



If you are interested in American rice and have any further questions, then please contact us. Staff at the USA Rice Federation are always available to answer questions on the various aspects of American Rice.

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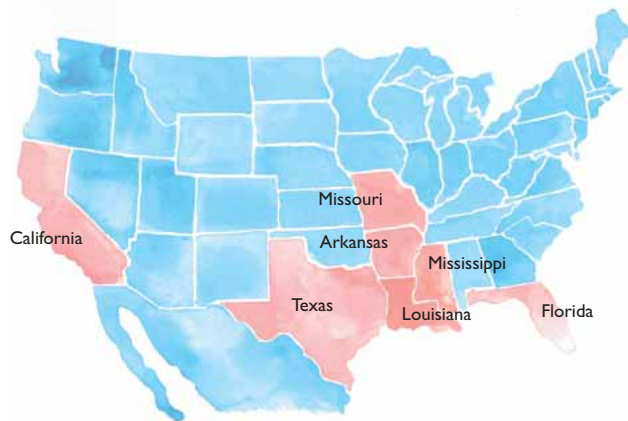
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The Essential American Rice Guide



Rice is grown in seven American states.



A substantial quantity of Europe's rice comes from these rice growing states.

The Americans have been farming rice since the late 17th century. So if you thought the hamburger was the traditional American food, think again! And it's not just 'American' rice either. Grown in seven states, each with its own distinctive culture and traditions, this booklet will introduce you to the many ethnic groups that combined their histories, expertise, culinary skills and sheer hard work, to bring this rich heritage into the present day.

How did rice get to the USA?

There are several stories regarding the introduction of rice to America. One talks of a Dutch ship that in 1694 set sail from Madagascar. Storm-battered, it took refuge in South Carolina's Charleston Harbour, Charleston's inhabitants gave the crew a warm welcome and helped repair the ship. The departing ship's English Captain expressed his gratitude to the community by presenting it with a sample of his cargo, 'Golde Seed Rice'. These precious rice seeds were the forerunners of a now famous rice type – 'Carolina Golde'.

South Carolina became the first American state to farm rice although, following the Civil War it ceased to do so and rice farming moved westward to Arkansas, Louisiana and Texas.



The USA is one of the world's largest rice exporters.





Arkansas-

The home of wild ducks.

In the late 1800's, an enterprising farmer returned from seeing rice grow in Louisiana. He planted three acres and rice cultivation in Arkansas has never looked back since. Today, Arkansas is the largest rice producing state in the USA.

Duck hunting and duck calling contests are popular pastimes in Arkansas.



Many Germans and Swiss settled in Arkansas and if you look at the names of the towns such as Stuttgart and Lutherville, it is easy to see their ethnic origins. Duck is a popular dish of the area and not surprisingly, is almost always accompanied by a rice dish.



"There the rice fields are full" is a line from the official state anthem of Arkansas.



Cumin Rice is a favourite side dish to serve with wild duck

CUMIN RICE

Ingredients to serve 4

- 2 tbsp. bacon dripping
- 1 small onion, finely chopped
- 1/2 green pepper, deseeded and finely chopped
- 250 g (9 oz) American long grain rice
- 500 ml (18 fl oz) consommé or beef stock
- 1 tbsp. Worcestershire sauce
- 1 tsp. cumin seed

Method

1. Heat bacon dripping in a saucepan and sauté vegetables until onion is translucent.
2. Add rice and cook for a further minute.
3. Add remaining ingredients.
4. Bring to the boil, stir once, cover and cook for 15 minutes, or until rice is tender and liquid absorbed.



California- The 1848 Gold Rush introduced Chinese cuisine.

The Gold Rush provided the impetus for the introduction of rice cultivation to California, the second largest growing state. Rice is grown in the Sacramento area, also home to the California wine industry.

Chinese workers, attracted to the state by the prospect of gold, which soon ran out, stayed on to help build the railroads and rice was farmed to feed them. Chinese Americans are still a major ethnic group in California.

San Francisco is famous for its Chinatown where Chop Suey was invented.

California was swamped with eager gold prospectors including many Chinese.

