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Rice: low-fat and trendy side-dish

Rice, the ancient food of kings and paupers, has been rediscovered and is now the trendy side dish of the '90s. Calorie awareness, fitness, health, tow-fal foods and back-to-basics cooking all have contributed to the rice trend.

Today, each american eats an awerage of 18 pounds of rice a year. That man sound like a lot until you cannot 60 pounds a year.

Rice offers a good source of vitamins, minerals and protein, and has very little fat or sodium. It is highly digestable, suitable for special diets, inexpensive, simple to prepare and has no wasted parts.

There are thousands of varieties of rice that are available in a rainbow of colors, but rice still its basically offered in three sizes: long, medium and short grain. Look on your grocer's shelf and you'll be amazed at the flavors and varieties, though. The new trendy rices are very aromatic, with distinct nutly or popcorn flavors. These aromatics have names like Texmatl, Basmati, Wehanl, Arboro, Wild Peena and Popcorn.

when, Arborio, Wild Pecan and Popcorn.

TEXMATI, OR bybrid rice grown in Texas, has a nutry flavor and an aroma like freshly popped corn. Basmati is probably the queen of a romatic rice and a staple in Indian cooking. It is not grown in America of the cooking it is not grown in America of the cooking it is not grown in America of the cooking it is not grown in America of the cooking it is not grown when Basmati cooks, it nearly doubles in engith and cook up very flutfy.

We hand can be boney-red orcomes in an assortment of red, brown and black that has the scent of hot uttered peanuls. Arborio is a short-grain rice that cooks up creamy but still tastes erunchy. (This is the rice that is mixed with stock or wine and other ingredients to create risotto). Wild pecan rice is not made from tuts, although the grain does look like brown rice. It has a pecanlike aroma and taste and comes from Louislana. It is faster to cook and lighter than most brown rices but chewier than white rice.

Popcorn rice will make you thinkyou are popping corn rather than cooking rice. These are aromatic rices, a gourmet cook's delight. But if you're not that adventuresome, consider trying a rice mix.

A fast-growing part of the rice

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A fast-growing part of the rice market is rice mixes, or flavored rice such as chicken, herb, broccoll, oriental, long grain and willd rice and many others. Be watchful of the la-

can have 800 milligrams of sodium.
THE REASON rice is so popular
now is that it is a low-sodium food,
until we add all this stuff to it. You
could prepare a cheaper and healther version yourself with minimal ef-

er version yourself with minimal ef-fort.
For example, saute a white or rown rice in oilve oil with a combi-nation of garile, onion, herbs and spiecs, then add hot water or broth and cook in the usual way. This way you can keep track of the amount of salt.
Perhans you're still not convinced

and cook in the usual way. This way you can keep track of the amount of sait.

Perhaps you're still not convinced and prefer the more traditional rice. Long, medium and short-grain rice are probably more familiar to you. Long grain means that the kernels are to 4-5 times longer than they are wide. When these are cooked, the grains are separate and fluffy. Long grain is the best for saids, casseroles and stuffings.

Medium-grain has a softer, more tender texture and is slightly plumper than long-grain. This is good, for desserts, meat loaf, croquettes etc. Short-grain sometimes is called round rice and tends to stick together after cooking. Use this for stuffings, rice balls, pudding, pancakes, etc.

BROWN RICE has become more popular with many health food entusiasts. Only the outer hull of the bran is removed. Of course, it has a slightly muty flavor and a chewler texture. More light as needed in cooking time.

If you're not ready to try brown rice, try a combination brown/white. Start the brown rice cooking and when there is about 20 minutes to go add the white rice. This makes for an interesting combination.

Other rice on the shelves are regular milled white rice, precooked or instant rice and wild rice. Wild rice is not really rice but the brown seed of an aquatic grass native to America.

Here are tips to make the perfect rice. Never allow rice to go into a

Here are tips to make the perfect rice. Never allow rice to go into a full rolling boil. It produces a star-ctly mass. Rice should be cooked at a very low simmer, as higher heat makes the grains stick to the pan. Rice can be cooked on top of the stove, in the oven, in a double boiler or in the microwave oven very easi-ly. Follow the directions on the box. Whether you prefer traditional rice or one of the exolic new products, they all are a healthy choice. For a change of pace, and for improved health, rice is certainly worth a try.

