

Chefs in Training create taste treats with rice

In an idyllic setting high above the Hudson River just north of New York City, future chefs learn the skills, techniques and practicalities of running a food operation at the Culinary Institute of America. Whether hotel, restaurant, catering, or in-plant foodservice, the rules are the same: serve the best food in the most pleasant manner...while maintaining a profitable bottom line for financial statement.

The enthusiasm and creativity of these young people are astounding! They are immersed in their craft...and it is a craft rather than a trade. Recently they shared their creativity with the Rice Council of America to come up with interesting rice dishes to serve with meat, poultry, or seafood.

And just as rice, at less than 4 cents per serving, can add to the profitability of a restaurant operation...it can help with the budget at home, too. Rice, a gently-flavored food, does not need expensive toppings to add to its appeal. But a judicious seasoning or two added during or after cooking can make a meal a special one.

Try the following recipes and you will dress up your menus just as the professionals do.

CARIBBEAN ISLAND RICE

Refreshing as a tropical breeze

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| 1 cup uncooked rice | 1/2 cup flaked or shredded coconut |
| 1 cup orange juice | 2 tablespoons unsalted butter or |
| 1 cup water | margarine |
| 1-1/2 teaspoons salt | 2 cups peeled and diced papaya or |
| 1/4 teaspoon ground white pepper | mango |

Combine rice, orange juice, water, salt, and pepper in 1-1/2 to 2-quart saucepan. Bring to a boil; stir once or twice. Lower heat, cover, and simmer 15 minutes, or until rice is tender and liquid is absorbed. Stir in coconut and butter. Cover and let stand 10 minutes. Fold in papaya pieces. Makes 6 servings.

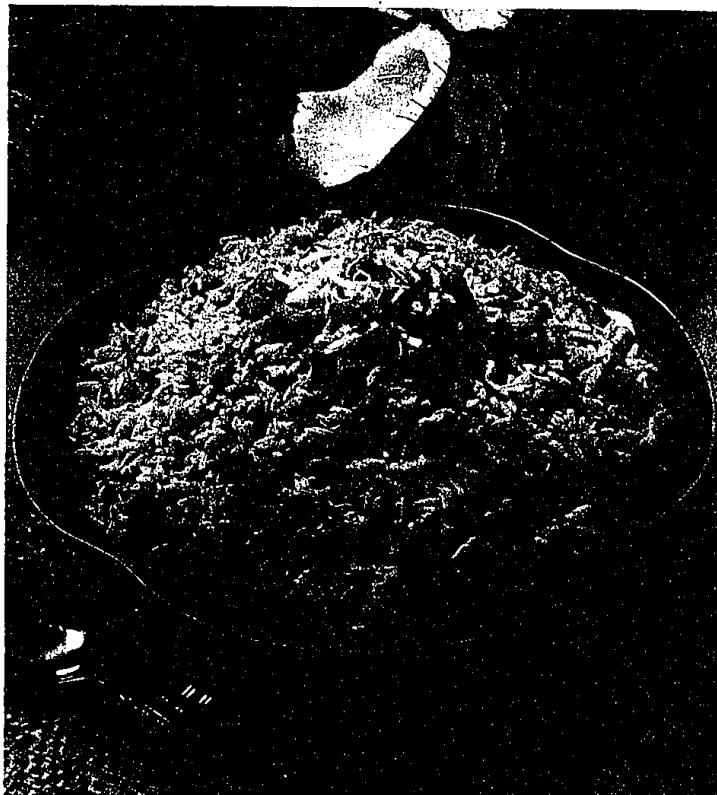
*Or use 2 cups diced canned mangos or peaches, drained.

CHUTNEY RICE

A touch of India

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| 3 cups cooked rice, cooled | 1/2 cup mayonnaise |
| 1 cup cooked green peas | 2 tablespoons chutney, chopped |
| 1 cup sliced celery | 1/2 teaspoon salt |
| 18 seedless green grapes, halved | 1/2 teaspoon ground white pepper |
| 1 tablespoon minced onion | 1/2 teaspoon powdered mustard |

Combine rice, peas, celery, grapes, and onion in large mixing bowl. Blend remaining ingredients. Pour over rice mixture. Toss lightly. Chill. Serve on salad greens and garnish with whole grapes, if desired. Makes 6 servings.



