



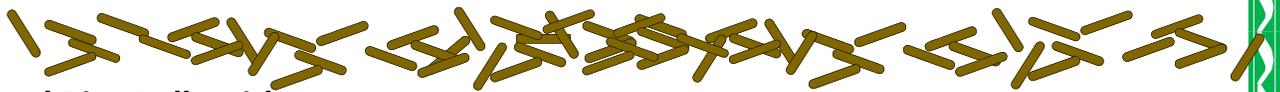
In the Kitchen

with Barb Agee

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Rice is Nice

Beyond white, brown or wild rice is a world of exotic rice waiting to be explored. These are worth seeking for their good looks, distinctive textures and intriguing flavors. These rice can go from being the sideshow to main event of a meal by adding flavors of herbs, spices, vegetables, fruits and meats.



Apricot Pearl Rice Balls with Jam

1 cup Organic Jade Pearl Rice
2 cups water
 $\frac{3}{4}$ cup almond meal

$\frac{3}{4}$ cup dried apricots, diced
 $\frac{1}{2}$ cup all-fruit strawberry jam
1 to 2 teaspoons water

Place rice and water in a 4 quart saucepan. Bring to a boil over medium high heat. Reduce heat to low, cover and simmer for 20 minutes. While rice is cooking, place almond meal and cinnamon in a bowl and stir together.

Once rice is done, add the apricots and gently stir. To cool the rice, spoon it onto a baking sheet that been rinsed but not dried. Spread rice evenly over the baking sheet and let it sit until cool enough to handle.

To form rice balls, you will need a small bowl of water to wet hands when needed. With wet hands, scoop up enough to form a one inch ball and pack the rice into a firm ball. Repeat with remaining rice. Roll each ball in the almond meal to coat evenly.

To make strawberry jam sauce, combine the jam with 1 to 2 teaspoons of water and mix well. Serve the rice balls drizzled with the jam sauce. The rice balls are best eaten fresh; store leftovers in a covered container in the refrigerator and warm before serving. *Makes 36*

Black-As-Night Rice Salad

8 ounces of Lundberg Black Japonica rice
 $\frac{1}{2}$ can (7 oz) light coconut milk
 $1\frac{1}{2}$ cups low-sodium chicken broth
2 mangoes, peeled, pitted and diced (about 2 cups)
 $\frac{1}{2}$ cup unsweetened flaked coconut, toasted

$\frac{1}{3}$ cup green onions, thinly sliced
 $\frac{1}{4}$ cup unsalted dry roasted peanuts, roughly chopped
1 teaspoon salt
 $\frac{1}{4}$ teaspoon fresh ground pepper

In a large, lidded pot combine rice, coconut milk and chicken broth. Cover and bring to a boil. Immediately reduce heat to low and cook for 50 minutes or until tender. Let stand for 10 minutes covered.

Transfer rice to a large bowl; cool 5 minutes. Stir in mangoes, coconut, green onions, peanuts, salt and pepper. Serve warm or at room temperature. *Makes 6 servings*

Pilau Southern Red Rice

1 cup chicken broth	1 small yellow onion (½ cup), minced
1 cup strained tomatoes, or thick tomato juice	¾ teaspoon dried thyme
2 teaspoons red wine vinegar	1 teaspoon fine sea salt
1 bay leaf, crumbled	½ teaspoon freshly ground black pepper
2 small whole chipotle in adobo sauce	1 celery rib (⅓ cup), diced small
¼ cup (2 ounces) smoked sliced bacon, diced fine	4 ounces small button mushrooms (1 cup), diced fine
1 cup (7 ounces) Carolina Gold Rice or red rice, rinsed and drained	

Pour the stock and tomatoes into a small saucepan. Add the vinegar and bay. Drop chiles with adobo sauce clinging to them into the pan and mash against the sides with a wooden spoon. Cover and bring to a simmer on low heat to infuse the flavors, and then remove from heat.

Set a well-seasoned 8 to 9 inch cast iron skillet over medium heat. Add the bacon to the cold pan and sauté for about 5 minutes. Add the onion and thyme; sauté until golden, stirring frequently, about 5 minutes. Stir in salt and pepper. Stir in celery and cook until barely tender, then increase heat. Add mushrooms and cook until juices are released and evaporated. While mushrooms are cooking, bring stock mixture back up to a simmer. Stir the garlic into the vegetable mixture and sauté until its aroma blooms, about 10 seconds.

Stir the rice into the vegetables and sauté until the grains are opaque, about 30 seconds. Pour the hot stock through the strainer into the skillet, pushing with the back of the wooden spoon to get every bit of the liquid into the rice. Stir the rice, cover tightly and wrap foil around the lid and skillet. Turn down the heat to low. Cook 20 minutes with lifting the lid, and then remove the skillet from the heat. Let rest 10 minutes before uncovering and serving. *Makes 4 servings*

Baked Leek and Goat Cheese Risotto

2 tablespoons olive oil	2 teaspoons chopped rosemary leaves
2 tablespoons butter	1¼ cups Arborio rice
1 medium onion, finely chopped	3 cups vegetable or chicken broth
3 leeks, cut lengthways and finely sliced	4½ ounces soft goat cheese, cut into pieces
2 cloves garlic, crushed	2 ounces Kerrygold- Dubliner cheese, grated
1 teaspoon sea salt	2 ounces Parmesan cheese, grated

Preheat oven to 400°F.

Heat a large skillet over medium heat. Add the olive oil, butter, onion, leeks, garlic and sea salt; cook, stirring occasionally for 5 to 6 minutes. Add the rosemary and rice; stir over the heat for another minute. Pour in the stock and bring to a boil. Remove from heat and transfer rice mixture to an oven proof pan. Stir in the cheeses. Cover and bake for 25 to 30 minutes, or until rice is al dente.

Remove cover and place under broil until the top is golden brown, 3 to 5 minutes. Let rest 10 minutes. Sprinkle with additional chopped rosemary leaves and serve. *Makes 4 servings*

