce
- 1 c Raw rice (converted)

Brown beef in skillet and drain off fat. Put all ingredients in CROCK-POT. Stir thoroughly. Cover and cook on Low 6 to 8 hours. (High: 3 hours).

Spanish Hot Dogs and Rice

Yield: 4 Servings

1 cn Stewed tomatoes.

1/2 lb Hot dogs sliced 1/2"

Thick

3/4 c Green pepper, diced

3/4 c Onion, diced

Rice for 4 people

Contributed to the echo by: Marge Clark The recipe has no real measurments...is a "what you have"... Spanish hot dogs & rice: Enough rice for four people... put rice on to cook...while it's cooking slice as many hot dogs as you have (lets say 1/2 pound or more) into pennies, about 1/2 inch thick. dice 1 green pepper...I used to use the frozen diced pepper and use a couple of handfuls..maybe 3/4 cup? Diced onion. ditto on the amount. combine all the above, heat, while the rice is cooking...set the table and spray on some perfume. This is obviously not a gourmet feast for company. But everyone ATE it! and there is little that's faster or easier!

Spanish Rice

Yield: 4 Servings

6 Strips bacon crisp

3 c Cooked rice

1 Can 16oz peeled tomatoes

1 Medium green pepper

1 Medium onion

1 T Bacon drippings

Fry bacon & conserve 1 Tablespoon drippings. Combine cooked rice & add drippings,tomatoes & veggies. Heat through. Crumble bacon on top. Salt and pepper to taste. (If you would like,add hot banana peppers and juice)

Spanish Rice (from Guatemala)

Yield: 4 Servings

1/2 lb Rice

2 md Ripe tomatoes

1/2 md Onion

1/2 Carrot

1 md Potato

1/4 c Fresh peas

1/2 Bell Pepper, green or red

Cut all the vegetables, except the peas and potato, into small slivers. Cut the potato into 8 cubes. Wash the rice and then combine all the ingredients in a skillet and cook on a medium flame, WITH OUT water, for 5 minutes then cover and cook on low flame until done.

Spanish Rice (Vegan)

Yield: 1 Serving

1/2 c Uncooked brown rice

2 c Water

1 T Wine Vinegar

Water

4 Cloves garlic

4 Stalks celery

1 Green pepper

1 Carrot

1 Bay leaf

1 sm Can stewed tomatoes

1 t Dry oregano

1 t Dry basil

1/4 t Cumin

Fresh cilantro

Put the brown rice on to cook. Put vinegar and water in a heavy skillet and cook garlic, celery and green pepper (all chopped). Add enough water to the skillet to steam the carrot, add chopped carrot and bay leaf and cover skillet. When carrot is soft, add stewed tomatoes, oregano, basil and cumin. By now the rice should be done. Add the brown rice, lower flame and simmer for 15 minutes. Garnish with fresh cilantro and eat. Yum Yum Yum!

I hope you like it!

Also, just wanted to note, I started this program just before travelling home from Christmas at my parents' house. I stopped at a restaurant with a salad bar, got veggie soup, salade and a plain baked potato on the side. They had fruit on the salad bar too, so I could have had that for dessert, but I didn't have any room left in the tum.

Spanish Rice 2

Yield: 6 Servings

1 c Uncooked long grain rice

4 T Oil

2 T Diced bell pepper

3 T Diced onion

1 t Dried parsley flakes

3 oz Tomato paste

2 Cloves garlic, minced

2 1/2 c Cold water

3/4 t Salt

Lightly brown rice in oil over medium heat, stirring constantly. Add bell pepper and onion and saute' five minutes more, stirring often. Remove from heat; add parsley, tomato paste and garlic. Stir well and then add water and salt. Heat mixture to boiling, cover tightly and simmer 20 to 30 minutes or until liquid is absorbed. Remove from heat and let steam 10 minutes before serving.

Spanish Rice Enchiladas

Yield: 1012 Servings

1/4 c Water

1 Onion, chopped

2 c Fresh spinach, chopped

3 c Cooked brown rice

1 T Soy sauce

1 t Ground cumin

or 6 c Enchilada sauce 10 or 12 Soft corn tortillas

Place water and onion in a medium saucepan. Saute until onion softens slightly. Add the spinach. Cover and steam until just tender, 4 to 5 minutes. Remove from heat. Add rice and seasonings. Mix and set aside. (I would probably use a little wine, Bragg's Amino, and/or some veggie broth instead of the water for sauteing.) 4. Preheat oven to 350 degrees. Spread 1 cup of Enchilada sauce over the bottom of a casserole dish. Spread a line of the spinach-rice mixtue down the center of a tortilla. Roll up and place, seam-side down, in the casserole. Repeat until all of the ingredients are used. Pour the remaining sauce over the tortillas. 10. Cover and bake for 30 minutes. (Anyone NOT following the McDougall Plan, could top this off with some no-fat cheddar cheese and/or serve with a bit of no-fat sour cream.

Spanish Rice With Beef

Yield: 6 Servings

1 lb Lean Ground Beef

1/2 c Onion; Chopped, 1 Md

1 c Rice; Regular, Uncooked

2/3 c Green Bell Pepper; Chopped

16 oz Stewed Tomatoes; 1 Cn

5 Bacon Slices; Crisp, Crumbled

2 c Water

1 t Chili Powder

1/2 t Oregano Leaves

1 1/4 t Salt

1/8 t Pepper

Cook and stir the meat and onion in a large skillet until the meat is brown. Drain off the excess fat. Stir in the remaining ingredients.

TO COOK IN A SKILLET: Heat the mixture to boiling then reduce the heat and simmer, covered, stirring occasionally, until the rice is tender, about 30 minutes. (A small amount of water can be added if necessary.)

TO COOK IN THE OVEN: Pour the mixture into an ungreased 2-quart casserole. Cover and bake at 375 degrees F, stirring occasionally, until the rice is tender, about 45 minutes. Serve hot.

