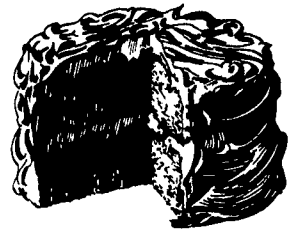


Home On The Range



Discover Rice

All rice is not created equal — some is long, some is short, some is flavored, and some is frozen — but all are nutritious, delicious, and can fit into any family's meal.

Long grain rice remains separate when cooked. Cooked medium and short grain rice are more moist, tender, and cling together more than long grain.

Regular-milled white rice takes only 15 minutes to cook on top of the range, and because of its enrichment, it is similar in nutritional value to brown rice.

Parboiled rice, which cooks in 25 minutes, has undergone a special process that makes the cooked grains extra fluffy and separate.

Brown rice's tan color comes from the natural bran layers left on the grain. This form of rice has a nutty flavor and a slightly chewy texture. It takes about 45 minutes to cook.

Precooked rice is the fastest-cooking rice of all. Completely cooked and dehydrated, precooked white rice takes only about 5 minutes to prepare while precooked brown rice requires about 10 to 15 minutes.

Rice, a non-allergenic food, is ideal for most allergy diets.

An 18-month study recently revealed that substances within rice bran oil have cholesterol reducing properties. The oil, which occurs naturally in rice bran, has components that researchers think not only inhibits cholesterol absorption but also decreases the production of cholesterol by the liver.

A collection of recipes developed by the USA Rice Council, especially for today's health-conscious lifestyles, demonstrates how remarkable rice combines with other foods for breakfast, lunch, and dinner. The cookbook *Light, Lean, and Low-fat* has nearly 100 recipes that are low-fat and easy to prepare. To receive a copy, send your name and complete address with \$2.50 to USA Rice Council, P.O. Box 740121, Houston, Texas 77274.

EASY PORK FRIED RICE

1½ tablespoons vegetable oil; divided

2 eggs, beaten

1 cup diced fully cooked ham

1 cup finely chopped fresh mushrooms

½ cup thinly sliced green onions

3 cups cooked brown rice, chilled

1 tablespoon reduced-sodium soy sauce

Heat ½ tablespoon oil over medium heat in large skillet. Add eggs and cook without stirring until set. Invert skillet over baking sheet to remove cooked eggs; cut in strips. Set aside. In same skillet, heat remaining 1 tablespoon oil over medium high heat. Stir fry ham, mushrooms, and onions in oil about 3 minutes or until mushrooms and onions are tender. Stir in cooked rice and reserved egg strips; sprinkle with soy sauce. Toss lightly; heat thoroughly. Serves 4.

SUMMER FRUIT SALAD

2 cups cooked rice, cooled to room temperature

½ cup quartered strawberries

½ cup grape halves

½ cup quartered kiwifruit slices

½ cup pineapple tidbits

½ cup banana slices

½ cup pineapple juice

2 tablespoons plain yogurt

1 tablespoon honey

Lettuce leaves

Combine rice and fruits in large bowl. Blend pineapple juice, yogurt, and honey in small bowl; pour over rice mixture. Toss lightly. Serve on lettuce leaves. Serves 4.

LEMON CHICKEN AND RICE

1 pound boneless chicken breast chunks

Salt, ground black pepper, and paprika

1 tablespoon vegetable oil

1 cup uncooked rice

½ teaspoon dried oregano

½ teaspoon grated lemon peel

1½ cups chicken broth

Juice of one lemon

Snipped fresh parsley for garnish

Season chicken with salt, pepper, and paprika. Brown chicken in oil in large non-stick skillet over high heat. Add remaining ingredients except parsley; bring to a boil. Reduce heat, cover, and simmer 20 to 25 minutes, or until rice is tender and liquid is absorbed. Fluff with fork. Garnish with parsley. Serves 4.

(Turn to Page B8)



Quick and easy to prepare, nutritionally balanced and great tasting, rice is adaptable to many cuisines.