SOUTHERN RICE

Good enough to be a dessert, too

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| 3 cups hot cooked rice | 1/2 cup dry roasted peanuts, |
| 2 tablespoons firmly packed brown sugar | coarsely chopped |
| 1 tart cooking apple, cored and chopped | Salt and ground white pepper |

Combine rice and sugar. Toss with a fork to mix well. Add apple and peanuts. Season to taste. Makes 6 servings.

CARAWAY BACON RICE

An outstanding combination of flavors

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| 6 slices bacon | 1 can (8 ounces) or 1 cup sauerkraut, |
| 1/3 cup chopped onion | rinsed and drained |
| 1/2 green pepper, coarsely chopped | 1/2 teaspoon caraway seed |
| 1 small clove garlic, minced | Salt and ground black pepper |
| 3 cups cooked rice | |

Cook bacon in large skillet over low heat until crisp. Drain on absorbent paper. Pour off fat; return 2 tablespoons to skillet. Add onion to skillet and cook until soft. Add green pepper and garlic. Cook until pepper is tender crisp. Stir in rice, sauerkraut, and caraway seed. Heat thoroughly. Add bacon, crumbled, and season to taste. Makes 6 servings.

RICH RICE

A perfect party casserole

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| 4 cups cooked rice, divided | 1/2 teaspoon ground white pepper |
| 2 tablespoons butter or margarine | 1/8 teaspoon ground nutmeg |
| 1 onion, chopped | 1 cup sour cream |
| 8 ounces fresh mushrooms, sliced | 1 cup finely chopped spinach (packed) |
| 1 tablespoon lemon juice | 1 cup grated Swiss cheese |
| 1-1/2 teaspoons salt | Paprika |

Spoon half the rice into buttered shallow 2-quart baking dish. Melt butter in large skillet. Add onion, mushrooms, lemon juice, and seasonings. Cook over medium heat until onions are soft but not brown. Remove from heat; stir in sour cream. Spread mixture over rice. Cover with spinach. Top with remaining rice; sprinkle with cheese. Dust with paprika. Bake at 350° for 30 to 35 minutes, or until thoroughly heated. Makes 6 servings.

RICE CROQUETTES

The kind grandma used to make

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| 3 cups cooked rice, cooked in chicken | 2 tablespoons finely chopped onion |
| broth | 1 tablespoon snipped parsley |
| 8 ounces fully cooked ham, chopped | 1 clove garlic, minced |
| (1-1/2 cups) | Salt and ground black pepper to taste |
| 1 cup (4 ounces) grated Cheddar cheese | 1 cup fine dry bread crumbs |
| 3 eggs, beaten | Vegetable oil for frying |
| 1/4 cup mayonnaise | |

In large bowl combine all ingredients except crumbs and oil. Cover and refrigerate 1 to 2 hours, or until mixture is thoroughly chilled. Shape mixture into 30 egg shaped croquettes, about 1-1/2 tablespoons each. Roll in bread crumbs; refrigerate 20 minutes. Heat oil to 375°. Fry croquettes in small batches, 2 to 3 minutes, turning to brown evenly. Drain. Serve with a caper sauce or other appropriate sauce. Makes 30 croquettes.

RICE OLÉ CASSEROLE

Creamy...zippy

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| 4 cups cooked rice | 1/2 cup sliced pitted ripe olives |
| Salt | 1-1/2 cups (6 ounces) grated Monterey Jack or |
| 1/2 cup yogurt | Cheddar cheese |
| 1/2 cup sour cream | Pimiento strips, optional |
| 1 can (4 ounces) diced green chiles | |

Season rice with salt; spread half into buttered shallow 2 quart baking dish. Combine yogurt, sour cream and green chiles. Spread half the mixture over rice. Sprinkle with half the cheese and half the olives. Top with remaining rice. Spread with remaining yogurt mixture. Sprinkle with remaining cheese and olives. Bake at 350° for 30 minutes, or until hot and bubbly. Garnish with pimiento. Makes 6 servings.

