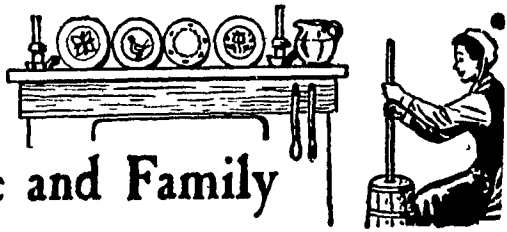


For the Farm Wife and Family



Rice With Protein Foods

by Mrs. Richard C. Spence

Last week we gave you some recipes using rice in dessert dishes. Today we are going to show you how rice can be added to more expensive protein foods such as meat, poultry or seafood to make more servings for less money, deliciously. Rice gives these main dishes more variety.

A rice ring mold which can be filled with creamed mixtures or a colorful vegetable adds easy glamor to a meal. Simply add 3 tablespoons of margarine or butter to four cups of cooked rice and pack it into a buttered 1-quart mold. Set it in a pan of water for 1 minute. Then invert it on a heated platter.

A bed of rice is a perfect foil for creamed foods. Occasionally add other foods to the cooked rice which will compliment the flavor of the

creamed dish and add interesting texture and flavor, too. Toasted nuts or coconut, minced parsley or onion, pineapple tidbits, sauteed mushrooms or grated cheese are just a few of the foods which can be combined with the rice.

Adding cooked rice to soups, main dishes, desserts or salads is a quick handy way to add extra flavor and nourishment to meals. Keep a quantity of cooked rice in the refrigerator or freezer for this purpose. Cooked rice can be stored in the refrigerator as long as a week and in the freezer six to eight months. When reheated, it will be as light and tender as when it was first cooked. To reheat cooked rice add a lit-

tle water and heat gently until the water is absorbed.

Rice nests make an attractive and unusual server for morning eggs. Mixed with Cheddar cheese and diced bacon, rice molds easily in just the right size and shape to hold a poached egg. An easy-to-make creamy sauce completes the Egg in a Nest, an extra heavy dish just right for serving family or guests for week-end breakfast or brunch.

Rice, plain or flavored can be made into individual or large ring molds for pretty servings at any meal. Fill them with creamed eggs or vegetables at lunch, meat and gravy or curry for dinner or fresh, frozen or canned fruits for breakfast combination.

EGGS IN A NEST

3 cups cooked rice
1 can condensed cream of chicken soup
6 slices bacon, crumbled
1 cup diced Cheddar cheese
6 eggs, poached
Salt and pepper to taste
¼ cup milk

In a saucepan combine rice with ½ cup condensed cream of chicken soup, bacon and cheese. Heat through. Press into 6 individual ring molds and turn onto serving plates. Place a poached egg in the center of each. Season with salt and pepper. Combine remaining soup with milk.

Heat and serve as a sauce. Makes six servings.

NOTE: If you do not have individual ring molds, heap rice onto plates and make a depression in the center of each mound of rice.

BAKED PORK CHOPS AND RICE

6 pork chops
2 tablespoons shortening
1½ teaspoons salt
¼ teaspoon pepper
1 cup uncooked rice
3½ cups chicken bouillon
½ cup diced green pepper
½ cup diced onion
¼ teaspoon thyme

Brown pork chops in the shortening. Remove from the skillet and season with salt and pepper. If chops are very fat dip out part of the drippings.

Add rice to drippings. Cook until brown, stirring constantly.

Add remaining ingredients. Pour into a 3-quart casserole place chops on top. Cover and bake at 350 degrees for 1 hour. Makes six servings.

TOASTED RICE OYSTER DRESSING

1½ cups uncooked rice
3 cups water
1½ teaspoons salt
1 cup chopped celery
½ cup chopped onion
3 tablespoons minced parsley
1 clove garlic, minced
½ cup butter or margarine
1½ quarts oysters, well

drained
3 cups toasted fine bread crumbs
3 teaspoons poultry seasoning
Salt and pepper to taste
3 eggs, well beaten
Spread rice in shallow baking pan. Toast golden brown in oven at degrees about 20 minutes shaking pan occasionally rice will brown evenly.

Combine rice, water, salt in a 4-quart saucepan. Bring to a boil, lower heat and cook slowly 14 minutes, or until tender.

Cook celery, onion, leek and garlic in butter margarine until soft oysters and cook them edges just begin to curl move from heat. Stir bread crumbs, poultry seasoning, salt, pepper, and rice. Toss lightly fork, until combined. Spread in shallow pan.

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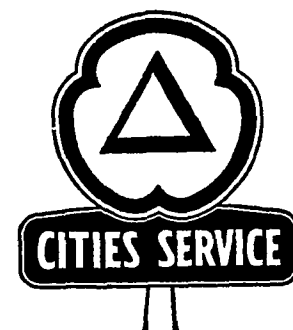
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