San Francisco's historic and modern architecture.



SIZZLING RICE SOUP

Ingredients to serve 4

- 250 g (9 oz) American long grain rice, 500 ml (18 fl oz) water
- 2 tsp. each dark soy sauce, rice wine and cornflour, blended together
- 225 g (8 oz) lean pork, cut into thin shreds
- 750 ml (1 1/2 pints) chicken stock, boiling
- 100 g (4 oz) each frozen peas and water chestnuts, sliced
- 28 g (1 oz) dried mushrooms, optional
- 1 tbsp. spring onions, finely sliced
- 1 tsp. sesame oil
- Oil for frying

Rice Cake

1. Simmer together rice and water for 20 minutes, turn off heat and leave covered for 30 minutes.
2. Pack rice densely into dry frying pan. Cook, uncovered, over a very low heat for one hour. Turn, repeat on other side, cool.
3. When cool, snap into small squares around 10 cm (2") each.
4. Leave to one side.

Soup

1. Place pork in the soy sauce mixture and marinate for 10 minutes.
2. Add to boiling stock and simmer 5 minutes.
3. Add vegetables, simmer 2 minutes.
4. Deep fry the rice squares in batches.
5. Season soup with sesame oil. Serve hot adding rice squares to soup at the table.

San Francisco Sizzling Rice Soup is great to share with friends.





Texas- Where Tex met Mex.

Although Texas is famous for its sprawling beef cattle ranches, cowboys and television westerns, it also farms rice, originally brought to the state in covered wagons by early settlers. Texas comes fourth in the rice production rankings.

Rodeos are hugely popular in Texas.



As well as Tex-Mex, popular state food includes Barbecue and Chuck Wagon, with rice and beans featuring in all three dishes. Texas has named its national dish as Chilli, which is

served with a generous plateful of freshly cooked, locally grown rice.



Texas is famous for its Longhorn cattle.



Chill out with this authentic Texas Chilli

TEXAS CHILLI

Ingredients to serve 4-6

- 2 tbsp. oil
- 950 g (2lb) chuck steak, cubed
- 4 cloves garlic, crushed
- 2 large Spanish onions, sliced
- 6 Jalapeno peppers, seeded and chopped
- 2 tsp. cumin
- 1 tsp. salt
- 2 tsp. chilli powder, or to taste
- 2 tsp. oregano
- 800 g canned, chopped tomatoes
- 250 g (9oz) American long grain rice

Method

1. Heat oil and brown meat.
2. Add garlic and onions and cook to soften.
3. Add Jalapeno peppers and dry spices and stir well.
4. Add tomatoes and their juice, bring to the boil, lower heat to simmer, cover and cook 1 hour.
5. Serve with freshly cooked American rice. See 'Rice Cooking Methods' on page 28.



Louisiana-

Look no further for the finest Cajun and Creole Cooking.

Rice is farmed in Southern Louisiana where the ideal weather conditions provide longer growing seasons. Double cropping is possible if an early Spring enables early planting. Louisiana is ranked as the third largest rice producing state and is rich in culinary heritage. Here descendants of Spanish and French immigrants lived alongside both African slaves and American colonists.

Creole cuisine with its African and Spanish influences is centred in New Orleans. Its cooking is refined, almost elegant. Cajun cuisine sprang from the poorer, rural areas, its roots lying primarily with refugees of French origin.

Creoles are as fancy with their architecture as they are with their cuisine.



No two Gumbos are the same, ask any Cajun, each has a favourite recipe.

JAMBALAYA

Ingredients to serve 4

- 2 tbsp. oil
- 1 large onion, chopped
- 3 sticks celery, chopped
- 1 green pepper, chopped
- 2 cloves garlic, crushed
- 225 g (8 oz) Andouille or other smoked sausage
- 225 g (8 oz) cooked chicken, chopped
- 625 ml (21 fl oz) chicken stock
- 250 g (9 oz) American long grain rice
- 1/2 tsp. cayenne pepper
- 2 beefsteak tomatoes, chopped
- 225 g (8 oz) shrimp
- 4 spring onions, green part chopped

Method

1. Heat oil, add onion, celery, green pepper and garlic. Cover pan and cook until vegetables are very soft.
2. Add meats and cook for a few minutes. Add stock, rice, cayenne pepper and tomatoes. Cover pan and cook gently on simmer until rice is tender.
3. Add shrimp and cook to heat through. Serve garnished with spring onions.