Spiced Basmati Rice (Masaedar basmati)

Yield: 6 Servings

2 c basmati rice

3 T vegetable oil

1 Small onion finely chopped

1/2 t finely minced garlic

1/2 t garam masala

1 t salt

2 2/3 c chicken stock

Pick over the rice and put in a bowl. Wash in several changes of water. Drain. Pour fresh water over the rice and let it soak for 1/2 hour. Drain in sieve for 20 minutes. Heat the oil in a heavy-bottomed saucepan over a medium flame. When hot, put in the onion. Stir and fry until the onion bits have browned. Add the rice, green chili, garlic, garam masala and salt. Stir gently for 3 to 4 minutes until all the grains are coated with oil. If the rice begins to stick to the bottom of the pan, turn down the heat. Now pour in the stock and bring the rice to a boil. Cover with a very tight-fitting lid, turn heat to very, very low and cook for 15 to 20 minutes.

Spicy Rice and Lentils

Yield: 6 Servings

1/2 c Brown lentils soaked for 1hr

1 Onion, finely chopped

1/2 t Mashed garlic

1/2 t Grated ginger

1 Fresh green chilli

Seeded and finely chopped

4 T Ghee

1 Cinnamon stick

2 Cloves

1 Bay leaf

1/2 t Turmeric

1 t Salt

1 c Long grain rice

Soaked for 1 hour

1/2 c Red lentils

2 T Chopped spring onions

Preparation time: 25 minutes + 1 hour standing Cooking time: 25 minutes

Drain the brown lentils, cover with boiling water and boil for 15 minutes until beginning to soften. Drain Cook the onion, garlic, ginger and chilli in the ghee until soft and lightly coloured. Add the cinnamon, cloves, bay leaf and turmeric. Cook for 2 minutes, stirring. Add the drained rice and lentils, mix well, then add water to cover by 3-cm. Bring to boil, then cook on very low heat until the liquid has been absorbed, about 20 minutes. Stir in the chopped spring onion. Remove cinnamon stick before serving.

Spicy Rice Meatballs

Yield: 6 Servings

- Marne Parry PKKW92A

1 Egg

1/2 t Salt

1/2 t Italian herb seasoning

- or 1/8 ea. basil,

- marjoram, oregano, thyme

1/4 t Pepper

1 Garlic, minced

1/4 c Finely chopped onion

1 lb Extra lean gr. beef

8 oz Ground veal (or turkey)

1/2 c Long grain white rice

1/2 c Fine dry bread crumbs

1 lg Can tomato sauce (15 oz)

1/2 c Tomato juice
 1 t Chili powder
 1 cn Green chilies (4oz), diced

In a large bowl, beat eggs with salt, herb seasoning and pepper. Add garlic, onion, beef, veal, rice and crumbs; mix well. Shape mixture into 1 1/2 inch balls. Place meatballs in a 5 quart or larger electric slow cooker.

In same bowl, mix tomato sauce, tomato juice, chili powder and chilies; pour over meatballs. Cover and cook at low setting until meatballs are no longer pink in center and rice is tender; cut a meatball to test (5 1/2-6 hrs). Gently lift meatballs to a warm serving dish and keep warm. Skim and discard fat from sauce, if necessary; Stir then spoon over meatballs.

"This slow cooker variation on a long-time family favorite is especially easy to assemble. Chili powder and mild green chilies update the flavor."

Spicy Rice Pilaf

Yield: 2 Servings
 1/2 c Brown rice
 1/8 t Ground cumin
 1/8 t Ground ginger
 1/8 t Ground cinnamon
 ds Ground cardamom
 ds Ground cloves
 1/2 T Vegetable oil
 1 c Chicken broth

Saute the rice, cumin seeds, ginger, cinnamon, cardamom seeds and cloves in the oil in a saucepan until the rice is browned. Add the chicken broth and bring the mixture to a boil.

Lower the heat and simmer for 20 to 30 minutes or until all the liquid is absorbed. Serve with Turkey Patties in Wine Sauce.

Spicy Rice Pilaf with Turkey

Yield: 4 Servings
 1 c Brown rice

- 1/2 t Cumin seeds
- 1/4 t Ground ginger
- 1/4 t Ground cinnamon
- 4 Cardamom seeds
- 4 Whole cloves
- 1 T Vegetable oil
- 2 c Turkey stock or water
- 1/4 c Dark or golden raisins
- 2 c Chopped cooked turkey
- 1/4 c Pine nuts; or cashews
(chop cashews)

Toast cashews if using. Saute the rice, cumin seeds, ginger, cinnamon, cardamom seeds and cloves in the oil in a saucepan until the rice is browned. Add the stock or water and bring the mixture to a boil. Lower the heat and simmer for 45 to 50 minutes or until the rice is cooked. Add the raisins, turkey, and nuts to the rice mixture. Serve hot or cold.

1/4 recipe - 317 calories, 3 lean meat, 1 bread, 1/2 fruit, 1 fat
exchange 24 grams carbohydrate, 25 grams protein, 14 grams fat, 190 mg sodium, 381 mg potassium, 54 mg cholesterol

Star Anise Beef-rice Noodle Soup

Yield: 8 Servings

- 2 (1-in) chunks fresh ginger
- 3 Shallots; unpeeled
- 1 Onion; unpeeled
- 2 1/2 qt Water
- 1 1/2 lb Oxtails chopped into sections
 - 1 lb Beef shank
 - 2 Whole star anise
 - 1 Cinnamon stick
 - 3 Whole cloves
- 1/4 c Vietnamese fish sauce (nuoc
 - mam)-
- 1 t Salt; or to taste
- 1/2 lb Flat rice-stick noodles
 - soaked in water for 20
 - minutes
- 6 oz Sirloin steak trimmed
 - of fat & sliced into
 - paper-thin slices
- 1 Onion; sliced thin
- 2 c Bean sprouts
- 1/4 c Fresh coriander leaves
 - (coarsely chopped)
- 2 Green onions cut into
 - 2-in-long thin julienne

- slices

- 1 Lime; sliced into 8 wedges
- 2 Red chiles; thinly sliced

PUT GINGER, SHALLOTS AND ONION on a baking sheet; place under a hot broiler until charred. In a stock pot, bring the water, oxtails and beef shank to a boil. Thoroughly skim and discard the scum from the surface of the stock. Drop the charred ingredients, star anise, cinnamon stick and cloves into pot, reduce to low heat; simmer for 2 hours. Remove the meat. Remove and shred the meat from the shank and reserve. Return the bone to the simmering stock. Simmer 1 hour longer. When soup is done, remove and discard bones. Strain and degrease stock; add fish sauce and salt. Keep warm. In a separate pot, bring 3 quarts water to a boil. Drain noodles and add to boiling water; cook for 1 minute. Drain in a colander. Divide noodles among 8 soup bowls (about 1-to-2-cup-size bowls). Divide and top each bowl of noodles with shredded cooked beef, the raw sirloin steak slices, onion slices and bean sprouts. Ladle about 1 1/4 cups hot soup stock (this will cook the beef) to cover the noodles and beef, top with fresh coriander and green onions. Serve with squeeze of lime and chiles.

