

For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

Rice Is Your Most Useful Food



SPENCE

Rice is important to Americans not only as a food, but in certain regions of this country, rice is an important part of the agricultural economy. The American homemaker is now learning that rice can be her most useful food — that it is nutritious, economical, tasty and easy to prepare. More and more rice is being served regularly on the American table.

There are four main kinds of rice on the market — white milled rice, brown rice which is not as highly refined, par-boiled rice which has been steam-treated to help it retain more vitamins and minerals, and pre-cooked rice which needs only to stand in boiling water to be ready for the table.

Rice is such a versatile food that it can be used at any meal, upon any occasion, as a main dish, as a base for another dish and as a dessert.

We suggest you try making rice in some of the following ways—

- MODIFIED RICE PILAF**
- 2 cups shredded sharp Cheddar cheese
 - 1/2 stick (1/4 cup) butter
 - 1 medium onion, peeled and sliced
 - 1 cup thinly sliced celery
 - 1 cup uncooked long-grain rice.
 - 1 teaspoon salt

- 1/8 teaspoon pepper
- 1/2 teaspoon poultry seasoning
- 2 1/2 cups hot water
- 1/4 green pepper, thinly sliced

Melt butter in a heavy skillet. Add onion and celery and cook for 5 minutes. Add washed rice and seasonings and cook slowly for 3 minutes, stirring constantly. Add water to rice mixture and bring to boil. Cover tightly and simmer over low heat for 30 minutes. Remove cover

and sprinkle cheese and then green pepper over top. Recover until the cheese melts. Serve immediately.

CURRIED TOMATO BEEF ON RICE

- 1 1/2 pounds beef stew meat, cut into 1 inch cubes
- 1/2 stick (1/4 cup) butter or margarine
- 1 medium onion, chopped
- 2 teaspoons sugar
- 1 1/2 teaspoons curry powder
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon ginger
- 1 pound can cooked tomatoes
- 1 6-ounce can tomato paste
- 2 tablespoons lemon juice
- 1/2 cup hot water
- 4 to 5 cups hot cooked rice

Melt butter in Dutch oven. Cook onion until transparent; push to side. Brown meat. Add remaining ingredients except rice. Stir well. Simmer about 1 hour and 15 minutes or until meat is tender. Serve on hot fluffy rice. Makes 6 servings.

SEASONED RICE

- 1 cup uncooked rice
- 1 10 1/2-ounce can consommé
- 1/3 cup water
- 1 teaspoon salt
- 1 teaspoon parsley flakes
- 1/4 teaspoon allspice
- 2 tablespoons butter

Combine all ingredients except rice in a 2-quart casserole. Place in a moderate oven (350 degrees) for 10 minutes or until butter is

melted and liquid is hot. Stir in rice. Cover and bake in a moderate oven (350 degrees) 30 to 35 minutes or until rice is tender. 4 servings.

ORANGE RICE

- 3/4 cup chopped celery and 2 leaves
- 1 tablespoon instant minced onion
- 3 tablespoons butter or margarine, melted
- 1 cup raw long-grain rice
- 1 teaspoon grated orange peel
- 1 teaspoon salt
- 1 cup fresh orange juice
- 1 cup water
- 2 oranges, peeled, cut into bite-size pieces (1 cup)
- 1/2 cup whole cashews
- Chopped parsley

Lightly saute celery and onion in butter. Add rice and saute until yellow, but not brown. Add grated peel, salt, orange juice and water. Cover and bring to boiling point. Stir once. Reduce heat and simmer, covered, 25 minutes or until rice is tender. Place in serving bowl; add orange pieces and cashews. Toss lightly to mix. Garnish with finely chopped parsley if desired.

FIESTA ORANGE-RICE PUDDING

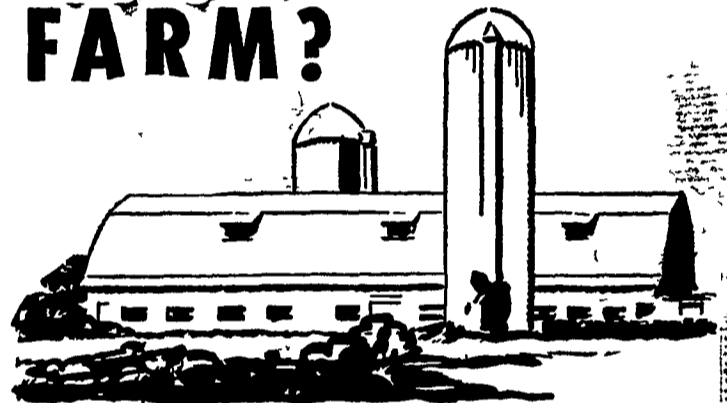
- 3 oranges, peeled and sliced
 - 1 3/4 cups miniature marshmallows or 16 large marshmallows cut into small pieces
 - 2 cups cold cooked rice
 - 1 cup chopped walnuts or pecans
 - 1 envelope whipped dessert topping OR 1 cup whipping cream, sweetened and whipped
 - Orange cartwheels
 - Marachino cherries
- Cut orange slices into very small pieces with kitchen shears or sharp knife; reserve juice. Pour oranges and juice

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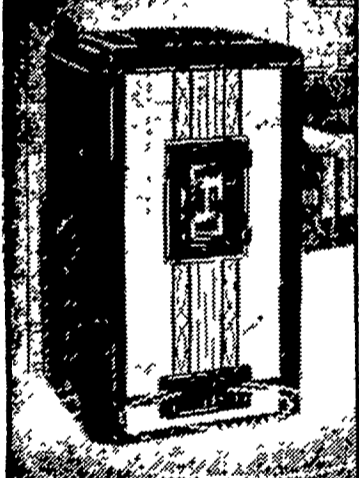
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