

## Brown Rice Is Nice For Stuffing

On Thanksgiving, Americans pause to consider their national traditions. One of these—so important to America's success—has been a willingness to try the new without rejecting the old. This Thanksgiving, you can add a new touch to the old, traditional turkey dinner—and surprise your family—by serving stuffing made from brown rice.

With its nut-like flavor and slightly chewy texture, brown rice is sure to make your stuffing memorable. What's more, brown rice contains more nutrients than the regular milled white rice that most consumers buy.

The unique flavor, texture, and nutritional value of brown rice comes from the bran layer which gives the rice its distinctive tan color. The bran layer—along with part of the germ of the rice kernel—is removed from white rice during milling. Because of this, white rice—even when enriched—does not have as much protein,

calcium, phosphorus, potassium, niacin, and Vitamin E as brown rice has.

The higher fiber and oil content of the bran layer, however, means that brown rice takes a little longer to cook than white rice. The longer cooking time means that more water will have to be used. During the cooking process, brown rice will absorb water and expand. When the outside bran coating "explodes," the bran adheres to the rice grain.

To cook brown rice properly, be sure to use the exact amount of water the package directions call for. Remember that any liquid drained off after cooking will contain valuable vitamins and minerals.

When selecting brown rice to use as stuffing, it's best to buy short or medium grain rice. Both short grain and medium grain rice cook moist and tender, and the kernels cling together. Such properties are ideally suited for a stuffing. Long grain rice, on the other hand, cooks firm and dry; its kernels do not stick together.

The packages of brown rice found on supermarket shelves seldom have a U. S. Department of Agriculture (USDA) grade indicated.

But changes are very good that when the rice was delivered to the mill, or after milling was completed, USDA-licensed inspectors were asked to examine the rice. USDA inspection is voluntary, and users pay a fee for the service.

The inspectors look for certain quality factors when they grade rice. They check to see if the color is bright and uniform—the mark of high quality. They look for whole kernels. (Top quality rice has a higher percentage of whole kernels; rice with a lot of broken kernels will not cook as evenly, although it will have the same flavor and nutrients as top quality rice.) And they also check for the number of defective kernels.

Consumers can—and should—inspect the rice they buy for these same factors. To do so, it is important to choose rice in a package with a "see through" cellophane window or in a clear plastic bag.

Sitting down to enjoy a top quality turkey with top quality brown rice stuffing, a family surely will have much to give thanks for on November 28!

### SEW WHAT?

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## York Program Slated

"Holiday decorating ideas," "historical coverlets," these are the items you will hear about at York Extensions Annual Holiday Meeting. It will be held December 4, 1974, 10:00 a.m. to 2:30 p.m. at the 4-H Center.

Presenting holiday decorating ideas will be Mrs. Rhoda Oberholtzer, from Stauffers of Kissel Hill. She will feature ten arrangements based on the Christmas Story. She will also display dried flower pictures, sea scapes, sand casting and other crafts.

"A Long Winters Nap" is the topic being presented by Mr. John Heisey staff assistant at the Abby Aldrich Rockefeller Folk Art Collection, Williamsburg, Virginia. It is a presentation on historical hand woven coverlets. He is presently doing research to write a book on coverlets.

Extension Homemakers Groups cooperate presenting this program. Anyone is invited but advance registration must be made by calling the Extension Office in the Court House. You may also come to the office and pick up your ticket there. A bag lunch will be needed, beverage and dessert will be provided.

### Storing Onions

The "at home" life for mature onions may be several months, according to Extension consumer specialists at The Pennsylvania State University. Make sure you store them at slightly cooler than room temperature. You may keep onions in their loosely woven or open-mesh containers for several months. At high temperatures or in high humidity, they sprout and decay.

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