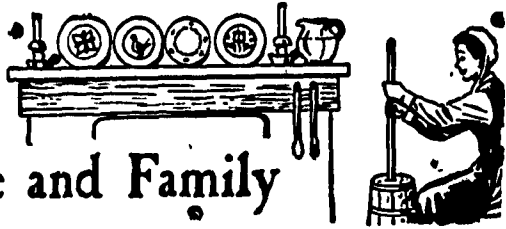


For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor

RICE: Main Dish Or Dessert



For most Americans rice is not the key to survival but part of our heritage of plenty and multiple choices for breakfast, lunch and dinner. Popular forms of rice on the grocery shelf include white milled rice, parboiled, precooked rice and rice seasoned with spices and herbs.

Enriched rice must have thiamin, niacin and iron added. To avoid wasting nutrients do not wash rice before or after cooking. Use rice often in your menus, both as a main dish or as a dessert.

SPENCE

ONION RICE

1 cup chopped onion
2 tablespoons butter or margarine
1 cup uncooked rice
2 cups beef bouillon
1 teaspoon salt

Saute onions in butter until tender. Add remaining ingredients. Bring to a boil, stir once, cover, reduce the heat and simmer 15 minutes or until rice is tender. Fluff rice with a fork.

HAM WITH ORANGE CURRIED RICE

2 cups cooked ham, cubed
3 tablespoons chopped green pepper
2 tablespoons chopped onion
2 tablespoons butter or margarine
2 tablespoons packed brown sugar
1/4 teaspoon curry powder
1/2 cup orange juice
1 teaspoon grated orange peel
2 cups cooked rice

Paniry green pepper and onion in butter for 5 minutes. Add ham and brown sugar. Stir and continue cooking 5 minutes. Add remaining ingredients. Mix well. Cover and cook over very low heat for 15 minutes or until liquid is absorbed.

GREEN GODDESS RICE

3 chicken bouillon cubes
2 cups boiling water
1 clove garlic crushed
1/2 teaspoon salt
1 cup brown rice
1 cup yogurt
1/4 cup chopped green onion
1/4 cup chopped parsley
1/8 teaspoon pepper

Dissolve bouillon cubes in boiling water. Add garlic and salt. Combine with rice in a 1 1/2 quart casserole. Cover and bake in a slow oven, (325 degrees) 45 to 50 minutes or until liquid is absorbed. Combine remaining ingredients. Spoon sauce over rice. Makes 6 servings.

CHICKEN-AVOCADO RICE SALAD

4 teaspoons lemon juice
1 1/2 cups diced avocado
1 cup chicken cooked, diced
1 cup cooked rice
1/2 cup finely chopped celery
1/2 teaspoon finely chopped onion
2 tablespoons mayonnaise
2 tablespoons sour cream
1 teaspoon salt
Lettuce leaves

Pour lemon juice over avocado. Combine remaining ingredients except lettuce. Mix well. Add avocado mixture and toss lightly. Chill. Serve on crisp lettuce. Makes 6 servings.

RASPBERRY RICE A L' AMANDE

1 cup uncooked rice
2 cups water
1 teaspoon salt
1/4 cup sugar
1 teaspoon vanilla
1/2 pint heavy cream, whipped (1 cup)

1/4 cup sliced almonds
2 packages (10 ounces each) frozen raspberries, thawed

Combine rice, water, salt and 2 tablespoons sugar. Bring to a boil, stir once, cover. Reduce heat and simmer 14 minutes, or until tender. Remove from heat; stir in vanilla. Cool. Add remaining 2 tablespoons sugar to the whipped cream. Fold whipped cream and almonds into cooled rice. Alternate rice mixture and raspberries in serving bowl, or serve in individual serving dishes. 6 to 8 servings.

NOTE: Instead of raspberries use strawberries, loganberries, blueberries, frozen or fresh or your favorite fresh fruit in season.

RICE CUSTARD

2 cups milk
1 cup cooked rice
1 tablespoon butter or margarine
1/2 cup sugar
1/4 teaspoon salt
1/2 cup raisins or nuts
2 eggs, beaten

Heat milk, add rice, and butter or margarine. Add sugar, salt, and raisins or nuts to eggs, then slowly stir in the hot milk mixture. Pour into greased baking dish, set in pan of hot water. Bake at 350 degrees 1 hour, or

until set. Makes 4 servings.

VARIATION: For raisins or nuts substitute chopped dates, figs or prunes. The cooking time can be shortened to 30 minutes by using individual custard cups. For an extra flourish garnish with a red or green cherry.

RICE DESSERT WITH SWEET CREAM SAUCE

1 cup uncooked rice
2 cups water
1 teaspoon salt
2 cups milk
2 teaspoons butter or margarine
1/2 cup sugar
1 tablespoon unflavored gelatin
1 teaspoon vanilla
1/2 pint heavy cream, whipped

Combine rice, water and salt. Bring to a boil, stir, cover, reduce the heat and simmer 10 minutes. Add milk, butter and sugar, continue cooking until thick and creamy, stirring occasionally. Soften gelatin in 1/4 cup water. Stir into rice mixture. Cool. Fold in vanilla and whipped cream. Spoon into a 6 cup ring mold. Chill until firm. Unmold and garnish with fruits such as mandarin oranges, bananas, grapes, melon balls. Serve with Sweet Cream Sauce*.

*SWEET CREAM SAUCE

2 eggs, separated
3 tablespoons sugar
1/2 teaspoon vanilla
1/2 cup heavy cream, whipped

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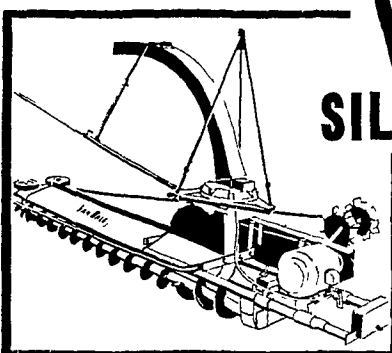
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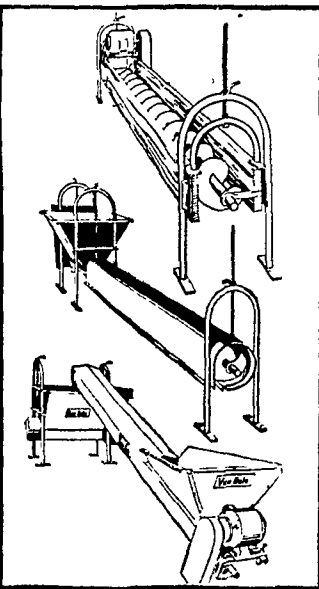
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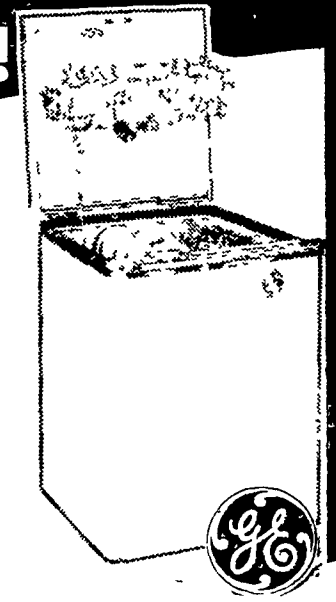


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