

# Rice and Other Grains



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## Duck Breast and Morel Risotto

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If you should have any leftover duck breast, add it and morels to your usual risotto recipe. The addition of water chestnuts adds a nice crunch!

### Ingredients

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leftover duck breast meat  
fresh morels or rehydrated, if using dried  
water chestnuts  
green onions, sliced on a diagonal  
leftover duck skin  
pecorino romano, to taste  
butter, just a touch



### Procedure

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- 1 Slice the duck meat, mushrooms and some water chestnuts into match stick pieces.
- 2 Add the mushrooms, duck, and water chestnuts to the risotto about half way through cooking the rice.
- 3 Meanwhile, dice up the leftover duck skin and fry until crisp in a small skillet. Drain on paper towels.
- 4 Add the green onions to the risotto near the end of the cooking time.
- 5 After coming off the heat, stir in grated pecorino romano and a touch of butter.
- 6 Top the risotto with the duck skin cracklins.

### Recipe Tips

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If you are using rehydrated morels, be sure to strain the soaking liquid and use it as part of the liquid when making the risotto.

# Ginger Citrus Rice

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Rice can be a refreshingly new and flavorful side dish when prepared with ginger and citrus flavors.

Servings: 6

## Ingredients

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- 1 Tbs vegetable oil
- 1 Tbs fresh ginger, peeled and grated
- 1/4 tsp cumin
- 1/4 tsp cinnamon
- 1/2 lime, juice and zest
- 2 cups water
- 1 cups basmati rice
- 1 tsp salt

## Procedure

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- 1 In 3-quart saucepan over medium heat, heat oil until very hot, but not smoking.
- 2 Add ginger root, ground cumin and cinnamon and cook for 1 minute.
- 3 Add water and bring to a boil.
- 4 Stir in rice and salt.
- 5 Reduce heat to low; cover and cook 15 to 18 minutes until all water is absorbed and rice is tender.
- 6 Stir in lime juice and zest.

## Source

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Web Page: <http://food.ivillage.com/recipefinder/display/0,,g8xf,00.html>

# Lake Charles Dirty Rice

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There's no more classic Louisiana dish than this deeply flavored rice. The chicken livers are traditional, and give it an authentic taste you can't really get any other way. Letting everything cook until it browns and sticks to the skillet is very important for flavor.

Yield: 6 to 8 servings

## Ingredients

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2	Tbs	canola oil
1/4	lb	ground pork
1/2	cup	chicken livers (about 4 ounces), pureed
1 1/2	tsp	salt
1/2	tsp	ground pepper
1/2	tsp	chili powder
1 1/2	cups	chicken stock, divided
1	small	onion, finely chopped (about 3/4 cup)
2	stalks	celery, finely chopped (about 1/2 cup)
2	cloves	garlic, minced
1		jalapeño pepper (seeded and deveined), finely chopped
1	Tbs	dried oregano
3	cups	steamed rice
1/2	bunch	scallions (white and green parts), chopped
2	Tbs	fresh parsley, chopped

## Procedure

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- 1 Heat oil in a large skillet over high heat. When the oil is hot, add the pork and chicken livers and cook, stirring, until browned. Add the salt, black pepper, and chili powder, and stir often but resist the urge to stir constantly. You want the meat to stick to the pan and get crusty.
- 2 Add 1/4 cup of the stock, and cook until it has evaporated, allowing the meat mixture to get browned and crusty and stick to the pan once again. Add the onion, celery, garlic jalapeno and oregano and cook, stirring, until the vegetables are nicely browned and beginning to stick to the pan.
- 3 Add the rice, the remaining 1 1/4 cups stock, the scallions, and parsley. Stir until the liquid is absorbed and the rice is heated through.

## Recipe Tips

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When making dishes that involve rice, remember that your flavor base will seem overly seasoned until the rice absorbs the flavors. In Cajun cooking, salt is the most crucial ingredient to get right, so you'll want to taste the dish after the rice cooks and adjust accordingly.

## Source

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Author: Donald Link

Source: Real Cajun

## Morel Risotto

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Italians traditionally make mushroom risotto with porcini mushrooms; unfortunately, I did not have much success finding *Boletus edulis* or *Leccinum insigne* last year. Luckily, the spring morels more than made up for this disappointment. Given my available ingredients, I swapped morels for the porcini in this recipe. The result was terrific, perhaps even better than with porcini. The recipe is not difficult. However, be prepared for a half hour of constant stirring. This is necessary to release the starch that is characteristic of risotto. Other types of rice will not produce a dish even remotely resembling risotto. So, save yourself from the disappointment and pick up the real thing — arborio. It is cheapest purchased in bulk at a local health food store. For broth, I prefer chicken, but vegetable broth works will also. A glass of Pinot Grigio or Verdicchio goes great with this dish, but limit yourself to a single glass because alcohol and morels do cause stomach upsets for some people. (The alcohol in the risotto evaporates leaving only the harmless flavor.)

