



Home on the Range

Rice: Ancient Grain With Contemporary Appeal

September is National Rice Month. Rice, throughout history, has been one of our most important foods. Today rice sustains two-thirds of the world's population.

Consumption of rice in the U.S. continues to climb. It is estimated Americans now consume 25.6 pounds per person per year.

Eighty-five percent of households report having one or more packages of rice in their pantries.

Over 90 percent of the rice consumed in the U.S. is grown in the U.S.

In 1997, U.S. rice farmers are expected to harvest approximately 3,037 million acres, up from 2.799 million in 1996.

The U.S. is one of the largest exporters of rice supplying about 17 percent of the rice that enters into world trade.

The U.S. exports rice to more than 100 countries.

Rice is one of the U.S.'s oldest agribusinesses, dating back to 1685.

USDA Food Guide Pyramid recommends the largest portion of your diet—6 to 11 servings a day—should come from the group at the base: Rice, bread, cereal, and pasta.

Rice fields provide important habitat for migrating birds, as well as various species of reptiles, birds, and mammals. Rice production can also enhance water quality, with water leaving the rice field cleaner than when it was first drawn.

Request the latest rice recipes by sending a self-addressed business-size envelope to USA Rice Council, P.O. Box 740121, Houston, Texas 77274. If you are interested in a particular aspect of cooking with rice such as Basic Rice Recipes for those with allergies, international rice dishes, cooking with brown rice, and so forth, include your request. The Rice Council is a great resource for tasty recipes.

PORCUPINE

1 pound lean ground beef
1 large egg, beaten
1 teaspoon salt
½ teaspoon pepper
½ cup dry bread crumbs
½ cup diced onion
¼ cup uncooked rice
¼ cup catsup
2 cups V8 tomato juice
Mix together all ingredients except juice thoroughly. Make six small loaves. Place in a greased casserole dish. Pour juice over the mini loaves.

Bake at 350 degrees for 1½ hours. Makes six servings.

Betty Light Lebanon

CHICKEN-ON-THE-RUN

1 cup uncooked rice
1 can cream of mushroom soup
1 can cream of chicken soup
1 can water or milk
1 envelope dry onion soup mixture

Mix together rice, mushroom and chicken soups, and water or milk. Pour into a 9x13-inch baking dish.

Lay pieces of raw chicken on rice mixture. Sprinkle with dry onion soup (optional) or seasoning or your choice.

Cover. Bake at 350 degrees for 2 hours.

Uncover for the last few minutes of baking if desired.

Alverna Martin Ephrata

SUGAR-FREE EASY GERMAN RICE PUDDING

½ cup long-grain rice
1 cup boiling water
3 cups skim milk
½ cup granulated sugar replacement
¼ teaspoon salt
1 teaspoon vanilla
Garnish with cinnamon

Combine rice and boiling water in a 2-quart saucepan. Bring to a boil, then reduce heat and cook uncovered until all the water is absorbed, stirring occasionally.

Stir in the milk. Simmer for 20 minutes, stirring occasionally. Add sweetener and salt continuing to simmer 20-25 minutes or until mixture is creamy and very soft. Stir in vanilla. Serve warm, sprinkled with cinnamon. Yields: 4 servings.

Exchange 1 bread, ¾ cup skim milk. Calories 150.

Betty Light Lebanon

BREAKFAST RICE CAKES

1 cup cooked rice
3 eggs, separated
1 cup milk
1 tablespoon granulated sugar
1 teaspoon baking powder
1 cup all-purpose flour
½ teaspoon salt
1 tablespoon melted butter

In a large bowl, combine warm cooked rice and egg yolks, beat immediately.

