



Home on the Range



Enjoy The Many Nationalities Of Rice

Rice is the single most important food in the world and is a staple that is healthy, easy to cook, and versatile as today's collection of recipes illustrate.

Although 90 percent of the rice consumed in the United States is grown in the U.S., Americans have adapted many of their recipes from other nationalities. Enjoy this world tour of rice recipes. Better yet, enjoy the taste of rice.

THAI CHICKEN SALAD

- 3 cups cooked rice, cooled
- 1 1/2 cups shredded cooked chicken
- 1 cup torn fresh spinach
- 1 medium-size red pepper, julienned
- 1/2 cup sliced fresh mushrooms
- 1/4 cup chopped unsalted peanuts
- 2 green onions, sliced
- 1 tablespoon chopped fresh mint
- 1 tablespoon chopped fresh cilantro
- 1/2 cup hot water
- 3 tablespoons rice vinegar
- 2 tablespoons peanut butter
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon dark sesame oil
- 1 clove garlic, minced
- 1/8 teaspoon ground red pepper
- Chopped fresh cilantro for garnish
- Chopped unsalted peanuts for garnish

Combine rice, chicken, spinach, red pepper, mushrooms, peanuts, green onions, mint and cilantro in large bowl. Combine, rice vinegar, peanut butter, soy sauce, sesame oil, garlic, and ground red pepper in small bowl. Just before serving, pour dressing over salad; toss. Garnish with cilantro and peanuts.

Makes 6 servings.

CHICKEN CURRY RICE SALAD

- 1/2 cup plain yogurt
- 3 tablespoons curry powder, divided
- 1 clove garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon ground red pepper
- 4 boneless, skinless chicken breasts
- 3 cups cooked rice (cooked in chicken broth), cooled
- 1 medium-size red bell pepper, julienned
- 2 green onions, sliced
- 1/4 cup raisins
- 1/4 cup unsalted peanuts, chopped
- 1/4 cup prepared light Italian dressing

Combine yogurt, 2 tablespoons curry powder, garlic, salt, and ground red pepper in medium bowl; mix well. Place chicken in mixture; stir to coat. Cover and marinate 4 to 6 hours in refrigerator. Combine rice, remaining 1 tablespoon curry powder, red pepper, red onion, snow peas, green onions, raisins, and peanuts; mix well. Cover and refrigerate one hour. Pour dressing over salad; toss. To serve, place chicken strips over salad.

Makes four servings.

ORANGE PORK STIR-FRY

- 1/2 cup orange juice
- 2 tablespoons sesame oil, divided
- 2 tablespoons soy sauce
- 1 clove garlic, minced
- 1 tablespoon sherry
- 2 teaspoons minced fresh ginger
- 1 teaspoon fresh grated orange peel
- 1/4 pound pork tenderloin, cut into strips
- 3 cups mixed fresh vegetables (choose from the following): green and red peppers, snow peas, carrots, green onions, mushrooms or onion
- 1 tablespoon cornstarch
- 1/2 cup unsalted cashew bits or halves
- 3 cups hot cooked rice

Combine orange juice, 1 tablespoon sesame oil, soy sauce, garlic, sherry, ginger, and orange peel in small bowl. Add pork; marinate one hour. Drain pork; reserve marinade. Heat remaining 1 tablespoon oil in large skillet or wok over medium-high heat. Add pork; stir-fry 3 minutes, or until pork is lightly browned. Add vegetables; stir-fry 3 to 5 minutes until vegetables are tender-crisp. Combine cornstarch with marinade; add to pan, stir until thickened. Add cashews, cook 1 minute longer. Serve immediately over rice.

Makes 4 servings.

MID-EAST PILAF

- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 1 tablespoon brown rice
- 1/4 cup cashew bits or halves
- 1/4 cup raisins
- 3 cups hot cooked rice
- 1 cup chopped dried apricots
- 1/4 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon turmeric
- 1/4 teaspoon cracked black pepper
- 1/8 teaspoon cardamom



Nutrition and fashion are wrapped up in these Taco Rico Wraps.

1/4 teaspoon ground cloves
1/4 cup apple juice
Heat oil in large skillet over medium-high heat. Saute onion with brown sugar 3-5 minutes or until onion is golden brown. Add cashews and raisins; saute 2 to 3 minutes until nuts begin to brown and raisins plump. Add rice, apricots, salt, cinnamon, turmeric, pepper, cardamom, and cloves. Stir in apple juice. Heat thoroughly and serve.