### Ingredients

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1	handful	dried morels
6	cups	broth
1	medium	onion
4	Tbs	butter
1 1/2	cups	arborio rice
1/2	cup	white wine
1/2	cup	Parmesan cheese, grated
		cracked pepper

### Procedure

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- 1 Place the morels in a small pot and pour in as much broth as necessary to cover them. Bring to a boil and then turn the heat down to low. Simmer for 15 minutes. Meanwhile, mince the onion.
- 2 Remove the morels from their soaking liquid, chop, and set aside. Strain the soaking liquid to remove any debris and set it aside. Keep this liquid separate from the rest of the broth. You may not use all of the broth, but you definitely want to use all of the soaking liquid.
- 3 Place the butter in a large skillet over medium heat. Once melted, add the minced onion and sauté until it becomes transparent.
- 4 From this point forward you will need to stir continuously. Add the rice to the onion and sauté for three minutes. Then pour in the wine.
- 5 Once the wine has been absorbed, begin adding the soaking liquid one cup at a time. After the liquid has been absorbed, add another cup. Use up the soaking liquid before moving on to the broth. Continue adding the liquid one cup at a time, stirring continuously, and waiting until the liquid has been absorbed before adding more liquid.
- 6 Once the rice is tender and all the liquid is absorbed, remove from the heat. Mix in the morels, cheese, and cracked pepper.
- 7 Buon appetito!

### Source

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Author: Jeff Biolchini

Source: Reprinted from SPORES Afield, April 2002

Web Page: [http://www.cmsweb.org/recipes/morel\\_risotto.htm](http://www.cmsweb.org/recipes/morel_risotto.htm)

## Mushroom Fried Rice with Green Peas and Scallions

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### Ingredients

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- 3 Tbs vegetable oil
- 8 oz cremini mushrooms, sliced thin
- 8 oz white button mushrooms, sliced thin
- 8 oz shitake mushroom caps, sliced thin
- 1/4 tsp red pepper flakes
- 1 Tbs fresh ginger, grated
- 1 Tbs garlic, minced
- 6 scallions, sliced thin
- 3 cups cold, cooked rice (day old is best)
- 1/4 cup soy sauce
- 1/2 cup frozen green peas, thawed
- salt, to taste
- ground black pepper, to taste



### Procedure

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- 1 In a large non-stick frying pan or wok, heat 1 Tbs of the vegetable oil over moderately high heat.
- 2 Add half of the mushrooms to the pan and cook, stirring frequently, until the mushrooms are tender and golden, about 5 minutes. Remove a plate and repeat with the rest of the mushrooms.
- 3 In the same pan, heat the remaining Tbs of vegetable oil over moderate heat. Add the red pepper flakes, ginger, garlic, and scallions. Cook, stirring until fragrant, about 30 seconds.
- 4 Increase the heat to moderately high and add the rice and soy sauce. Cook, stirring, for 2 minutes and then add the peas and the cooked mushrooms.
- 5 Continue to cook, stirring, until everything is warm, another 1 to 2 minutes.
- 6 Remove the pan from the heat and season with salt and pepper, to taste.

# Quinoa Pilaf

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Servings: 6

## Ingredients

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- 1 cup quinoa
- 2 cups stock (chicken, turkey or vegetable)
- 1/4 cup green onion, diced
- 1/4 cup carrot, diced
- 2 Tbs celery, diced
- 2 Tbs green bell pepper, diced
- 2 Tbs red bell pepper, diced
- 1 clove garlic, crushed
- 2 Tbs olive oil
- 1/8 tsp oregano
- salt, to taste
- 1/2 cup almonds, sliced



## Procedure

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- 1 Make quinoa in rice cooker or according to instructions on the box.
- 2 Sauté chopped vegetables in olive oil.
- 3 Add oregano and quinoa to the vegetables. Salt to taste.
- 4 Dry-roast almonds in heavy skillet until lightly golden. Add almonds and mix.

## Rice Cooker Basmati Rice Pilaf

### Ingredients

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1	cup	basmati rice
1 3/4	cups	water
1	small	onion, chopped fine
3	medium	carrots, small dice
1		bay leaf
1	stick	cinnamon, crumbled
2	whole	cloves
4	whole	black peppercorns
1/4	tsp	cumin seeds
1	Tbs	vegetable oil
2	Tbs	butter
1	tsp	Kosher salt, or to taste

### Procedure

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- 1 Rinse the rice in cool water until water runs clear, drain well. Put rice and water in the bowl of the rice cooker.
- 2 Heat oil over medium heat in a skillet; add spices.
- 3 When spices are fragrant, add butter and onions. Cook until onions are tender and light golden brown.
- 4 Add carrots and cook for 3 to 5 minutes.
- 5 Add the cooked vegetable mixture and salt to the rice and water; stir well.
- 6 Cook pilaf in rice cooker using the white rice setting.