A true Cajun dish, jambalaya can transform leftovers.





Mississippi-

A feast for the soul.

The rich, clay soil of the Mississippi Delta retains water. Farmers realised that rice was more suited than cotton to these conditions putting this state in fifth position for production.

On Sundays, gospel music echoes from the country churches.

The fields of the Mississippi Delta are the birthplace of the Blues. The workers, to cheer themselves in their work, sang African tribal chants and 'hollers', and their music is truly original to America. African influence extends to Mississippi's cuisine, which is a celebration of southern soul food featuring dishes such as grits, collard greens and Hoppin' John.



The Mississippi is famous for its riverboats.



Hoppin' John is also called Limpin' Susan

HOPPIN' JOHN

Ingredients to serve 4

- 100 g (4 oz) dried blackeye peas
- 1 tsp. salt
- 1 large onion, chopped
- 50 g (2 oz) salt pork, chopped or 1 ham hock
- 1/2 tsp. each cayenne and black pepper
- 250 g (9 oz) American long grain rice
- 25 g (1 oz) butter

Method

1. Soak peas overnight in enough water to cover.
2. The next day, drain then add 250 ml (1/2 pint) fresh water, bring to the boil and boil for ten minutes.
3. Add salt, onion, salt pork or ham hock. Lower heat to simmer and cook for 1 1/2 hours or until peas are cooked.
4. If using ham hock, remove from pan and shred meat from bone, returning to beans.
5. Cook the rice by the absorption method, see page 28.
6. Add cayenne and black pepper, rice and butter. Heat through and serve.



Missouri-

*Their barbecue is so good,
it's easy to make a hog of yourself.*

Missouri raises its crop in its south-eastern area and is the sixth largest rice producing state. Hog farming is another important industry. Missouri is named after a Native American tribe, the OuMissouri, which means, 'people with big canoes'.

Square dancing, originally known as prairie dancing, dates back to Missouri's early days when wagon trains headed west. Each train would have one fiddle player and one caller for the dance aboard. Barbecue features pork from locally reared hogs and is the state's most popular dish.

Kansas City proclaims itself to be the barbecue capital of the world.



Wagon trains headed west.

KANSAS STYLE RIBS WITH RICE

Ingredients to serve 4

- 1.4 kg (3 lb) rack meaty pork spare ribs

Dry Rub

- 1 tbsp. each ground cumin and black pepper
- 2 tsp. chilli powder
- 1 tsp. salt
- 2 tbsp. each paprika and dark soft brown sugar

Wet Sauce

- 200 ml (7 fl oz) white wine vinegar
- 1 tbsp. each hot pepper sauce and dark soft brown sugar
- 1 1/2 tsp. black pepper
- 1/2 tsp. salt

To serve

- Freshly cooked American long grain rice (see page 28)
- Barbecue sauce.

Method

1. Mix together the dry rub ingredients. Use to rub the ribs.
2. Bake ribs on a baking sheet in a pre-heated oven (350°C, 180°F or Gas 4) for 1-1 1/2 hours.
3. Mix together the wet sauce ingredients and use to baste ribs.
4. Place ribs either on an outdoor barbecue grill or grill conventionally, repeating basting and turning until cooked. Serve over freshly cooked American long grain rice with barbecue sauce.

These ribs are just like they make them in Kansas.





Florida-

One of the most popular holiday destinations.

Florida has a thriving tourist industry, attracting many visitors. Rice farmers believe that because their production area is so compact (located in the state's south-central part) most visitors never see rice growing, so don't realise that Florida ranks seventh as a rice producing state.

Its Latin population (Cubans and Haitians) heavily influences Florida cuisine and 80 percent of its rice crop is consumed locally. A typical Cuban dish is moros y cristianos or Moors and Christians. Named for its colour combination it combines white rice and black beans. The Rice with Black Mushrooms recipe originated in Haiti.