Steamed Ginger Rice with Snow Peas

Yield: 6 Servings

2 c Long grain rice

3 c Cold water

1 t Finely grated ginger

1/4 lb Snow peas, chopped

Wash rice in several of changes of water until the water runs clear. Place rice in a 3 quart saucepan that has a tight fitting lid. Add water and grated ginger. Bring to a boil, uncovered. Reduce heat slightly but continue to cook uncovered until surface water disappears and holes appear in the surface of the rice. Cover tightly, turn heat very low and cook 20 minutes. Add snow peas and cover. Cook 2 minutes longer then remove from heat and let stand 3 to 5 minutes before serving. Stir gently to combine rice with snow peas.

Steamed Glutinous Rice

Yield: 6 Servings

Text Only

How to Save a Pot of Burnt Rice:

If the rice should scorch while it is cooking, the pot of rice may still be rescued. Simply place a dampened cloth or a slice of bread and 1 or 2 tablespoons of water over the surface of the rice, cover, lower the heat to a simmer and cook until rice is tender. The cloth or bread will absorb the burnt smell.

[This really does work quite well. I've done the bread version and it saved the meal. S.C.]

Steamed Glutinous Rice:

Glutinous rice may be prepared in the same manner as steamed long-grain rice by increasing the soaking period to 4 hours and the cooking time to 35 minutes.

How to Reheat Rice:

Cooked rice may be reheated in several ways. To reheat by simmering, place the rice in a saucepan with a tight-fitting lid. Then for each cup of rice, sprinkle 1 tablespoon of water over the surface of the rice, cover and simmer over low heat until the rice is hot. To reheat by steaming, place the rice in a heat proof bowl, sieve or colander and place this with about 2 inches of water in a large pot. Cover and steam over medium heat for 10 minutes or until heated through. To reheat in the oven, place rice in heat proof dish or pan and sprinkle 1 tablespoon of water for each cup of rice over the surface. Place, covered, in a preheated 400F oven for 20 minutes.

Steamed Jasmine Rice - Khao Suay *

Yield: 4 Servings

3 c Jasmine Rice

3 c Water

The wonderful aroma and subtle flavor of jasmine rice compliment every dish perfectly. Thais cook rice almost instinctively - it is their staple food.

~--- Place rice in a large saucepan. Rinse twice to clean the rice, draining thoroughly. Add the water to the rice.

Cover the saucepan and heat to boiling. Allow to boil on high heat for 1 minute. Turn the temperature to low and steam for 10 minutes. Reduce the heat to the lowest setting and allow to steam for 10 minutes more.

Steamed Rice

Yield: 4 Servings

1 c Long grain rice

1 3/4 c Water

1 x Salt (optional)

Rinse rice well. Combine with water and salt, if using, in a 8 cup microwaveable casserole. Cover and microwave at high for 5 minutes, then at medium for 8 to 12 minutes or until most of water is absorbed. Let stand covered, 5 to 10 minutes to absorb remaining liquid.

Steamed Rice (Khow Jow or Khow Suay)

Yield: 1 Serving

Rice

Water

This is a fool proof way of cooking any amount of rice.

Wash rice well. Place rice into sauce pan. Add water until it covers the rice. To gauge the correct amount of water the water should come up to the first joint of the index finger. Boil the rice until the rice is at surface level then close the lid and turn the heat down low. The rice should be cooked in about 10 minutes or when all the water is absorbed. Check periodically.

I use this method but have a rice cooker. No measuring required. With the old harder rice add more water.

Stove-Top Rice Pudding?

Yield: 8 Servings

6 c Milk

6 oz Rice (3/4 c)

3 Eggs

1 c Sugar

2 t Vanilla

1 1/2 t Cinnamon

1/2 t Nutmeg

Raisins (Optional)

Using a teflon coated pan, bring the milk and the rice to a boil and then let it simmer for ? hr... When the rice is done and starts to thicken beat the eggs and sugar together and add to the rice... Add the remainder of the ingredients and cook for 1 to 2 min. stirring occasionally... Let set to cool, stirring occasionally... Thickens as it cools...

Stuffed Cabbage With Rice & Pine Nuts Avgolemono

Yield: 6 Servings

2 md Cabbage heads

3 T Clarified butter

1 md Onion; chopped fine

1 c Water

1 c Raw long grain rice

1/4 c Raisins or currants

1/2 c Pine nuts

1/4 c Chopped fresh parsley

1/4 c Chopped fresh dill

Salt & freshly ground pepper

3 Eggs

1 Lemon, juice only

2 T Butter; cut into bits

Plunge cabbages into boiling salted water and cook about 8 minutes, then drain thoroughly and set aside while you prepare the filling. In a heavy skillet heat the clarified butter, add the chopped onions and cook until soft and transparent. Add the water and bring to a boil, then add the rice and stir. Lower the heat and simmer gently until the rice has absorbed the liquid, approximately 15 minutes. Remove from heat and add the raisins or currants, pine nuts, parsley, dill and season with salt and pepper. Cool. Separate 2 of the eggs and mix the egg whites into filling. Reserve the yolks for the avgolemono. Stuff and roll the cabbage leaves, using one heaping tablespoon filling, roll up snugly, then place, seam side down, in a casserole. Dot with butter and add water to cover, then cover cabbage rolls with an inverted plate and cover casserole. Simmer for approximately 1 hour, then transfer to a warm serving dish and keep warm. Strain the remaining liquid for the avgolemono sauce. Beat the remaining eggs and yolks for 2 minutes. Continuing to beat, gradually add the lemon juice. Then add the 1-1/2 cups cooking liquid by droplets, beating steadily, until all has been added. Cook over hot water, not boiling, stirring constantly until the sauce thickens enough to coat a spoon. Pour over the cabbage rolls and serve hot.