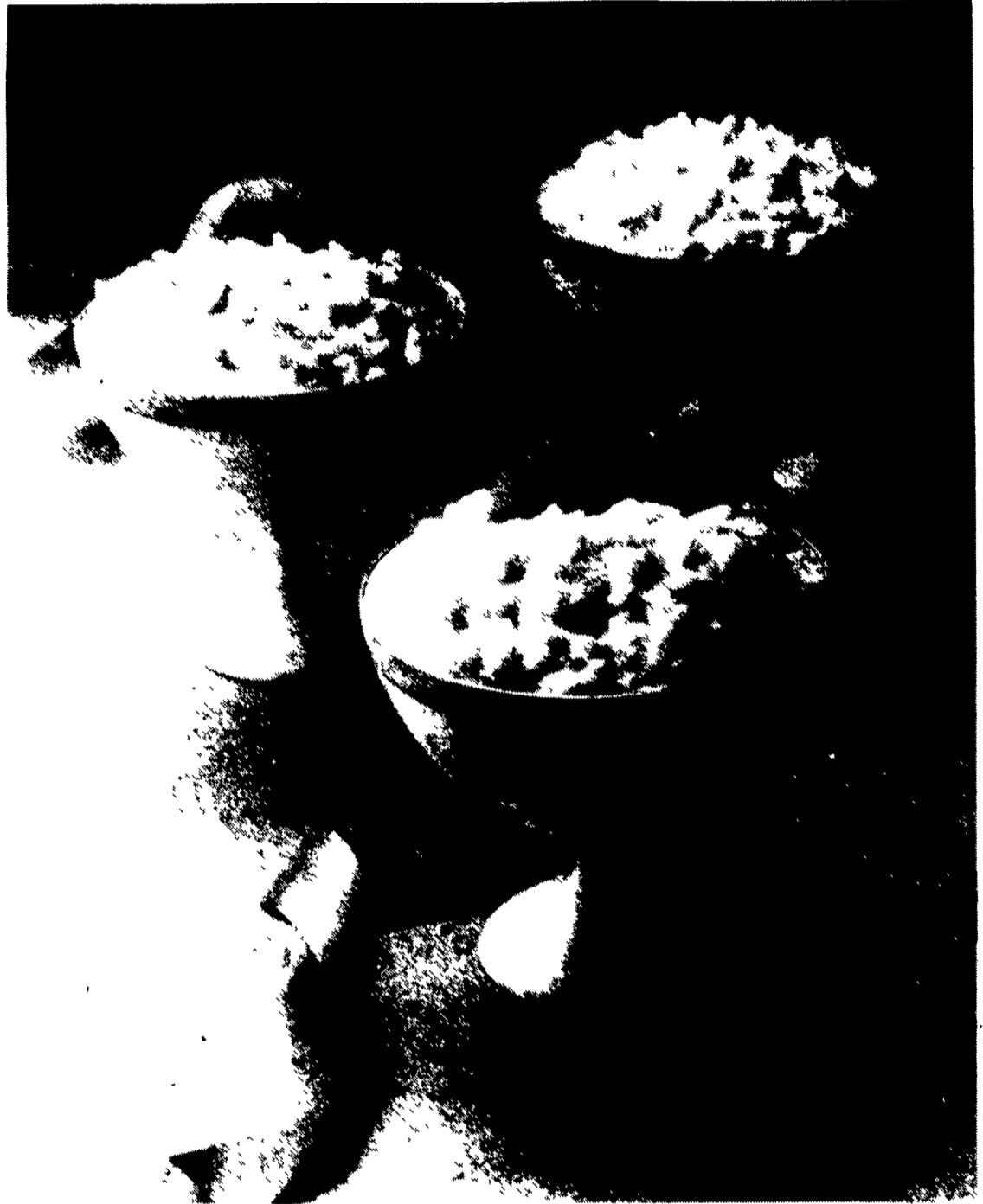
Add the remaining ingredients except egg whites and mix together.

Beat egg whites until stiff and fold into the rice batter.

Drop ¼ cup on hot griddle, brown on both sides.

Serve hot with your favorite syrup, makes about 10 cakes.

Betty Light Lebanon



Rice pudding is one of the old-time favorites for people in the U.S.A.

RICE MUFFINS

1 cup cooked rice
1 cup milk
2 large eggs, beaten
5 tablespoons melted shortening
1½ cups sifted all-purpose flour
1 tablespoon granulated sugar
½ teaspoon salt
3 teaspoons baking powder
Beat together rice, milk, eggs, and shortening well. Sift together flour, sugar, salt, and baking powder. Stir it into the rice mixture just enough to combine the ingredients.

Fill greased muffin tins two-thirds full. Bake in 400 degree oven for 25 minutes. Makes 12 muffins.

B. Light Lebanon

RICE CASSEROLE

½ cup butter
1 cup uncooked rice
1 can onion soup
1 can chicken broth
1 can mushrooms, drained
1 small jar pimentos
1 cup shredded cheese
Mix all in casserole. Stir often. When half done, stir in ½ cup cheese. When done, top with remaining half cup cheese. Bake at 350 degrees for one hour.

The first time I ate this, I couldn't stop eating. Very good!

Jan Sarver Millerstown

TACO RICO WRAPS

1 pound lean ground turkey or beef
16-ounce jar prepared chunky salsa
3 cups cooked rice
11-ounce can corn, drained
1 cup (4 ounces) shredded Monterey Jack cheese
18 flour or corn tortillas, warmed

Brown turkey in large nonstick skillet over medium-high heat; drain fat and liquid, if necessary. Stir in salsa, rice, and corn. Cook over medium heat, covered, for 5 to 10 minutes or until no liquid remains. Spoon ½ cup mixture in each tortilla, top with about 1 tablespoon cheese. Roll up; serve. Makes 6 servings. (3 tacos each).

USA Rice Council (Turn to Page B8)

Featured Recipe

Lycoming County Dairy Princess Melanie Harris resides in the outskirts of Muncy with her parents Greg and Stephanie Harris and a brother Jeremy. The family farms 145 acres and have a small Holstein herd.

Assisting Melanie in dairy promotion are Alternate Princess Melissa Daily, daughter of Wenda and Richard Daily; and dairy maids, Donnica Grieder, daughter of Jeff and Dona Grieder; and Shelly Vandine, daughter of Ruth and Wayne Vandine.

Here's a recipe that Melanie recommends sharing with neighbors and friends.

BANANA SKYSCRAPER

¼ cup fudge sauce
1 banana
½ cup vanilla ice cream
½ cup chocolate ice cream
Whipped cream
Maraschino cherry

Quarter a ripe banana cutting lengthwise and then crosswise. Place 2 tablespoons fudge sauce in the bottom of a sundae dish. Add vanilla ice cream. Place banana quarters upright with pointed ends up. Add chocolate ice cream. Drizzle with 2 tablespoons fudge sauce. Top with whipped cream and a cherry.

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-	20-	National Honey Month
	27-	National Chicken Month
October-	4-	Apple Recipes
	11-	National Pork Month