Art deco features in Miami's architecture

Florida is famous for its white sandy beaches.



Serve this with seafood as they would do in Florida

RICE WITH BLACK MUSHROOMS

Ingredients to serve 4

- 25 g (1 oz) dried black mushrooms, chopped
- 500 ml (18 fl oz) hot water
- 25 g (1 oz) butter
- 250 g (9 oz) American long grain rice
- 2 cloves of garlic, finely chopped
- 1 tsp. thyme
- 1/2 tsp. freshly ground black pepper and salt
- Pinch of ground cloves

Method

1. Soak the mushrooms in the hot water. Drain, reserving the liquid.
2. Heat the butter in a saucepan and sauté the rice and garlic for 2 minutes.
3. Add the reserved liquid together with the remaining ingredients.
4. Bring to the boil, stir once, cover and simmer until rice is cooked and liquid absorbed.



Native Americans

Wild Rice. Not a true rice but an aquatic grass, wild rice grows in California and Minnesota.

Native Americans, who called it *Manoomin* (good berry), introduced the colonists to wild rice. The native Americans bent the wild rice over their canoes and dislodged the ripe grain with a tap from a flail, then dried it in a kettle over wood fires. Once dry, the rice was put in a wooden container and 'walked in place' with moccasins to take off the hulls, then winnowed.

Today, Native Americans harvest only around 1% of the wild rice sold. The majority is cultivated and grown in California and Minnesota's Great Lakes region.

Native Americans introduced the early settlers to wild rice.



Paddling through the waterways to harvest wild rice.

WILD RICE SAUTÉ

Ingredients to serve 4

- 250 g (9 oz) American wild rice
- 725 ml (24 fl oz) water
- 100 g (4 oz) butter
- 225 g (8 oz) button mushrooms, sliced.
- 1 bunch spring or salad onions, green part only, chopped.
- Garnish: raw mushrooms sliced.

Method

1. Put rice and water into a saucepan. Bring to the boil. Lower heat to simmer and cook, covered, for 35-45 minutes, or until rice is tender. Drain off any excess water and set rice to one side.
2. Melt butter in a pan. Add mushrooms and sauté for a minute. Add onions. Cook until tender.
3. Add the cooked wild rice and heat through, stirring carefully to avoid crushing rice.
4. Serve as a side dish garnished with sliced, raw mushrooms with your choice of game birds, venison or fish.

The Native Americans serve this Wild Rice Sauté at Pow-Wows



American Rice

Perfect for healthy eating

Rice is one of the world's most versatile foods, and is used in a wide variety of regional cuisines, as demonstrated by our journey through the various states of the USA. This diversity is also evident in the various methods of preparation, which can allow it to be fluffy and firm in one dish and, in another, creamy, as in a pilau or risotto. Due to its versatility, rice can be enjoyed in a variety of food combinations.



Excellent nutritional value!

Rice is an outstanding source of protein, and is rich in complex carbohydrates, which are burned up slowly by the body, and so deliver a sustained level of energy over a long period. It contains important nutrients, such as vitamin E, B vitamins, iron, magnesium and plenty of potassium. Rice is also low in fat and cholesterol-free.

Great for allergies

For people suffering from allergies and food intolerances, rice is considered to be an ideal food. It is low in allergens and gluten-free, providing balanced nourishment, particularly where nutritional considerations are paramount. Rice is also easily digested, and is therefore particularly good for children and the elderly.



The nutritional values of rice

The following table compares the nutritional values of various kinds of rice. For example, rice is an important provider of B vitamins. Deficiencies in Vitamin B, caused in Asiatic countries by the consumption of milled rice, can be avoided by eating American easy cook rice (also known as Parboiled). Likewise, the essential trace element iron in American parboiled rice is very easily absorbed by the human body. American parboiled long grain rice is essential in a healthy diet.