Stuffed Cranberry And Rice Chicken

Chicken, Diabetic, Main Dish, Poultry

Yield: 6 Servings

- 3 whole chicken breasts,
 - halved, boned, skinned,
 - and pounded to 1/2"
 - thickness
- 3 c cooked brown rice
- 1/2 c rehydrated
 - cranberries, drained
- 1 T olive oil
- 1/2 c diced celery
- 1/2 c diced onion
- 2 t minced fresh thyme
- 1 c dry white wine

Prepare the chicken breasts and set aside. Combine the rice and rehydrated cranberries and mix well. Set aside.

Heat the oil in a small saucepan over medium-high heat. Add the celery and onion and saute for 5 minutes. Add the vegetables and thyme to the rice.

On a flat surface, take about 1/2 cup of the rice mixture and place on the lower third of each chicken breast. Fold over the sides of the chicken breast and roll up. Secure each breast with a toothpick. Continue with all chicken breasts.

Place all the chicken rolls in a casserole dish. Pour wine in the bottom of the dish. Cover and bake in a preheated 350 degree oven for 20 minutes. Uncover and bake for 10 more minutes.

Comments: Juicy, tart cranberries surprise you in every bite!

Sweet & Sour Lentils with Brown Rice

Yield: 4 Servings

- 1/2 c Dry lentils
- 3 c Water
- 2 T Vinegar
- 2 T Honey
- 1 T Tamari
- 1/2 t Grated ginger
- 1/2 c Water
- 1 t Cornstarch
- 1 sm Onion, sliced
- 2 T Oil
- 4 Celery sliced diagonally

Bring water to a boil & cook lentils for 25 minutes. Drain & set aside. combine vinegar, honey, tamari, ginger & water. Bring to a boil. mix cornstarch with a little water & add to sauce. Saute onion

in oil till soft. Add pieces of celery & cook for 5 minutes over medium heat. Add lentils, mix well. Add sauce, simmer 5 minutes. Serve over rice.

Sweet Fried Rice with Almonds and Cinnamon

Yield: 4 Servings

- 1 c Mixed dried fruit, diced
- 1 1/4 c Water
- 2 t Of vanilla
- 1 T Peanut oil
- 1/2 c Whole almonds
- 4 T Butter
- 1/3 c Thinly sliced onion
- 1/3 c Sugar
- 1 1/2 t Cinnamon
- 3 c Cooked rice
- pn Salt
- 1/8 t Ground cloves

Here's an unusual use of the wok. I don't usually think of fried rice and fruit going together...

Soak the dried fruit in the water with 1 teaspoon of the vanilla for minutes.

Heat the oil in a wok; add almonds and stir-fry until toasted, about 1 minute. Remove with a slotted spoon.

Reduce the heat to moderate and add 2 tablespoons of the butter.

Add the onions and stir-fry until lightly browned.

Add 1/4 cup of the sugar and continue to stir-fry until the sugar is melted and lightly caramelized.

Add 1/2 teaspoon of the cinnamon and the dried fruit mixture. Stir-fry for 1 minute. Remove to a bowl.

Melt remaining 2 tablespoons butter in the wok; add rice, remaining vanilla, sugar and the salt. Stir-fry until rice is in separate grains and some grains have toasted lightly.

Push the rice up the sides of the wok and pour the fruit in the center. Mix in the rice.

Turn out onto a platter and decorate with the toasted almonds.

Sprinkle with the remaining cinnamon mixed with cloves.

Serves 4.

Sweet 'n' Sour Pork Over Rice

4 lb Pork tenderloin, cut into 4-inch cubes Onion, cut into thin wedges Sweet green pepper, chopped Sweet red pepper, chopped cn (8 oz.) Pineapple chunks, - -packed in juice, undrained tb Cider vinegar tb Packed brown sugar ts Low-sodium soy sauce /2 c Quick-cooking rice cn (8 1/2 oz.) Sliced peaches Water tb Cornstarch

Coat a skillet with nonstick spray; warm ot over medium heat for 1 minute. Add pork and cook, stirring occasionally, until it loses its pink color, 5 to 6 minutes. Add onions, sweet peppers, undrained pineapples, vinegar, sugar and soy sauce. Bring to a boil, cover and simmer until vegetables are crisp-tender, about 5 minutes. Meanwhile, cook rice. Drain peaches, reserving juice. Add enough water to make 1/2 cup liquid. Blend in cornstarch. Cut each peach slice into thirds. Stir cornstarch mixture and peaches into skillet. Cook, 1 minute more. Serve over rice.

Per Serving: 418 Calories, 3.1 g fat (7% of calories), 51 mg cholesterol mg sodium, 3.4 g dietary fiber.

Tabasco Classic - Red Beans and Rice On Monday ***

Yield: 8 Servings
 1 lb Dried Red Beans, Picked Over
 8 c Cold Water
 1/2 lb Lean Salt Pork, Bacon,
 - Or Ham, Diced
 1 T Olive Oil
 1 c Chopped Onion
 1 Minced Garlic Clove
 2 T Chopped Fresh Parsley
 3/4 t Salt
 1 1/2 t Tabasco Pepper Sauce
 4 c Hot Cooked Rice

In New Orleans, Red Beans and Rice has evolved into a traditional Monday dish, but it's a fine accompaniment anytime for fried chicken, pork chops, ham, or sausage.

~~~~~  
 ~~~ In a large saucepan combine the dried beans and the water, cover, and soak overnight. Add the pork, bacon, or ham and bring to a simmer. Cook, covered, for 15 minutes.

Meanwhile, in a medium skillet heat the oil and saute the onion and garlic for 3 minutes or until golden. Add the mixture to the beans along with the parsley, salt, and Tabasco sauce. Cover and simmer -1/2 to 1-3/4 hours longer, or until the beans are tender enough to mash one easily with a fork. Add hot water as needed to keep the beans covered, and stir occasionally. When the beans are finished they will have

soaked up most of the liquid. Serve over the hot cooked rice.

