



Have You Heard?

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Home Economist

The Beauty of Rice

There are many reasons to cook with rice. Dishes that include rice look elegant, taste delicious, and are easy and inexpensive to prepare. One-half cup of rice contains only 82 calories, is high in complex carbohydrates, and is cholesterol and sodium-free.

Rice differs in color and size. When harvested, an inedible husk surrounds the kernel. Only this husk is removed from brown rice.

Its characteristic color is due to the natural bran layer left on the grain. Cooked brown rice is chewy with a nutty flavor and is high in fiber.

The bran layer, some vitamins and minerals, and most of the fiber are stripped from white rice. Without the bran layer, it cooks in 15 to 20 minutes, whereas brown rice requires 40 to 50 minutes. White rice often is enriched with b vitamins and iron to replace some of those vitamins and minerals lost

during milling.

There is long, medium, and short-grain rice. Long-grain is about four to five times longer than it is wide. These firm, separate grains work well in salads, casseroles, and side dishes. Medium- and short-grain types are shorter and plumper when cooked, and tend to cling together. These are appropriate for dishes with a creamy consistency - rice puddings, croquettes, and meat loaf.

Converted or parboiled rice is very popular. This specially processed long-grain white or brown rice becomes extra fluffy with the removal of excess surface starches. The process also helps the rice to retain many of its original vitamins and minerals. Some parboiled rice, however, take several minutes longer to cook and require additional liquid. Still, you can use them in recipes calling for regular long-grain rice.

Precooked and instant rice, which are cooked completely or

partially then dehydrated, reconstitute quickly in boiling water. Many rice mixes, packaged and frozen, are also on the market. These, however, are usually high in sodium. You may have noticed some unusual rice in supermarkets or specialty stores. Aromatic, nutty-flavored basmati is a favorite in Indian cooking, while arborio, the Italian short-grain rice, is suited for long-cooking creamy risotto. These stores also stock glutinous rice, a sweet, sticky short grain often used in Japanese and Chinese dishes. Luxurious wild rice actually is a type of grass valued for its rich, nutty flavor. It is similar to rice in appearance and use.

Cooking rice is not an exact science. There are many variables, including cooking times and amounts of liquid recommended by different brands. It is a good idea to check package directions for each brand of rice before you

cook. The directions usually indicate how to make rice firmer or softer to suit personal taste. You can use most rice in different recipes by making minor adjustments.



The Other
White Meat.

Seeds

(Continued from Page B4)

lage of original early buildings furnished with artifacts of that era.

Information and a catalogue about the Heirloom Seed Project are available by writing to Landis Valley Museum, 2451 Kissel Hill Road, Lancaster, PA 17601.

Harvest Days are October 9 to 10, from noon to 5 p.m. Admission is \$7 for adults, \$6 for 60+, \$5 for ages 6-17. For more information, call (717) 569-0401. The museum is also opened at other times Tuesday through Saturday from 9 a.m. to 5 p.m. and Sunday noon to 5 p.m. except for holidays, but only a few demonstrations are done during those hours.

Landis Valley is a state-owned museum operated by the Pennsylvania Historical And Museum Commission with support from Landis Valley Associates. It is located 2.5 miles northeast of Lancaster on Rt. 272/Oregon Pike, a marked exit off Rt. 30 and Rt. 222.

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