BROWN-RICE-STUFFED

Celebrate New Year with flair

Pull that time-worn rug out from under the old year and roll out the red carpet for the new year with a novel New Year's celebration. Here are some approaches gua-niced to launch you, your family and friends into a Happy New Year.

and Irienes into a interp.
Year.
With all eyes focused on the clock, the countdown to midnight can be interminable. Don't invite guests until at least 9 p.m. Avoid the peril of watched watches by padding out the evening with absorbing activities.

MARVELOUS FOOD is made more engaging when guests are involved in its preparation. Work with a group of 10 to 20 people. You will find a lavishly conceived meal is more easily accomplished when individual courses are carried out by different guests. The party can progress from kitchen to dining room at a ledsurely nace.

from kitchen to dining room at a leisurely pace.

A feative menu might be sher-ried consomme with miniature lemon biscuits, broiled oysters with purced mushrooms, pear ice, filet mignon, rosemary scalloped pota-leos, sauted winter vegetables, es-carole salad with avocado and orange sileces, Chevre cheese with walnut bread and pine nut tart.

LESS ELABORATE but still all-inclusive are do-it-yourself events. A late evening omeiet party makes eating a more casual but still time-absorbing affair. Get together several frying pans and make a huge bowl or pitcher full of beaten eggs. How recipes for making omelets and the butter near the stoye.

for making omeiets and the outer near the slow. Close at hand, offer a variety of Close at hand, offer a variety of Illings such as artichoke hearts, sauteed mushrooms, scallions, sliced sausage, cheese, mineed parsley, caviar and sour cream. Your friends may want to try



Festive decorations can make a New Year's Eve party special.

As midnight approaches, break out the sorbet assortment and chocolate

more than one variety during the course of the evening. Keep a steady supply of warm wheat bread and champagne circling.

chocolate truffles. This kind of buf-fet lends itself to charades or trivia

House Cookbook" by Jenny Fitch (published by Ventana Press). This book shares the secrets of a popular Southern restaurant, in-cluding six winter menus and sea-sonal flower arranging instruc-

sonal flower arranging instruc-tions.

An abundance of bubbly on hand makes for an effervescent begin-ning to the new year.

Good and reasonably priced are Cadiz Champenoise, Schramsberg Blanc de Blanc, Culbertson's Brut Rose and Piper Sonoma's Blanc de Noir.

FRIENDS WHO are musiclans can be invited to bring their instruments and favorite sheet music.
These kinds of impromptu musicales can ignite a shared enthusiasm that should reach a pitch in time for "Aud Lang Syne."
Roll back the rugs, turn down the labels and those on simme classic

lights and throw on some classic dance tunes from the Big Band era

OCCASIONS FOR true formali-ty are few for most people. Why not have everyone come in black tie? Issue invitations well in ad-vance so your guests will have time

vance so your guests will have time to get glamorous.
Or ask them to create New Year's themed masks or futuristic costumes to wear to the event.
Canned streamers, confettl, creep paper, balloons, notsemakers and paper hast comprise the usual New Year's Eve decor. This season's favorite styles are black with metallic combos.

son's favorite styles are black with metallic combos.
Silver Mylar curtains, balloons and ribbons extend the reflective giltter. A big paper Chinese dragon can be tethered to celling lixtures. If budget allows, rent a bubblemaker and strobe light.
Some party purveyors rent animated figures: Father Time, New Year's bables and champagne glasses or huge champagne bottles. Load up on rich-hued flowering plants such as poinsettlas and azaleas to accent tables and corners.

Try rolled, stuffed turkey breast

AP — For a small holiday dinner or just for a change, serve turkey breast rolled and filled with delicious rice stuffing. For easier preparation, ask your butcher to remove the bone from the turkey breast. Or, you can remove it yourself.

Use a sharp knife and cut along one side of the turkey breast next to the bone. Gently pull the meat away from the bone.