Thai Rice with Mushroom and Egg

Yield: 2 Servings

175 g Thai jasmine rice

1/2 T Sunflower oil

1 Beaten eggs

3 1/2 g Porcini or cap mushrooms

2 Spring onions

1/2 Garlic clove 112 1/2 g Flat mushrooms

1 1/2 T Dry sherry

1 1/2 T Japanese soy sauce

1/2 T Sugar

3 3/4 Cm piece of cucumber

Preparation: beat the eggs slice the spring onions soak the porcini or cap mushrooms in warm water for 30 mins. crush the garlic cloves slice the flat mushrooms cut the cucumber into matchsticks.

Notes: There is a lot of sauce with this recipe - don't worry! If you can't find dried porcini or cap mushrooms then use 225g of shittake mushrooms (to serve 4) for all the mushrooms in the dish.

, Rinse the rice under running water and drain. Place in a heavy-based pan with 600ml (to serve 4) of water and bring to the boil. Simmer for about 10 minutes, or until the surface water has been absorbed and there are craters over the top of the rice. Turn off the heat, cover the pan tightly and leave to stand.

Heat a teaspoon of the oil in a wok or frying pan and add the beaten eggs. Cook on one side to make a thin omelette. Slide on to a plate, roll up, cut into strips and set aside.

Drain the dried mushrooms, reserving the liquid, and chop roughly. Heat the remaining oil in the wok, add the spring onions, garlic and mushrooms. Stir fry for 3 minutes, then add the sherry, soy sauce, sugar and six tablespoons of the mushroom liquor. Bring to the boil and simmer for two minutes.

Transfer rice to a shallow serving dish, spoon over the mushrooms and their sauce and garnish with omelette, cucumber matchsticks and spring onion curls.

NB: the eggs can be omitted from this dish, with no problem.

Tofu Fried Rice

Yield: 4 Servings

- 1 T Dark sesame oil
- 10 1/2 oz Firm tofu cut into
 - 1/2-inch cubes
- 2 Garlic cloves; minced
- 1 t Ground ginger
- 10 oz Frozen peas; thawed
- 1 c Bean sprouts
- 1 c Sliced mushrooms
- 4 Green onions; sliced
- 2 md Carrots cut into
 - diagonal slices
- 4 c Cooked brown rice; chilled
- 1/2 c Slivered almonds; toasted
- 1/4 c Soy sauce

Heat oil in large skillet or wok over medium-high heat. Stir-fry tofu in oil with garlic and ginger 3 minutes. Add peas, bean sprouts, mushrooms, onions and carrots. Stir-fry until peas and carrots are tender. Stir in rice, almonds and soy sauce; heat thoroughly.

Each serving provides: * 423 calories * 18.7 g. protein * 17.4 g. fat * 52.4 g. carbohydrates * 7.9 dietary fiber * 0 mg. cholesterol * 937 mg. sodium.

Tomato and Rice Casserole

Yield: 4 Servings

- 4 t Butter
- 1/2 c Uncooked Rice
- 1 c Liquid from canned tomatoes
- 1 3/4 c Canned tomatoes, drained
- 2 t Chopped parsley
- 1 1/2 t Salt
- 1/2 t Pepper
- 4 T Grated Parmesan cheese
- Chopped chives

Saute the rice in the butter in a fry pan until the rice is golden brown. Put into the crock pot. 2. Pour the tomato liquid, tomatoes, parsley, salt and pepper into the crock pot and mix well. 3. Cover and cook on low setting (200oF - 100oC) for six to eight hours. 4. Sprinkle with Parmesan cheese and chopped chives before serving.

Tomato Rice Soup

Yield: 4 Servings

3 Chicken Stock Cubes

40 Boiling water

1 Ig Onion, Finely Chopped

1 T Short-grain Rice

2 T Tomato Puree

Crusty Bread to Serve

Put stock cubes in a pan and dissolve in boiling water. add onion and rice, and simmer for a further 5 minutes until all the flavours have combined. Serve with crusty bread.

Tomato Soup with Mushrooms & Rice

Yield: 6 Servings

1 oz Dried porcini mushrooms

2 c Beef or chicken broth

2 T Butter or vegetable oil

1/2 c Onion(s), finely chopped

8 c Canned Italian tomatoes

With their juice

1 c Cooked medium, long-grain

Or Italian arborio rice

Salt and pepper to taste

3 T Heavy cream (opt)

1 T Thyme leaves or

Finely chopped parsley

Combine the dried mushrooms and broth in a small saucepan and heat to boiling. Remove from the heat, cover, and let stand for 30 min. Drain through a sieve lined with a dampened paper towel, setting aside the porcini-flavored broth. Pick over the mushrooms and rinse off or discard any hard or gritty parts. Finely chop the mushrooms and set aside the mushrooms and broth separately.

Meanwhile, heat the butter or oil in a large saucepan. Add the onion and saute over low heat, stirring, until golden, about 10 min. Press the tomatoes through a sieve or food mill; discard the seeds. Add the strained tomatoes, porcini broth, and chopped mushrooms to the onions. Heat to boiling, then cover and simmer for 10 min.

Add the rice, cover, and simmer for 10 min, stirring occasionally.

Season with salt and pepper.

To serve, ladle into bowls and drizzle with 1/2 tbs of heavy cream, if desired. Sprinkle with fresh thyme leaves or parsley. Serve immediately.

Tuna and Rice Creole

Yield: 6 Servings

2 T Butter or bacon fat

3/4 c Rice

1/2 c Chopped green pepper

1/2 c Chopped onion

1 Garlic clove

1 cn VEG-ALL Mixed

- Vegetables (16 oz)

1 cn Stewed tomatoes (16 oz)

1 cn Chicken broth (12 oz)

1 cn Tuna, flaked (12.5 oz)

1/2 c Shredded cheddar cheese

Heat fat in skillet. Add rice, green pepper, onion and garlic; cook 5 minutes.

Drain VEG-ALL.

Combine rice with stewed tomatoes and chicken broth. Bring to boil, cover and simmer until rice is cooked, about 25 minutes.

Stir in tuna and vegetables; sprinkle cheese over top. Heat until cheese is melted.

