

Brown rice can be converted into red with tomatoes

BY DANA JACOBI
CORRESPONDENT

As people's interest in eating grains has grown, so has the variety of rice available in stores. In addition to white and brown, some markets offer rice in an assortment of other colors.

There are red rice from Thailand, high in the Himalayas, and from the Canarie in southern France. Black rice include the sticky kind grown in Southeast Asia, which turns purple during cooking, and non-sticky Forbidden Rice from China, which stays black.

Even if your shopping is limited to white and brown rice, most likely you will find plump Arborio for making risotto, and fragrant basmati and jasmine long-grain rice, which are good in pilafs and salads.

Wild rice, although botanically different from all other rice, is cooked and served like

any other rice.

Ideally, we should always choose brown rice.

Because it is a whole grain, it gets its color from the outer layer of bran.

This layer also contains most of the nutrients in rice, including vitamins, minerals and fiber, so removing that layer of bran also removes some of those important nutritional contributions.

Eating brown rice does not mean missing the appealing variety described in books like *The Amazing World of Rice*, by Marie Simons.

You can still enjoy sumptuous dishes that are green, red, black, or yellow.

In fact, the ingredients that add color to any dish also add exciting flavors, even if you use the same brown rice for all rice dishes.

Cilantro and chiles add a colorful green to a Southwestern rice dish, as cooked spinach and Parmesan cheese do in an

Italian rice dish.

Using turmeric or curry powder with brown basmati rice makes fabulous, golden Indian pilafs and curries. Sautéed lentils or Italian risotto to inkly black.

"Red Rice" can be a Cujun "Dirty Rice," made with chicken gizzards, garlic and onions, or a Caribbean-style version, cooked with red beans, coconut milk and thyme.

Add tomatoes and you will have this moist Creole rice that can be served as a side dish or, with some cooked shrimp added, as a main course.



With some cooked shrimp added, this red rice can also be served as a main course. Here is a recipe for the rice to be served as a side dish.

Red Rice

- 1 tablespoon canola oil
- 1/2 cup chopped onion
- 1 large celery rib, thinly sliced
- 1-3 minced garlic cloves, or to taste
- 1-2 (or to taste) green chiles

- (Like jalapeño or serrano), seeded and minced
- 1/4 pound plum tomatoes, chopped
- 1 cup long-grain brown rice
- 2 tablespoons tomato sauce
- 3 cups cold water
- 1 bay leaf
- Salt and freshly ground black pepper, to taste

- 3 tablespoons chopped parsley
- Heat the oil in a medium Dutch oven or deep, heavy pot over medium-high heat. Sauté onions and celery until onions are translucent, about 5 minutes. Add garlic and chiles. Cook 1 minute. Mix in

tomatoes and cook until they start to soften, about 5 minutes, stirring occasionally.

Mix rice into the vegetables, making sure kernels are coated with oil. Stir in tomato sauce. Add water, bay leaf and salt. Cover pot tightly. When the liquid comes to a boil, reduce heat to medium-low and simmer until rice is done, about 45 minutes, stirring and checking cooking progress occasionally.

Let rice sit, covered, for 15 minutes. Season rice with salt and pepper to taste. Fluff moist rice with a fork before serving. Garnish with the parsley. Makes 4 servings.

Nutritional Information
per serving: 236 calories, 5 g. total fat (less than 1 g. saturated fat), 43 g. carbohydrate, 5 g. protein, 5 g. dietary fiber, 71 mg. sodium.

Dana Jacobi is a writer for the American Institute for Cancer Research and is the author of *The Joy of Soy*.

TASTE EVENTS

Weight Watchers
Chef Jim Cirka will conduct cooking demonstrations throughout the month of June for Weight Watchers, including the following dates and locations: 8:30 a.m. and 10 a.m. Saturday, June 21, at the Weight Watchers Building, 26555 Orchard Lake Road, Farmington Hills; 6 p.m. and 7:15 p.m. Tuesday, June 24, Weight Watchers Center, Hamlin Square Shopping Center, 1900 South Rochester Road (by Staples) in Rochester; and 7 p.m., Thursday, June 26, at the Weight Watchers Center, Northwoods Shopping Center, 30935 North Woodward, Birmingham. The demonstrations are free and the public is invited. Call 1-(800) 3-FLOORING for information.

If you have an item for the calendar, please submit it at least two weeks in advance of the date it should be published. Send to Ken Abramczyk, Taste editor, Observer & Eccentric, Newspapers, 36251 Schoolcraft, Livonia, MI 48150 or e-mail kabramczyk@aol.com

St. Vincent de Paul

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Westside Day!

Sunday, June 15
Detroit Historical Museum
Noon - 4 p.m.

Bring Dad and celebrate metro Detroit's west side neighborhoods, presented in conjunction with the Museum's *Connections: Metro Detroit Neighborhoods* exhibit.

- Featuring these neighborhoods and cities:
 - Plymouth - Livonia - Northville
 - Rosedale Park - Russell Woods - Sullivan
 - Old Redford - Greenacres
 - Sherwood Forest - University

Partial schedule of activities:

- Jazz from the Guyton Ensey Quintet (GEO) at 2:30 p.m.
- Livonia resident Gene Scott presents a 12:30 p.m. lecture and book signing of his book, *"Detroit Beginnings: Early Villages and Old Neighborhoods"*
- Marketplace, kids activities, raffles & more!

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