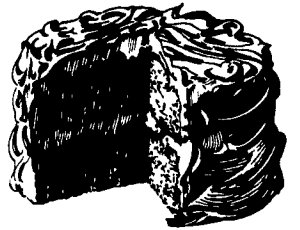


Home On The Range



Rice: Staple Grain Has Limitless Variety

Rice is nice. That's more than just a nifty bit of rhyme; it's a fact.

It's nice for a variety of reasons.

One, it is always, or should be, as near as your kitchen cupboard.

Two, it's easy to work with (the many different forms available in the market today make perfect rice a snap for virtually everyone).

Three, it lends itself to an all-but-limitless variety of dishes.

Four, it's good for you (a major portion of the world's people subsist on it).

Five, it's economical.

And, six, it stores so well you could bequeath it to your children, if you so wished.

Rice can be eaten for breakfast, lunch and dinner — and dessert as well. It lends itself to casseroles, side dishes, soups, salads, cereals, and puddings. It's a staple in Oriental, Middle Eastern, and Mexican cookery and is present in most other cuisines, as well.

Try these recipes to see the versatility of rice.

CAMP FRIED CHICKEN AND RICE

1½ pounds boneless chicken thighs, chunked
2¼ cups water
3 bouillon cubes
1 teaspoon salt, divided
1 cup long grain rice
4-ounces mushroom stems and pieces
½ cup flour
½ teaspoon pepper
½ cup vegetable oil

In medium saucepan, place water, bouillon cubes and ½ teaspoon salt. Place on high temperature and heat to boiling, stirring to dissolve cubes. Add rice, cover, reduce heat to low and cook until rice is done and liquid is absorbed, about 20 minutes. Stir in mushrooms and cover again for about 3 minutes. While rice is cooking, mix together flour, remaining ½ teaspoon salt and pepper; add chicken and turn, coating on all sides. In frypan, place oil and heat over medium high temperature. Add chicken and cook, turning, about 10 minutes or until brown on all sides and fork can be inserted in chicken with ease. Remove pan from heat; drain and discard oil. Stir in rice-mushroom mixture, mixing well. Makes 4 servings.

WILD RICE MEDLEY

1 cup raw brown rice
½ cup raw wild rice
1½ cups canned chicken broth
1½ cups water
4 tablespoons butter
1 medium onion, chopped
1 clove garlic, minced
½ pound mushrooms, chopped
2 medium carrots, diced
½ cup chopped parsley

Place the brown rice, wild rice, chicken broth, and water in a large saucepan. Bring to a boil over medium-high heat. Reduce heat to medium low, cover, and simmer until the rice is tender and the liquid is absorbed, 35 to 40 minutes.

In a large skillet, melt the butter over medium heat. Add the onion and garlic and saute until the onion is softened but not browned, about 10 minutes.

Add the mushrooms and carrots and continue cooking until the carrots are softened, about 5 minutes.

Add the cooked rice and parsley to the skillet and toss to combine. Serves 4 to 6.

Victoria Gosling
Ephrata

RED BEANS AND RICE

1 pound dried red beans
Vegetable cooking spray
2½ cups chopped celery
2 cups diced onion
1 cup sliced green onions
1 cup chopped green pepper
4 cloves garlic, minced
1½ cup s diced cooked lean ham
1 teaspoon salt
1 teaspoon red pepper
1 teaspoon dried Italian seasoning
½ teaspoon pepper
1 teaspoon hot sauce
2 bay leaves
2 quarts water
4½ cups hot cooked rice, unsalted

Sort and wash beans, place in a large Dutch oven. Cover with water 2 inches above beans; let soak 8 hours. Drain well.

Coat a Dutch oven with cooking spray, place over medium-high heat until hot. Add celery, onion, green onions, green peppers, and garlic; saute until tender. Add beans, ham and remaining ingredients except rice and cook, uncovered over medium heat for 1 hour, stirring occasionally. Remove bay leaves. Serve bean mixture over rice. Yields 9 1-cup servings over ½ cup hot rice.



There are few foods that are as economical and as versatile to cook with as rice.