Turkey And Wild Rice Salad

Diabetic, Salad

Yield: 6 Servings

---Salad---

3 c diced cooked turkey

- (preferably white meat)

2 c leftover cooked wild rice

1/2 c rehydrated

- cranberries, drained

1/4 c diced red onion

1/4 c diced yellow pepper

---Dressing---

1/2 c raspberry vinegar

2 T olive oil

2 T minced fresh parsley

1 T minced scallions

Freshly-ground black pepper,

- to taste

Combine all salad ingredients. In a blender, combine all dressing ingredients. Pour the dressing over the salad and toss well. Serve at room temperature.

Turkey Stew with Tomatoes, Peppers, and Rice

Main Dish, Soup

Yield: 4 Servings

1 T olive oil

1-1/2 lb turkey thighs boneless,

- skinless, quartered

1/4 t salt

1/4 t freshly ground pepper

1 c onion chopped

1/2 c red bell pepper seeded

- and sliced

1/2 c green bell pepper seeded

- and sliced

14 oz turkey broth

1 Can (14-1/2 ounces)

- whole peeled tomatoes

- with juice

1-1/3 c white rice uncooked

1 c frozen green peas thawed

Heat oil in large skillet. Add turkey and cook until brown; season with salt and pepper.

Stir in onion; cover tightly and cook over low heat, 10 minutes.

Stir in peppers, broth, tomatoes with juice, and rice; heat to boiling, stirring to break up tomatoes.

Cover and cook over low heat 20 minutes or until liquid is absorbed.

Sprinkle peas on top; cover and cook 5 minutes more.

Variations on Rice Krispies Marshmallow Squares

Yield: 8 Servings

Recipe Of Marshmallow Sqs.

VARIATIONS:

Use Cocoa Krispies instead of Rice Krispies. Melt 2 squares of unsweetened chocolate with the marshmallows. Add 1/4 cup peanut butter to marshmallows. Add 1 cup raisins with Rice Krispies. Add 1 cup of salted peanuts with Rice Krispies.

Vegetable Rice Bake

Yield: 4 Servings

- 2 t Instant Chicken Bouillon
- 2/3 c Long grain Rice
- 1/2 c Chopped Green Pepper
- 2 x Beaten Eggs
- 2 c Shredded Zucchini *
- 1 c Skim Milk
- 1/2 t Onion powder
- 1/2 t Dried Basil, crushed
- 1/2 t Dried Oregano, crushed
- 3/4 c Shredded lo-fat Cheddar cheese
- 4 oz Lo-cal cream cheese (soft)
- 2 T Diced Pimento

* or chopped broccoli In a saucepan combine bouillon granules and 1 1/2 cups water. Bring to boiling; add rice. Reduce heat and simmer, covered, for 20 minutes or till tender. Meanwhile, in a med saucepan combine green pepper and 1/2 cup water. Bring to boiling; reduce heat. Cover and simmer for 2 minutes. Add shredded zucchini or chopped broccoli. Cover and simmer for 3-5 minutes or till crisp-tender; drain well. Set aside. In a large mixing bowl combine eggs, milk, onion powder, basil, oregano, and 1/8 t pepper. Stir cheddar cheese and cream cheese into hot rice. Stir rice mixture into egg mixture. Stir in cooked vegetables and pimento. Spoon into a x6x2" baking dish. Bake, uncovered, in a 350 deg F. oven for 30-35 minutes or till center is set. Let stand 5 minutes before serving.

***** Per serving:

315 calories, 17 g protein, 33 g carbohydrates, 12 g fat, mg cholesterol, 574 mg sodium, 407 mg potassium.

Vegetarian Chili With Rice

Yield: 1 Serving

- 3 cn Pinto beans
- 1 lg Can crushed tomatoes
- 1 lg Onion, chopped
- 1/2 c Vegetable stock
- 1 T Garlic
- 1 T Cumin
- 2 Packets achiote (annato mix
In ethnic section of
Grocery)
- 1 T Parsley
- 2 T Paprika
- 2 T Hot sauce

Saute onions, cumin, parsley, garlic and paprika in vegetable stock in large stock pot. Add pinto beans, tomato, and achiote and simmer for about 1 hour. Add about 4 cups of cooked brown rice and let stand for about 1 hour.

I usually make this in a crock pot. Just add sauted onions and spices to the rest of the ingredients in a crock pot and let it cook overnight.

I add the cooked rice the next morning and leave the pot on all day.

The chili usually comes out quite runny until you add the cooked rice and let it sit. The rice absorbs most of the moisture leaving a thick hearty chili.

I use the Lundberg Farms rice blends especially the japonica blend and the christmas blend.

Vegetarian Rice Mix

Yield: 1 Serving

4 c Raw Long-grained Rice

2 t Salt

4 t Onion Flakes

4 t Red Pepper Flakes

3 T Instant Vegetarian Bouillon

4 t Celery Flakes

4 t Green Pepper Flakes

Combine all ingredients in a large bowl; stir until well blended. Put about 1 1/2 cups of mix into 3 1-pint containers and label as Vegetarian Rice Mix. Store in a cool, dry place and use within 6 to months.

Makes about 4 1/2 cups of mix. Vegetarian Rice: Combine 1 1/2 cups mix, 2 cups cold water, and 1 T butter or margarine in a medium saucepan. Bring to a boil over high heat; reduce heat and cover. Cook for 15 to 25 minutes, until all liquid is absorbed.

Makes 4 to 6 servings.

Venison Chops W/ Rice & Tomatos

Yield: 6 Servings

- 6 1-inch venison chops
- 1 md Onion; sliced
- 2 c Cooked white rice
- 1 lg Fresh tomato
- 1 lg Green Bell pepper
- 2 #3 cans tomatos
- Salt & pepper to taste
- Clove garlic; minced
- 1 c Sauterne wine
- 1 t Angostura bitters
- 2 c Water
- 1 Lemon (juice only)

Mix the wine, water, & lemon juice together. Pour over the chops, cover, & marinate in the fridge for 4-8 hours. Brown the chops in a large skillet after seasoning with the salt & pepper.