CARIBBEAN RICE

- 2 cups hot cooked rice
- 11-ounce can mandarin oranges, drained, coarsely chopped
- 8-ounce can crushed pineapple, drained
- 1/2 cup chopped red pepper
- 1/2 cup slivered almonds, toasted
- 1/2 cup unsweetened grated coconut, toasted
- 1/4 cup sliced green onions
- 2 tablespoons mango chutney
- 1/4 teaspoon ground ginger

Combine rice, mandarin oranges, pineapple, red pepper, almonds, coconut, green onions, chutney, and ginger in large skillet over medium-high heat. Stir and cook until ingredients are blended and thoroughly heated. Serve with grilled or broiled shrimp.

Makes 4 servings.

PAELLA

- 1 tablespoon vegetable oil
- 1/2 pound smoked sausage, sliced
- 1/2 pound boneless, skinless chicken breasts, cut into 1-inch pieces
- 1/2 pound medium shrimp, peeled, deveined
- 1 clove garlic, minced
- 1 cup uncooked rice
- 1 medium onion, chopped
- 1 medium-size red pepper, julienned
- 1 cup clam juice
- 1/2 cup water
- 1/4 teaspoon ground saffron
- 1/2 cup frozen green peas, thawed

Heat oil in large skillet over medium-high heat. Cook sausage, chicken, shrimp, and garlic 3 to 5 minutes. Add rice, onion, and red pepper. Cook, stirring, until rice is lightly browned. Add clam juice, water, and saffron.

Bring to a boil; reduce heat, cover and simmer 20 minutes or until rice is tender and liquid is absorbed. Stir in peas and serve.

Makes 4 servings.

DANISH RICE PUDDING

- 2 cups cooked rice
 - 2 cups lowfat milk
 - 1/4 cup sugar
 - 1 teaspoon almond extract
 - 1 cup heavy cream
 - 10-ounce package frozen, sweetened raspberries, thawed
 - 8 whole almonds
- Heat rice, milk, and sugar in 2-quart saucepan over medium heat stirring frequently until pudding is thick and creamy, about 15 minutes. Do not boil. Remove from heat, add almond extract; cool. Beat cream in chilled bowl until stiff peaks form. Fold whipped cream into cooled rice mixture. Blend raspberries in blender until smooth; strain. To serve, place pudding in custard cups. Dollop with 1 tablespoon raspberry sauce and top with almond.

Makes 8 servings.

More than 100,000 people are unable to eat foods from grains such as wheat, barley, rye, and oats; others may also react to millet and buckwheat. Many people need to eliminate those grains from their diets.

Since rice is a non-allergenic food, it is ideal for the gluten-free diet, and is suitable for most allergy diets. An added bonus is that rice is also fat, sodium and cholesterol free.

When wheat and wheat flour are not used in baking recipes, the final product tends to be coarser and denser unless some modifications are followed. The Rice Council has many recipes for those needing allergy diets.

For allergy-free recipes, write to USA Rice, P.O. Box 740121, Houston, TX 77274.

Recipe Topics

If you have recipes for 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. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

September

- 23 - Zucchini, Squash
- 30 - Make It With Chicken

October

- 7 - National Pork Month
- 14 - National Apple Month

Featured Recipe

Although rice is a food staple, it certainly need not be served bland. Thousands of recipes reveal the versatility of cooking with rice.

Here is a novel idea for the popular wrap sandwich.

Save time by cooking batches of rice ahead of time, dividing into 1-2 cup servings and refrigerating or freezing. Cooked rice will keep for one week in the refrigerator and several months in the freezer. Use for salads, stir-frys, casseroles, desserts, and any rice recipe.

To reheat in the microwave, cover and cook 1 minute on high power for each cup of refrigerated rice or 2 minutes for frozen rice. If reheating on stove, add 2 tablespoons hot water or other liquid per cup of cooked rice and heat in a saucepan on range top 5 minutes. Stir occasionally and fluff with a fork.

TACO RICO WRAPS

- 1 pound lean ground turkey or beef
 - 16-ounce jar chunky salsa
 - 3 cups cooked rice
 - 11-ounce can corn, drained
 - 1 cup 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 1/4 cup mixture in each tortilla, top with 1 tablespoon cheese. Roll up; serve.

Makes 6 servings (3 tacos each).