



FOR THE FARM WIFE AND FAMILY

RICE COOKERY

By Mrs. Richard C. Spence

Fried rice — oriental in origin — has become a favorite in American cuisine. Here's a tasty and nutritious recipe to try if you have never served fried rice.

FRIED RICE

- 6 slices bacon
- 1/2 cup sliced green onions
- 1 cup chopped celery
- 4 ounce can sliced mushrooms, drained
- 2 cups cooked, cold rice
- 2 tablespoons soy sauce
- 1 beaten egg

Fry bacon until crisp, drain on paper. Measure bacon drippings and return 1/4 cup drippings to frypan. Add green onions, celery, mushrooms, and rice. Cook over moderately low heat, stirring frequently, 5 minutes. Stir in soy sauce. Stir beaten egg into rice mixture and cook over low heat, stirring constantly, just until egg is set, about 3 minutes. Remove from heat. Crumble bacon over rice mixture. Serve at once. 6 servings.

RICE WITH CHEESE AND TOMATOES

- 1 medium onion
- 3 stalks celery
- 1/2 green pepper
- 3 tablespoons fat or oil
- 2 cups canned tomatoes (1 pound can)
- 3 cups cooked rice
- 2 cups finely chopped cheese

Chop onion, celery and green pepper. Cook in fat or oil until tender. Add tomatoes, cooked rice and cheese. Cover and cook very slowly until cheese melts and mixture is hot. Makes 6 servings, 3/4 cup each.

WILD AND TAME RICE CASSEROLE

- 1/2 cup wild rice
- 2 1/2 cups water

- 1/2 cup converted rice
- 2 cups hot chicken bouillon
- 1/4 teaspoon salt
- 1/4 teaspoon poultry seasoning
- 1 tablespoon margarine

Wash wild rice thoroughly until water is clear. Drain. Place wild rice and water in saucepan. Bring to a slow boil and let boil approximately 15 minutes. Drain. Place wild rice and converted rice in a 1 1/2 quart casserole. Pour in hot chicken bouillon. Add salt, poultry seasoning and margarine. Stir to combine. Cover tightly. Bake in a slow oven (325 degrees) 45 minutes. Remove from oven and let stand 5 to 10 minutes before serving. 6 servings.

CURRIED ALMOND RICE

- 1/4 cup chopped onion
- 1/2 cup thinly sliced celery
- 3 tablespoons butter or margarine
- 1/2 cup slivered almonds
- 2 cups uncoked rice
- 2 teaspoons curry powder
- 4 cups boiling water

Saute onion and celery in melted butter until tender. Add almonds, rice and curry powder. Cook until slightly brown. Add water and mix well. Heat to boiling. Cover. Simmer for 14 minutes. Remove from heat, toss lightly and pack hot rice into a 1-quart mold. Place mold in hot water until ready to turn onto a serving plate. 8 servings.

RICE SALAD

- 2 carrots
- 4 stalks celery
- 1 1/2 cups cooked rice
- 1 cup drained crushed pineapple
- 1/4 cup sugar
- 2 tablespoons lemon juice

Cut up carrots and celery. Mix all ingredients well. Cover and chill before serving (about 2 hours). Makes 6 servings.

RICE PANCAKES

- 2 cups sifted flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- 4 eggs, separated
- 2 cups milk
- 5 tablespoons melted shortening
- 1 1/2 cups cold cooked rice

Sift together dry ingredients. Beat egg yolks until light and lemon colored. Combine with milk and shortening. Add to dry ingredients and mix well. Stir in rice. Beat egg whites until stiff but not dry. Fold into rice mixture. Spoon or pour onto hot griddle, making 4-inch cakes. Bake until bubbles form on top. Turn and brown on second side. Serve with creamed chicken. Makes 16 4-inch cakes.

RICE PUFFIN RING

- 2 eggs
- 1 cup cold cooked rice
- 1/2 cup milk
- 1/2 cup shredded sharp cheese
- 1 cup sifted flour
- 2 teaspoons baking powder
- 1 teaspoon salt

Beat eggs with a rotary beater until frothy. Stir in rice, milk and cheese. Sift together flour, baking powder and salt. Sift again into rice mixture. Stir until blended. Turn batter into a greased and waxed paper lined ring mold. Bake at 425 degrees for about 30 minutes. Serve immediately with parsley scrambled eggs.

BAKED FISH FILLETS WITH CHEESE SAUCE

- 2 pounds haddock or cod fillets
- Salt and pepper
- 2 tablespoons lemon juice
- 2 tablespoons butter or margarine
- 2 cups chopped onions
- 3 cups medium white sauce
- 1 cup grated Cheddar cheese
- 1 1/2 teaspoons curry powder
- 4 cups cooked rice
- 1/4 teaspoon paprika

Season fish fillets with salt and pepper. Sprinkle with lemon juice. Set aside. Melt butter in skillet, add onions and saute until tender. Stir onions into the cream sauce with grated cheese and curry powder. Butter a shallow baking dish, spread the rice over the bottom of the dish, lay fillets on top. Pour sauce over fillets, sprinkle with paprika. Bake in a 400 degree oven for 30 minutes. Serves 6.

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VEGETABLE RICE

- 3 cups chicken broth
- 1 1/2 teaspoons salt
- 1 1/2 cups uncooked rice
- 1/4 lemon
- 3 tablespoons butter or margarine
- 2 teaspoons parsley flakes
- 1/2 cup diced celery

Combine broth, salt, rice, lemon and butter or margarine. Bring to a boil; stir well and cover. Reduce heat and simmer for 14 minutes, or until rice is tender and liquid is absorbed. Remove from heat, add parsley and celery. Toss lightly with a fork. Makes 9 servings.

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