Featured Recipe

Entry forms are now available for the annual crab cake cook-off sponsored by the University of Delaware Sea Grant College Program and Graduate College of Marine Studies. The competition is expanding this year to include a preliminary cook-off at the Delaware State Fair, July 27 (Senior Citizen Day), in Harrington.

At the preliminary cook-off, all registered entrants will concoct their best crab cakes for a panel of judges who will choose six blue-ribbon finalists. Those finalists will be eligible to compete for cash prizes (first place is \$125) and the title of "Delmarva's Best Crab Cakes" at Coast Day, October 4, in Lewes.

Coast Day is the college's annual educational festival and showcase for Delaware's rich marine resources. The event, now in its 16th year, attracts about 10,000 visitors to the Marine Studies Complex in Lewes each October and has won national awards for its efforts to promote marine resource education and stewardship.

Each contestant will receive one pound of blue crab meat to use the day of the competition. All other ingredients and cooking utensils are the contestants' responsibility. Judging will be based on originality, predominance of crab meat, taste, and texture.

Entries are due July 1. For a complete set of contest rules and an entry form, or for more information, contact the Delaware Sea Grant Marine Advisory Service at (302) 645-4346.

JUST LIKE A CRAB

Leon Silicki, Wilmington, DE

A crab has both white and dark meat. In order to make a crab cake, both should be used. In this recipe, the dark (claw) is used to protect the white (backfin) from becoming dried out and greasy, just as a crab uses his claws to protect his body from predators. The spicy covering gives a good contrast to the succulent and moist inside, while not taking away the taste of the crab. The claw mixture works well to keep the backfin together without using filler and also adds a nice golden brown covering that is 66% crab meat.

Mixture I:

2 pounds jumbo lump crab meat

½ stick butter

½ small green bell pepper, finely chopped

½ small red bell pepper, finely chopped

¼ Spanish onion, finely chopped

2 medium stalks celery, finely chopped

½ cup finely chopped fresh parsley

2 egg whites

¼ cup mayonnaise

1 tablespoon Dijon mustard

1 tablespoon baking powder

1 teaspoon paprika

¼ teaspoon cayenne

½ teaspoon black pepper (medium grind)

2 tablespoons white Worcestershire sauce

2 tablespoons (rounded) Saltine cracker crumbs (fine)

Mixture II:

1 pound claw crab meat

2 large eggs

1 heaping tablespoon mayonnaise

1 tablespoon Old Bay seasoning

Cayenne, to taste

1½ tablespoons white Worcestershire sauce

¼ cup Saltine cracker crumbs (fine)

1 quart vegetable oil for frying

Empty 2 pounds of lump crab meat into large mixing bowl. Pick out 14 lumps and put in refrigerator to use for garnish later. In 1 quart saucepan, melt butter and add next 4 ingredients. Saute over medium heat for 6 minutes. Add parsley and saute 1 more minute. Take off burner and let cool 5 minutes. In small mixing bowl, add the rest of the ingredients, except for cracker crumbs. Whisk thoroughly till blended well. Pour the mixture from the saucepan over the crab meat. Mix gently so as to leave meat in lumps. Next do the same with mixture in bowl. Mix in cracker crumbs at very end. In a second large bowl, mix in all ingredients except for the cracker crumbs. Mix thoroughly. Don't worry about leaving claw meat in lumps. Add in cracker crumbs and mix thoroughly again. On a sheet of wax paper, divide first mixture into 14 cakes ¼-inch thick.

Again, on wax paper, divide second mixture in 14 parts. Now divide the second mixture in half. Flatten each to about ¼ inch thick. Place first mixture on top of one and place the other on top of it. Form into cake 1" thick. Second mixture should touch on both sides to encapsulate first mixture.

Heat 1 quart vegetable oil to 350° in 10" skillet. Place in 5 crab-cakes and cook 5-6 minutes till golden brown. Turn once after 3 minutes. Drain on paper towel and garnish with one of the jumbo lumps on top and 2 sprigs of parsley.