Place each chop on the bottom of a large baking dish. Cut the green pepper into 1/4" thick rings. Place on top of each chop. Put a scoop of rice in each ring. Top with a slice of onion and top each with a slice of tomato. Dump the canned tomatos into a bowl and chop them into small chunks. Add the bitters & garlic and season with salt & pepper. Pour these around the chops. Cover & steam for 1 hour in 375 degree F oven. Venison chops, or any others for that matter, are excellent when fixed this way. It is another Cajun recipe that I have had passed to me by relatives from Louisiana. Enjoy-

Vietnamese Pork "Spaghetti Sauce" Over Rice

- Yield: 6 Servings
- 1 T Vegetable Oil
- 1 1/2 lb Ground Pork
- 1 1/2 T Sugar
- 4 1/2 T Vietnamese Style Fish Sauce
- 1 1/2 T Lime Juice
- 2 Serrano Chiles; seeded
- and chopped
- 1/4 c Garlic; chopped
- 1 1/2 c Shallots; chopped
- 1/2 t Black Pepper
- 5 lg Tomatoes; seeded
- and chopped
- 1/4 c Tomato Paste
- 1 1/2 c Chicken Stock
- Coriander Leaves
- Hot Steamed Rice

Pour oil into a saucepan and place over high heat. Add pork and saute until lightly browned, about 5 minutes, breaking up lumps. Add sugar, 1/2 tb fish sauce, the lime juice and chiles. Cook 1 minute. Set aside in a bowl.

Put garlic, shallots, pepper and more oil if needed into the saucepan; fry over medium heat until fragrant. Add tomato and cook until reduced to a slightly lumpy sauce, about 5 minutes. Add pork, tomato paste, remaining fish sauce and chicken stock; simmer 10 minutes. Garnish with coriander. Serve over hot steamed rice.

Warm Fajita Rice Salad

Yield: 4 Servings

- 3/4 lb Top sirloin, 1" thick
- 1/4 c Lime juice, fresh
- 1/2 t Garlic salt
- 1/2 t Cumin, ground
- 1/2 t Black pepper, coarse
- 3/4 c Rice, long-grain
- 1 cn Corn, whole-kernel (8oz)
- 1 cn Black olives, ripe (2 1/2 oz)
- 1 c Cherry tomatoes, halved
- 1/4 c Red onion rings, sliced
- 2 T Cilantro, chopped
- 1/2 Lettuce hd, iceberg, shredded

-----PICANTE DRESSING-----

1/3 c Picante sauce 1/4 c Italian dressing 1 t Lime juice

Picante Dressing: Place picante sauce, Italian dressing and lime juice in jar with tight-fitting cover. Shake well.

Place beef in plastic bag or shallow dish. Combine lime juice, garlic salt, cumin and pepper; pour over steak. Seal bag, or cover dish.

Refrigerate 2-4 hours, turning once or twice.

Cook rice following package directions, salt optional. Reserve.

Remove steak from marinade. Broil steak on rack in broiler pan -4" from source of heat, 8-10 minutes for medium-rare, turning once.

Combine warm rice, corn, olives, tomatoes, onion rings and cilantro in bowl. Pour half the Picante Dressing over top; toss gently. Place lettuce on platter; top with rice mixture.

Slice steak diagonally across grain into thin slices. Place slices on top of rice. Drizzle with remaining dressing. Sprinkle with remaining cilantro. Serve warm or at room temperature.

West Indian Rice And Peas With Tempeh

Yield: 6 Servings

- 2 c Uncooked brown rice
- 1/2 c Unsweetened grated coconut
- 2 1/2 T Vegetable oil
- 4 c Water
- 1 c Dried black eyed peas
 - (soaked for 5 hours at
 - least)
- 3 Bay leaves
- 1 md Onion; chopped
- 3 Garlic cloves; minced
- 1/4 c Vegetable oil
- 1 sm Chile; sliced
- 1/2 Red or green bell pepper
- 8 oz Tempeh; cubed
- 1 pn Fennel (generous pinch)
 - salt & pepper to taste
- 2 Scallions; chopped

Saute rice & coconut in the 2 1/2 tablespoons oil for 2-3 minutes, stirring constantly. Add the water & cinnamon stick. Cover the pot & bring it to a rapid boil. Do not peek at the rice, but when the steam starts escaping, turn the heat down. Simmer for 40 minutes. Meanwhile, cook the black eyed peas with the bay leaf in salted, boiling water till tender (only takes about 20-25 minutes). Drain them & remove the bay leaves. Keep warm till the rice & tempeh are ready. Saute the garlic & onion with the 1/4 cup of oil till the onions soften. Stir in chile & bell pepper. Saute for 2 minutes. Add fennel, tempeh, salt & pepper. Lower heat, but stir frequently till tempeh is crisp & golden.

Combine everything, mixing together well.

Wild Rice & Mushroom Soup

Yield: 4 Servings

- 1 1/2 pt Vegetable stock
- 1 sm Onion, finely chopped
- 1 sm Green bell pepper, diced
- 1 T Parsley, chopped
- 1 oz Wild rice, washed & drained
- 4 oz Button mushrooms, sliced
- 5 T Red wine
- Salt & pepper

Put the stock into a soup pot. Add the chopped onions, bell pepper & parsley. Bring to a boil, cover & simmer for 15 minutes. Add the washed wild rice & continue to simmer for another 40 minutes. Add the mushrooms & the wine. Season to taste. Cover & simmer for a further 15 minutes. Serve hot.

Mary Norwak, "Grains, Beans & Pulses"

Wild Rice Amadine

Yield: 8 Servings

- 2 T Slivered almonds
- 1 1/2 T Chopped Green Pepper
- 1 T Chopped Onion
- 1 T Chopped Chives
- 1/3 c Margarine
- 2 2/3 c Hot Water
- 1 t Instant Beef Bouillon
- 4 1/2 oz (2 Pks) 5-minute Wild Rice

Cook almonds, green pepper, onion and chives in melted margarine in heavy 2-quart frying-pan, until almonds begin to brown. (Do not over brown.) Add hot water and instant bouillon, stirring to combine. Add rice, bring to a boil and cook slowly, uncovered 10 minutes. Cover and let stand 5 minutes. Drain any excess liquid from rice.

Wild Rice and Barley Pilaf

Yield: 5 Servings

- 1 sm Onion; minced
- 1/2 lb Mushrooms, sliced
- 1 Garlic clove; minced
- 1 c Wild rice
- 3 1/2 c Chicken broth
- 1/2 c Pearl barley
- Salt and pepper

In a 12-inch frying pan or 2- to 3-quart pan, combine onion, mushrooms, garlic, and 1/2 cup water. Cook, uncovered, on high heat until liquid evaporates and a brown film forms in pan, about 15 minutes; stir often. Add 2 or 3 tablespoons water and stir to free the brown film; cook until the film forms again. Repeat this step 4 or 5 times until onions are richly browned, about 15 minutes.

