



Home On The Range



Make It With 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 rice contains only 82 calories, is high in complex carbohydrates, and is cholesterol and sodium-free.

At only four cents per serving, rice will help you prepare economical dishes that are delicious and nutritious. Many of today's recipes come from the USA Rice Council.

The USA Rice Council has numerous recipe brochures that are free to those who send a self-addressed, stamped business-size envelope. These recipes are kitchen-tested and many have colored pictures of the prepared recipe. Some of the brochure titles include the following:

Basic Rice Recipes For Those With Allergies, Brown Rice, Light, Lean, Low-Fat Recipes, Walnuts and Rice, Everything's Better With Rice, Discover Rice Bran, Cooking With Rice, Micro-cooking With Rice, Seasonal Inspirations, Stretching Your Budget With Rice, Veg-able Rice, and the Many Nationalities of Rice.

If you are confused about the many different kinds of rice and the proper way to cook each kind, the Council also has descriptive information.

Send your SASE to USA Rice Council, P.O. Box 740121, Houston, Texas 77274.

SESAME CHICKEN SALAD

3 cups cooked rice
2 cups slivered cooked chicken breast

1/2 pound fresh snow peas, trimmed and cut into julienne strips

1 medium cucumber, peeled, seeded, and cut into 1/2 x 1/4 -inch strips

1 medium red pepper, cut into 1 1/2 x 1/4 -inch strips

1/2 cup sliced green onion
2 tablespoons sesame seeds, toasted

Sesame Dressing
Combine all ingredients; stir well. Serve at room temperature or slightly chilled.

Sesame Dressing:
1/2 cup chicken broth
1 tablespoon peanut oil
3 tablespoons rice or white wine vinegar

3 tablespoons soy sauce
1 teaspoon sesame oil
Combine all ingredients in jar; cover tightly and shake vigorously. Makes about 1/2 cup.

VEGETABLE PORK STIR-FRY

3/4 pound pork tenderloin, cut in strips
1 tablespoon vegetable oil
1 1/2 cups sliced mushrooms
1 large green pepper, cut in strips

1 zucchini, thinly sliced
2 ribs celery, diagonally sliced
1 cup thinly sliced carrots
1 clove garlic, minced
1 cup chicken broth
2 tablespoons light soy sauce
1 1/2 tablespoons cornstarch
3 cups hot cooked rice

Brown pork strips in oil in large skillet over high heat. Push meat to side of skillet; add vegetables. Stir-fry vegetables approximately 3 minutes. Combine broth, soy sauce, and cornstarch in small bowl; add to skillet and cook until clear and thickened. Serve over rice.

PORK FRIED RICE

1 1/2 tablespoons vegetable oil, divided

2 eggs, beaten
1 cup diced fully cooked ham or raw boneless pork
1 cup finely chopped fresh mushrooms

1/2 cup thinly sliced green onions, including tops
3 cups cooked brown rice, cooled

1 tablespoon soy sauce
In large skillet or wok, heat 1/2 tablespoon oil over medium heat. Add eggs and cook without stirring until set. Invert skillet over baking sheet to remove cooked eggs; cut into 1/2 x 1/4 -inch strips. In same skillet, heat remaining oil over medium-high heat. Stir-fry ham, mushrooms, and green onions in oil three minutes, or until mushrooms and onions are tender. Stir in cooked rice and egg strips; sprinkle with soy sauce. Toss lightly; heat thoroughly. Makes 4 servings.

HARVEST RICE

1 cup sliced carrots
1 tablespoon vegetable oil
1 cup sliced green onions, including tops
2 cups cored, chopped, unpeeled apples

3 cups cooked brown rice
1/2 teaspoon salt
1/2 cup seedless raisins
1 tablespoon sesame seed

In large skillet, cook carrots in oil about 5 minutes over medium heat. Add onions and apples. Cook 3 to 5 minutes longer. Stir in remaining ingredients. Cook until thoroughly heated. Makes 6 servings.



Turkey and Rice Quiche serves 8. Each serving provides 202 calories, 14 grams protein, 7 grams fat, 19 grams carbohydrate, 0 gram dietary fiber, 112 milligrams cholesterol, and 377 milligrams sodium.

HEARTY BEEF AND RICE

1 pound ground beef
1 small onion, chopped
3 cups cooked rice
10 1/2 -ounce can condensed cream of mushroom soup
8-ounce can stewed tomatoes, undrained, chopped
7-ounce can whole kernel corn
1/2 teaspoon garlic powder
1/2 teaspoon chili powder
1 cup shredded cheddar or American cheese

Cook beef and onion in a large skillet over medium-high heat; drain fat. Stir in rice, soup, tomatoes, corn, garlic powder, and chili powder. Pour mixture into greased 2-quart baking dish; bake at 350 degrees for 20 minutes. Top with cheese; bake an additional 5 to 10 minutes. Makes 6 servings.

MEAL-IN-ONE STIR-FRY

1 small onion, chopped
2 tablespoons vegetable oil
2 5-ounce cans chunk chicken, drained and flaked
4-ounce can sliced mushrooms, drained
8 1/2 -ounce can green peas, drained
3 cups cooked rice
2-ounce jar diced pimentos
1 teaspoon ground black pepper
Cook onion in oil in large skillet until transparent. Add chicken, mushrooms, peas, rice, pimentos, and pepper; stir well and heat thoroughly. Makes 6 servings.

Featured Recipe

Hot and spicy or sweet and soothing, Thai cookery is becoming more and more familiar — and pleasing — to American palates. These seasonings are ideal for chicken, according to the National Broiler Council, which developed the following recipe reflecting the flavors of Thailand cuisine.

Thai Stir Fry Chicken Ginger is quick, easy and delicious. Be sure to prepare all ingredients before beginning to cook. Colorful garnishes are a typical Thai touch.

The freshest of ingredients are always used by Thailand cooks. In the U.S., special canned and bottled Thai seasonings are becoming more readily available in the international section of supermarkets and in the proliferation of Oriental specialty stores.

THAI STIR FRY CHICKEN GINGER

1-1/2 pounds boneless, skinless chicken breasts, cut in 2-inch strips
1-1/2 cups low sodium chicken broth
3/4 cup coconut milk
5 ounces grated fresh ginger, divided
1 cup uncooked soft jasmine rice
2 cloves garlic, minced
3 tablespoons fish sauce
2 teaspoons sugar
1 teaspoon soy sauce
1 cup warm water
1/4 cup vegetable oil
1-1/2 cups yellow onion vertical strips
1/2 teaspoon white pepper

In saucepan, place broth, coconut milk and 1 teaspoon ginger. Add jasmine rice and bring to a boil over high temperature. Stir, reduce heat to low, cover and cook 20 minutes. Turn off heat and let sit 10 minutes without removing cover. While rice is cooking, in small bowl mix remaining ginger and minced garlic. In another bowl, mix together fish sauce, sugar and soy sauce; stir until sugar is dissolved. Add warm water and set aside. In large heavy frypan or wok, heat oil over medium high temperature. Add onion and stir fry until onion begins to change color and is slightly crisp, about 3 minutes. Remove with slotted spoon and keep warm. To pan, add ginger-garlic mixture and cook until light brown, about 2 minutes. Add chicken and stir fry until all pink is gone, about 5 minutes. Add fish sauce mixture and pepper; cook 3 minutes more. Serve over rice and top with onion. Garnish with red chili pepper "lilies" and green onion "brushes." Makes 6 servings.

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.

September

- 10- Favorite Pancake Recipes
- 17- What do you do with apples?
- 24- National Honey Month

October

- 1- Nat. Pork Month

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