To make shead, prepare and refrigerate the stuffing for up to 48 hours. Once the turkey breast is stuffed, roast it at once.

TURKEY BREAST

TURKEY BREAST
% cup siced celery
% cup chopped onlon
\$\(^2\) top chopped onlon
\$\(^2\) top chopped onlon
\$\(^2\) top regular brown rice
\$\(^2\) teaspoon curry powder
\$\(^2\) teaspoon dried thyme, crushed
\$\(^2\) teaspoon dried thyme, crushed
\$\(^2\) top coarsely chopped walnuts
\$\(^2\) to 3-pound fresh breast
half of turkey with bone
\$\(^2\) to 3-pound fresh breast
half of turkey with bone
\$\(^2\) to apple jelly

In a medium saucepan, cook celery and onlon in hot margarine or butter until tender but not brown.

Add brown rice, curry powder and thyme, Cook and stir for one minute. Stir in chicken broth, Bring to boiling: reduce heat. Cover and simmer for 40-50 minutes or until rice is tender and liquid is absorbed. Stir in walnuts and parsley. Cover and chill up to 48 bours.

Meanwhile, remove bone from turkey, diseard bone. Rinse turkey, pat dry, Butterfly turkey breast by sileng horizontally from thick side to within one lich of the opposite side. Fold top portion back. Place turkey, skin side down, between two pieces of plastie wrap. With the flat side of a meat mallet, pound turkey

Spoon rice mixture over turkey. Roll up, starting from the side with-out skin underneath. The in at least six places with string. Place turkey on a rack in a shallow baking pan.

Roast in a 350-degree oven for 1-145 hours or until a thermometer in-serted in center of turkey registers 170 degrees, brushing with jelly the last 10 minutes of roasting. Let tur-

Cheese with veggies make nutritious pizza

AP — Fontina cheese pairs per-fectly with vegetables in this vege-tarian pizza.

CHEESE AND VEGETABLE PIZZA

1 pound frozen white bread dough, thawed according to package disease.

rections
1 tablespoon olive oil
2 tablespoons wheat bran
1 targe clove garlic, finely chopped
1¼ medium red onlon, thinly sileed
1¼ medium red onlon, then arti-1% medium red onton, tumy success
One 9-ounce package frozen artichoke hearts, thawed, or one 14ounce can artichoke hearts,
drained and sliced lengthwise
1 tablespoon oil

Salt
Freshly ground pepper
1 cup shredded fontina cheese (4

On a lightly oiled baking sheet,

press chilled dough into a 9-by-12-inch rectangle with raised edges. Brush with one tablespoon olive oil. Evenly sprinkle with bran; press lightly into dough. Sprinkle with

again, and tongs. Spinner with grain and the special s

four servings.
Nutrition information per serving: 376 cal., 3.8 g fiber.
(Recipe from: Wisconsin Milk Marketing Board)

Chocolate cake has flaming sauce

JUBILEE CHOCOLATE CAKE JUBILEE CHOCOLATE C.

4 teaspoon baking sod

1 cup buttermilk or sour milk

1 ¼ cups all-purpose flour

1 cup sugar

½ cup cocoa

½ teaspoon salt

½ cup vegetable oil

2 eggs, separated
% teaspoon vanilia extract
% cup sugar
Vanilia icce cream
Flaming Cherry Sauce (recipe fol-

In a medium bowl, stir baking soda into buttermilk until dissolved; set aside, Heat oven to 350 degrees. Grease and flour a 13-by-9-by-2-inch baking pan. In large mixing bowl, stir together flour, one cup sugar, co-

coa and salt. Add oil, buttermilk mixture, egg yolks and vanilla, beat until smooth.

In small mixer bowl, beat egg with the state of the small property of the small property of the small property of the small stiff peaks form. Gently fold egg whites into checolate batter. Pour batter into prepared pan.

Bake in a 350-degree oven 30-35 minutes or until eaks springs back when touched lightly in center. Cool in pan. Cut into squares. To peach square with a scoop of ice cream and serving of cherry sauce. Makes 12-15 servings.

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