RICE PUDDING

4 cups milk
1 large can evaporated milk
1 cup sugar
2 eggs
3 tablespoons cornstarch
1 cup cooked rice
1 cup raisins, optional

Bring milk and sugar to a boil in a large saucepan. Beat eggs and cornstarch together in a bowl until smooth. Stir small amount of milk mixture into eggs and stir eggs back into milk mixture. Cook until thick, stirring constantly. Stir in rice and raisins, cool. Makes 15 servings.

Tery Kiser

1988 Tioga Co. Dairy Princess

HOPPIN' JOHN SALAD

2 cups chopped escarole
6 ounces rinsed drained canned black-eyed peas
2-ounces cooked smoked ham, diced
¼ cup water
2 tablespoons chopped onion
1 cup cooked instant rice
½ cup seeded diced tomato
1 tablespoon apple cider vinegar
1 tablespoon olive oil
1 teaspoon country dijon-style mustard
¼ teaspoon each hot sauce and salt

In 1-quart microwavable shallow casserole, combine escarole, peas, ham, water and onion. Stir to combine. Cover with vented plastic wrap and microwave on high for 4 minutes, rotating casserole ½ turn halfway through cooking. Add rice and tomato; stir to combine and set aside.

In cup or small bowl, combine vinegar and olive oil, mustard, hot sauce and salt. Add to escarole-pea mixture and stir thoroughly and combine. Cover with plastic wrap and refrigerate until flavors blend and salad is chilled, at least 30 minutes. Serves 2.

Jeanne Stewart
Fairless Hills

CALICO CHICKEN SALAD

1 broiler-fryer chicken, cooked, skinned, cut in bite-size pieces
2½ cups chicken broth
1 cup rice
¼ teaspoon pepper
1 teaspoon curry powder, divided

4 green onions, sliced thin
1 red sweet pepper, chopped
½ cup mayonnaise

In saucepan, place chicken broth, rice and pepper; bring to a boil over high heat. Stir, cover, reduce heat to low and cook for about 25 minutes. In large bowl, place cooked rice and sprinkle with ½ teaspoon curry powder. Sprinkle warm chicken with remaining ½ teaspoon curry powder and add to rice. To chicken and rice mixture; add onion, red pepper, and mayonnaise, stirring gently to mix well. Cover and refrigerate until completely chilled, at least 2 hours. Serve on lettuce; garnish with whole black olives. Serves 4.

VEGGIE RICE CASSEROLE

3 cups cooked rice
1 cup frozen peas, cooked
½ cup chopped celery
¼ cup green pepper, chopped
¼ cup chopped parsley
2 tablespoons pimento
Dash pepper

1 teaspoon salt
1 cup chicken gravy
½ cup grated parmesan cheese
½ cup cracker crumbs

In a mixing bowl, lightly mix the rice, gravy, vegetables, and seasonings. Put the mixture into a buttered 2-quart casserole dish. Combine cracker crumbs and cheese. Sprinkle over the casserole. Bake, uncovered, for 25 minutes or until lightly browned in a 350 degree oven. Serves 6.

Regina Martin

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Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

February 1- Novel Ways To Use Cereal In Recipes
8- Valentine Delights
15- Cherry Desserts
22- Using Bacon

Featured Recipe

Pennsylvania Dairy Princess Robin Wilbur has Scandinavian roots. Her mother's parents are from Norway, and Robin has traveled to Norway twice.

According to Robin, Norway has beautiful farms that produce quality dairy products just like the United States. She said, "The Scandinavian people used lots of dairy products especially butter to make very rich and delicious foods, mainly desserts."

Robin has a recipe brochure of recipes with a Norwegian flavor. For a copy, send a self-addressed stamped business envelope to Pennsylvania Dairy Princess and Promotion Services, Inc. 214 South Street, Box 640, Clarion, PA 16214.

Here is one of the recipes.

RISKREM DESSERT (Rice Cream)

1 quart milk
½ cup rice
¼ teaspoon salt
1 heaping tablespoon sugar
1 cup whipping cream
1 teaspoon sugar
½ teaspoon vanilla

Cook milk, salt, rice, sugar in double boiler, stirring constantly until rice is thoroughly cooked and looks white and slightly mushy. (Or you may cook this in a crock pot). When cold, stir in cream, 1 teaspoon sugar and vanilla.

Optional: Serve with strawberry or raspberry syrup on top of each serving.