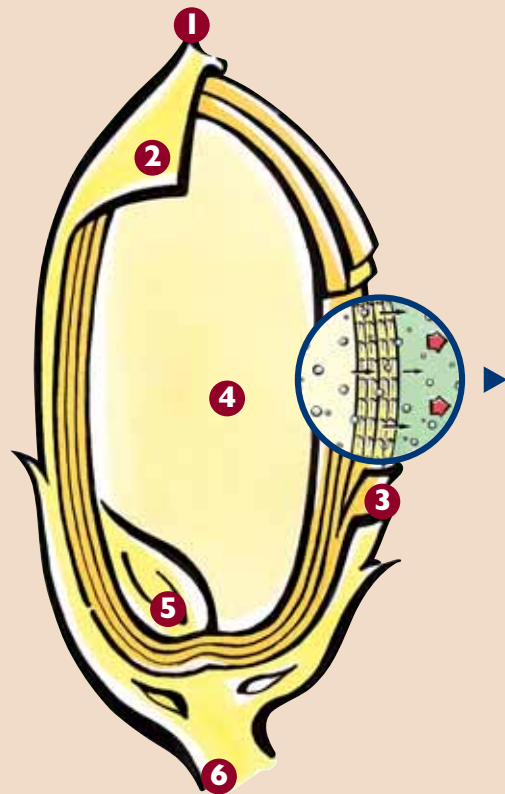


The nutritional values (per 100 g uncooked rice)

Variety of Rice	Long grain Rice Milled	Long grain Easy Cook Rice	Brown Rice	Wild Rice
Protein	7.13 g	6.79 g	7.94 g	14.73 g
Fat	0.66 g	0.56 g	2.92 g	1.08 g
Carbohydrate	79.95 g	81.72 g	77.24 g	74.90 g
Fibre	1.3 g	1.7g	3.5 g	6.2 g
kcal/kJ	365/1.527	371/1.552	370/1.548	357/1.494
Minerals/Vitamins				
Sodium	5 mg	5 mg	7 mg	7 mg
Potassium	115 mg	120 mg	223 mg	426 mg
Calcium	28 mg	60 mg	23 mg	21 mg
Magnesium	25 mg	31 mg	143 mg	177 mg
Iron	0.80 mg	1.50 mg	1.47 mg	1.96 mg
Phosphorus	115 mg	136 mg	333 mg	433 mg
Vitamin E	0.11 mg	0.03 mg	1.20 mg	0.82 mg
Vitamin B ₁	0.070 mg	0.100 mg	0.401 mg	0.115 mg
Vitamin B ₂	0.049 mg	0.070 mg	0.093 mg	0.262 mg
Niacin	1.600 mg	3.632 mg	5.091 mg	6.733 mg
Vitamin B ₆	0.164 mg	0.350 mg	0.509 mg	0.391mg

(Source: USDA National Nutrient Database for Standard Reference, Release 17, 2004)

The Refining of Rice in

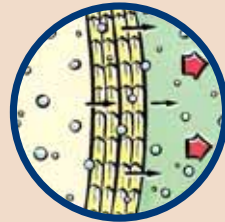


The rice grain:

- 1 bristles (on top of the grain)
- 2 husk or hull
- 3 several bran layers
- 4 endosperm (consists of starch)
- 5 germ or embryo
- 6 stalk

This is how it works:

Phase 1:



Phase 2:



Phase 3:



Phase 4:



the Parboiling Process

The parboiling process was developed about 50 years ago in the USA. Through this refining process the vitamins and minerals found in rice can be retained in the milled rice. Parboiling does not affect the cooking time.

Phase 1: After cleaning, the rice is placed in a vacuum tank and air is extracted from the raw rice using a low pressure.

Phase 2: A hot water soak draws water-soluble vitamins and minerals from the bran layers and the germ.

Phase 3: Via high pressure and steam, these water-soluble nutrients are pressed into the endosperm. A second steam treatment locks the nutrients into the grain.

Phase 4: Excess water is extracted by low pressure. The parboiling process gelatinises the starch in the endosperm thereby producing extra fluffy cooked rice.

Now the parboiled rice is milled and the husk, bran layers and germ are removed. Raw parboiled rice has a golden colour but on cooking the grain becomes white.