Rinse and drain rice. Mix with broth in pan. Bring to a boil on high heat; cover, and simmer 30 minutes. Rinse and drain barley. Add to

rice; simmer until grains are tender to bite but just slightly chewy, about 20 minutes longer. Season with salt and pepper to taste. Makes 5 or 6 servings.

Per serving: 184 cal. (7.3 percent from fat); 7.8 g protein; 1.5 g fat (0.7 g sat.); 217 g carbo.; 36 mg sodium; 0 mg chol.

Wild Rice And Hazelnut Salad

Yield: 6 Servings

3/4 c Wild rice

1/2 t Salt

1/2 c Hazelnuts

5 T Currants

1 lg Orange, juice only

Citrus Vinaigrette with

- Hazelnut Oil (See RECIPE)

1 sm Fennel bulb cut

- into small squares

1 Crisp apple

Freshly ground black pepper

Salt

PREHEAT OVEN TO 350F. Rinse the wild rice, and soak it in water for a half hour, then drain. Add 4 cups fresh water and salt, and bring to a boil. Cook, covered, at a simmer until the grains are swollen and tender, but still chewy, about 30 to 35 minutes. Pour the cooked rice into a colander and let it drain briefly. While the rice is cooking, toast the hazelnuts in the oven, 7 to 10 minutes, or until they smell toasty. Let them cool a few minutes; then rub them in a small kitchen towel to remove most of the skins. Don't worry about any flecks of skins that won't come off. Roughly chop the hazelnuts, leaving the pieces fairly large. Rinse the currants in warm water and squeeze them dry; then cover them with the orange juice and let them soak until needed. Prepare the vinaigrette. Add the soaked currants and the fennel to the warm rice, and toss with the dressing. Just before serving, cut the apple into small pieces, add it to the rice, along with the hazelnuts, and toss. Season with freshly ground black pepper, and additional salt, if needed, and serve.

Wild Rice Pancakes

Yield: 4 Servings

2 c Flour

1 t Salt

4 t Baking powder

3 T Sugar

1 Egg

1 1/2 c Milk

1/3 c Oil

1 T Sour cream

3/4 c Cooked wild rice

Mix flour, salt, baking powder and sugar. Set aside. Beat eggs; add milk, oil, sour cream and wild rice. Add to dry ingredients. Batter will be lumpy. Cook on heated griddle. ALTERNATIVE: Add 1 cup cooked wild rice to your favorite pancake mix. Makes 12-14 pancakes.

Wild Rice/Pine Nut Stuffing

Yield: 2 Servings

1/4 c Wild Rice, uncooked 1 c Water 1 Green Onion (scallion) 1 sm

Garlic Clove, minced 1 ts Vegetable Oil 1/4 c Pine Nuts, lightly

toasted 1/2 ts Dried Thyme

Cook the wild rice in the water until tender, about 1 hour. Add more water, if needed.

Meanwhile, saute the onion, garlic, pine nuts and thyme in the oil. Add the wild rice. Simmer for 10 minutes to blend the flavors. Cool enough to stuff into quail or one Cornish hen.

Wild Rice-Stuffed Squash

Yield: 4 Servings

1 md Acorn Squash 1/2 c Wild Rice, cooked 1 ts Orange Rind, grated 1/2 c

Walnuts, chopped 1-2 tb Frozen Orange Juice Concentrate

Cut the squash in half and remove the seeds. Combine the remaining

ingredients and fill the squash with the mixture. Place in a baking pan. Cover with aluminum foil or a lid and bake in a 400-degree oven for about 35 minutes, or until the squash is fork-tender. Extra orange juice concentrate can be drizzled over the squash just before serving.

Wild Rice-Three Grain Bread

Yield: 1 To 2 loafs

- 1 package Active Dry Yeast
- 1/3 c Warm Water; 105-115°F
- 2 c Milk; scalded and cooled
- to 105-115°F
- 2 T Butter or Margarine; melted
- 2 t Salt
- 1/2 c Honey
- 1/2 c Rolled Oats; uncooked
- 1/2 c Rye Flour
- 2 c Whole-Wheat Flour
- 4 1/2 c Bread or All-Purpose Flour
- 1 c Wild Rice; cooked
- 1 Egg; beaten with
- 1 T Water
- 1/2 c Sunflower Seeds; hulled

In a large bowl, dissolve yeast in water. Let stand 5 minutes. Mixture should become foamy; if not, either yeast was too old or water was too hot. In either case, start again. Add milk, butter, salt and honey.

Stir in oats, rye flour, whole-wheat flour and 2 cups of bread flour to make a soft dough. Knead in wild rice. Cover and let rest for 15 minutes. Then mix in enough additional bread flour to make a stiff dough.

Turn onto bread board and knead for 10 minutes, adding more flour as necessary to keep dough from sticking. Turn dough into lightly greased bowl, cover and leave in draft-free place until doubled in bulk, about 2 hours.

Punch down dough and knead briefly. To shape, divide dough into 3 parts; shape each part into a strand and braid together to form a wreath. Or divide dough into 2 parts and place in 2 greased 9" baking pans.

Let rise until doubled, about 45 minutes. Meanwhile, preheat oven to 350°F. Brush tops with egg-water mixture. Sprinkle with sunflower seeds. Bake about 45 minutes, until loaf or loaves sound hollow when tapped. Cool on rack.

Working Woman's Chicken & Rice

Yield: 1 Serving

---INGREDIENTS---

- 6 Boneless chicken breasts,
- skinned
- 2 cn Cream of chicken soup
- 1 cn Cream of mushroom soup
- Salt and pepper to taste

-----DIRECTIONS-----

Pk Rice-A-Roni (Chicken -flavor)

In slow cooker put chicken breast with canned soups, salt and pepper.

Cook all day on LOW (approx. 10 hrs. or until chicken is tender). Fix

Rice-A-Roni per directions on box. Put on plate and place chicken and
gravy on top

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