Enjoy something special – parboiled rice!

AMERICAN EASY COOK (PARBOILED) RICE AND ITS ADVANTAGES:

With its improved cooking qualities, American parboiled rice does not stick whilst cooking, and also remains fluffy and firm when kept warm. American parboiled rice absorbs more water, and so is more economical than traditional milled rice, an important aspect for professional kitchens. This makes the cost effectiveness unbeatable. And even after milling, American parboiled rice still contains about 80 per cent of the original vitamins and minerals – a particularly valuable contribution to a healthy daily diet.

The American long grains.

Long grain rice is available in four varieties and is the most popular rice type eaten in Europe. It can be used for virtually any dish or any cuisine:



Regular milled long grain rice

This has a subtle flavour that perfectly complements both rich and delicate sauces. The harvested rice is milled to remove the husk and bran layer; the grain is slim and four to five times as long as it is wide. On cooking, the grains separate to give an attractive fluffy effect.

Regular brown long grain rice (wholegrain rice)

Enjoyed for its distinctly nutty flavour, brown rice undergoes only minimal milling. This removes the husk but retains the bran layer. For this reason the rice retains more vitamin, mineral and fibre content than regular or easy cook rice.



Easy cook brown long grain rice (Parboiled or Easy cook wholegrain rice)

As with white rice, brown rice is also available in easy cook form and is faster cooking than regular brown rice. The process also helps the grain retain its shape when cooked.

Easy cook long grain rice (Parboiled)

The ideal choice for the novice cook. It is steamed under pressure while still in an unmilled state, then milled. The process gelatinises the grain's starch (reducing the possibility of over-cooking) and produces an extra fluffy cooked grain. It also helps to retain much of the natural vitamin and mineral content present in the milled layers. When raw, the rice has a golden colour but turns white on cooking.



AMERICAN RICE ON THE INTERNET

For more information about American rice you can also use our various websites. There you will find not only recipe ideas for domestic and commercial users, but also additional trade information. Just visit us at www.usarice.com and www.usarice.co.uk.

Further statistical information about rice is available at www.fas.usda.gov. Information on American wild rice can be found at www.cawildrice.com.

Aromatic, short and medium grain and wild rice

Wild rice

Not true rice at all but an aquatic grass, which grows wild but is also cultivated. The grains are long and slim and range in colour from dark brown to black. It is grown in the USA, both in California and Minnesota (see USA Rice Growing States), and Canada. It is often mixed with other types of rice such as milled, parboiled or brown long grain.



Wild rice

Basmati

A very long grained aromatic rice native to and grown in India and Pakistan. It has a fragrant flavour and aroma and is the rice used in Indian dishes such as Biryani and Pilau rice. Brown basmati and easy cook basmati are also available. Americans have cultivated a version that has adapted to the soil conditions and climate of the USA.



Aromatic rice

Jasmine rice (Thai fragrant rice)

This is another aromatic rice although its flavour is slightly less pronounced than that of basmati. Originating in Thailand, a variety is also grown in America, it differs from other long grain rices in that it has a soft and slightly sticky texture when cooked.



These rices are all very different. Read the descriptions and you will see how they vary.



Risotto rice and medium grain

Originating in Italy, risotto rice is a medium grain rice used to make the dish of the same name. It absorbs as much as five times its weight in liquid and during cooking, starch is released to give the grain a creamy texture. It should not be used in dishes where a separate, fluffy grain is desired. Medium grain rice is also grown in the United States.

Short and medium grain rice



Pudding rice (short grain)

This short grain rice is the one to use for puddings and sweets and is grown in America and Italy. At one time it was known as Carolina rice. The grains are tubby and chalky in appearance and cling together on cooking. If risotto or medium grain rice is not available, substitute short grain rice to make a risotto.



Glutinous rice (short grain)

Glutinous rice goes by many names to include sweet, sticky and waxy. It grows in Japan, China and Thailand. California rice farmers produce a medium grain version. Although called glutinous, this rice is gluten-free like all rices. Opaque-white in appearance, it is either round, almost pearl-like or more elongated. Used primarily for Japanese sushi, a mix of rice, vinegar and sugar to which raw fish may be added.



Perfect rice is easy to achieve with our simple methods.

ABSORPTION METHOD

1. Correct measuring is the secret to success. Use one part rice to two parts liquid.
2. Put the rice and cold liquid into a saucepan.
3. Bring to the boil and stir once.
4. Lower the heat to a gentle simmer and cover the pan with a tight fitting lid. Leave the rice to cook for the recommended cooking time.
5. When the rice is cooked and the liquid absorbed, steam holes can be seen on the rice's surface.
6. To serve, fluff with a fork.



Tip!

A standard mug, when filled to the brim with raw rice will give two-four portions of cooked rice.

Tip!

It is not necessary to rinse any American-grown rice either prior to, or after cooking, as it is an extremely clean product produced to the highest standards. Rinsing merely washes away valuable nutrients. Use the handy cooking chart given on pages 34-35 at the back of this booklet for measurements and cooking times for all methods and rice types.

FREE SIMMER METHOD

1. Bring 1.4 litres (2¹/₄ pints) of liquid to a full, rolling boil in a large saucepan. Add 250 g (9 oz) or a mug of rice.
2. Bring back to the boil, then simmer, uncovered for the recommended cooking time.
3. When the rice is cooked, drain off the water using a sieve and serve.



MICROWAVE METHOD

Use the absorption method, one to two part measures. Put the quantities into a deep glass or microwave dish with its own lid. Stir once, cover and cook on full power, for the recommended time. Allow dish to stand, still covered, for 10 minutes. before fluffing the rice to serve.

Tip!

Freeze cooked rice in single portions by the 'open-freeze' method. Pack rice into cups and un-mould onto baking tray. When frozen, transfer into freezer bags.



Or to keep separate, place cooked rice on a baking tray and spread to a shallow layer. Place in freezer until rice is frozen. It can then be 'poured' into freezer bags and kept frozen for approx. 6-8 months.



A Pilaf is a perfect side dish.

Classic rice dishes are easy when you know how.

Each recipe serves 4

RICE PILAF/PILAU

Heat 30 ml (2 tbsp.) oil or 40g (1 1/2 oz) butter in a large saucepan and fry one large chopped onion and a crushed garlic clove to soften.



Add 250 g (9 oz) of any American long grain rice and fry for a further minute.



Add 500 ml (18 fl. oz) stock and bring to the boil.



Add flavourings and reduce heat. Stir once, cover and simmer until cooked, see cooking chart on pages 34-35 for timings, which will depend on rice type used.



RISOTTO

Heat 25 g (1 oz) butter and 30 ml (2 tbsp.) olive oil in a large saucepan. Add one large chopped onion and, if you like, one crushed clove of garlic. Fry to soften. Add 250 g (9 oz) risotto or medium grain rice and cook, stirring for 2 minutes.



Add 1 litre (1 3/4 pints) of stock, or two-thirds stock and one third wine, in 300 ml (1/2 pint) batches, cooking gently and stirring all the time, until each liquid measure has been absorbed before adding the next.



When you have used up all the liquid, the rice will be tender and the dish ready to serve. Before serving, add 75 g (3 oz) freshly grated Parmesan cheese and a knob of butter. Stir to blend and serve with Parmesan cheese shavings.



Unlike other rice dishes, risottos need to be stirred during cooking.



EGG FRIED RICE

Cook 250 g (9 oz) long grain rice using your chosen method and rice type. Heat 30 ml (2 tbsp.) groundnut oil in a wok or deep-sided frying pan. Add the cooked rice and stirfry, over a high heat, for one minute. Add 50 g (2 oz) cooked, chopped pork, ham or bacon and 125 g (4 oz) cooked peas. Stir fry for a further five minutes.



Add 200 g (7 oz) beansprouts and stir to mix. Add 2 raw, beaten eggs. Stir fry until the egg is cooked, season to taste and serve.



Egg Fried Rice is a quick and easy supper dish.



Dairy rice can be served hot or chilled.

DAIRY RICE

Heat 1 litre (1 3/4 pints) milk, seasoned with a pinch of salt. Add 250g (9 oz) short grain or pudding rice.



Bring to the boil and cook on a low heat, stirring occasionally, until the milk has been absorbed. Serve with melted brown butter (25 g (1 oz) butter heated gently to colour) and cinnamon sugar, or fruit or fruit puree.



Tip!

To bake a rice pudding put 50 g (2 oz) short grain (pudding) rice into a buttered 900 ml (1 1/2 pint) baking dish. Add 600 ml (1 pint) almost boiling milk, 25 g (1 oz) caster sugar and 15 g (1/2 oz) butter and stir. Bake at 150°C/300°F/Gas Mark 2 uncovered, for 2 hours. Serve hot or cold.



SPICE UP YOUR RICE

The best recipes are devised by using a little of this and a little of that coupled with some creative flair. You don't have to follow a recipe to produce a delicious supper dish or side serving. Try a few of our ideas and then come up with a few of your own.



Chop fresh herbs into cooked rice.

Use the following to pep up plain rice.



Add toasted sunflower seeds and raisins for a Health Bar Bonanza.



Make Rice Blush with plum tomatoes and red pesto.



Add sliced mushrooms of your choice sautéed in hot garlic butter for a Mushroom Medley.

Add sliced pizza sausage, canned chopped tomatoes and cubed Mozzarella cheese for a Pizza the Action.



Stir in sesame oil, cashew nuts, sliced water chestnuts and mange tout to Shanghai Lil.

Prepare Curry in a Hurry by adding 1 tbsp. hot or mild curry powder.

Make Ginger Singe with 1 tbsp. freshly and finely grated ginger.



Create Chilli Silly by adding 1-2 tsp. chilli powder.



Rice absorbs the flavour of the liquid it cooks in so instead of using water why not try these ideas instead?



Combine orange juice with a strip of orange zest. Perfect with game meats.



Try apple juice with a cinnamon stick. Refreshing with pork.



Infuse together fresh chicken stock and 1 tsp. saffron threads. Super with kebabs.



Sprinkle with chopped dried apricots and toasted almond flakes to make Turkish Delight cooked rice.



Squeeze the juice of 2 lemons and add to the cooking liquid.

Rice

	<i>Rice Quantity- All Methods</i>	<i>Water Quantity- Absorption Method</i>	<i>Hob Cooking Times- Absorption And Free Simmer Method</i>	<i>Microwave Method Cooking Times* 650 Watt Full Power Add 10 Minutes Standing Time</i>
<i>American regular long grain milled</i>	250 g (9oz)	500 ml (18 fl oz)	15-20 minutes	10-15 minutes
<i>American Easy cook (Parboiled) long grain</i>	250 g (9oz)	550 ml (19 fl oz)	15-20 minutes	10-15 minutes
<i>American regular long grain brown</i>	250 g (9oz)	625 ml (21 fl oz)	35-40 minutes	25 minutes
<i>American Easy cook (Parboiled) long grain brown</i>	250 g (9oz)	650 ml (23 fl oz)	25-35 minutes	18 minutes
<i>American Wild</i>	250 g (9oz)	750 ml (26 fl oz)	35-45 minutes	40 minutes
<i>Basmati regular milled</i>	250 g (9oz)	450 ml (¾ pint)	12-15 minutes	8-10 minutes
<i>Basmati Easy cook</i>	250 g (9oz)	600 ml (1 pint)	12-15 minutes	8-10 minutes
<i>Jasmine</i>	250 g (9oz)	450 ml (¾ pint)	12-15 minutes	8-10 minutes
<i>Risotto</i>	250 g (9oz)	1 litre (1¾ pints)	20-25 minutes	-
<i>Glutinous</i>	250 g (9oz)	450 ml (¾ pint)	15-20 minutes	-
<i>Short grain (pudding)</i>	50 g (2oz)	600 ml (1 pint) (milk)	40-45 minutes (for baking please see page 31)	8 minutes plus 40 minutes on defrost

* Approximate cooking times