# Risotto with Porcini Mushrooms

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Servings: 4

## Ingredients

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1/2 oz porcini mushrooms, dried  
up to 4 cups chicken stock, simmering  
3 Tbs butter  
1/2 cup shallots, chopped  
1 cup arborio rice  
1/2 cup dry white wine or vermouth  
1/3 cup Parmesan cheese, grated  
salt and pepper, to taste

## Procedure

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- 1 Place the porcini in a small pot and pour in as much stock as necessary to cover them, about 1/2 cup. Bring to a boil and then turn the heat down to low. Simmer for 15 minutes.
- 2 Remove the porcini from their soaking liquid, chop, and set aside. Strain the soaking liquid to remove any debris and set it aside. Keep this liquid separate from the rest of the stock. You may not use all of the stock, but you definitely want to use all of the soaking liquid.
- 3 In a 3 or 4 quart saucepan, heat the butter on medium heat. Add the shallots and cook for a few minutes, until translucent. Add the rice and cook for 2 minutes more, stirring until nicely coated.
- 4 Add the wine. Slowly stir, allowing the rice to absorb the wine. Once the wine is almost completely absorbed, add the soaking liquid to the rice. Continue to stir until the liquid is almost completely absorbed, then start adding the stock in 1/2 cup increments, stirring often to prevent the rice from sticking to the bottom of the pan. Continue cooking and stirring rice, until the rice is tender, but still firm, about 15 to 20 minutes. Remove from heat.
- 5 Gently stir in the Parmesan cheese. Season with salt and pepper, to taste. Serve immediately.

## Recipe Tips

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1. The amount of stock is approximate. You may need a little more or less. If you end up needing more stock and you find yourself without, just use water.
2. Variation: If you should have any leftover duck breast, try Porcini and Duck Breast Risotto - Slice the mushrooms, cooked duck breast and some water chestnuts into match stick pieces. Add the mushrooms, duck, and water chestnuts to the risotto about half way through the cooking and then add diagonal sliced green onions near the end. After coming off the heat, stir in grated pecorino romano and a touch of butter. The water chestnuts add a nice crunch! Top with duck skin cracklins.

## Simple Risotto

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Use a wooden spoon to stir the rice for best results.

### Ingredients

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up to 3 cups stock (chicken, beef, vegetable or fish)  
1 1/2 Tbs butter  
1/4 cup onion, finely diced  
1/2 cup arborio rice  
1/4 cup white wine or dry vermouth  
2 Tbs Parmesan cheese, grated  
salt and pepper to taste



### Procedure

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- 1 Heat broth in sauce pan and keep hot near the pan you will be using to make the risotto.
- 2 Heat butter on medium heat in a chef's pan (has rounded bottom - no corners - for ease of stirring).
- 3 Add onion to melted butter and cook until softened, but not browned, about 3 minutes.
- 4 Add rice and stir to coat with butter, keep stirring to toast for 2 minutes.
- 5 Add the wine to the rice and stir until the wine is absorbed.
- 6 When the wine has been absorbed, add a couple ladles of broth to the rice and stir continually while the rice and broth bubble.
- 7 When the rice has absorbed the broth, add another ladle full and continue to stir and add broth as each ladle is absorbed.
- 8 Begin tasting the rice before adding more broth after first 15 minutes until the rice has the texture you like (may take another 5 to 10 minutes).
- 9 Remove the rice from the heat and stir in the Parmesan cheese.
- 10 Taste for seasoning and add salt and/or pepper to taste.

## Traditional Mandarin Fried Rice

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I'm passionate about fried rice: it's the first real dish I ever made. This traditional version contains Chinese sausage, ginger, garlic, and softly cooked egg. Peas don't belong in this authentic recipe, though their use has become almost automatic even among Chinese. Use day-old or leftover rice for this, as freshly made rice gets mushy when it's stir-fried. If you must use fresh-made rice, "dry" it by spreading it on a baking sheet and putting it in the freezer until cool, 30 minutes.

### Ingredients

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- 4 Tbs canola oil
- 3 eggs, beaten lightly
- 2 Tbs finely chopped garlic
- 2 Tbs finely chopped fresh ginger
- 1 la chang (Chinese sausage), cut into 1/8-inch dice, or 4 strips cooked bacon, crumbled
- 1 bunch scallions, white and green parts chopped and reserved separately
- 5 cups cold cooked rice
- 2 Tbs soy sauce
- 1/2 tsp white pepper
- salt, if needed



### Procedure

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- 1 Heat a wok or large non-stick skillet over high heat. Add 2 tablespoons of the oil and swirl to coat the pan. When the oil shimmers, add the eggs, which will puff up. Allow to set about 5 seconds, and using a wok spatula or similar tool, push the sides of the egg mass toward the center to allow uncooked egg to reach the pan and solidify. Flip the mass, allow it to set, about 5 seconds, and slide it onto a dish; do not over cook. With the edge of the spatula, break the eggs into small pieces. Set aside.
- 2 Add the remaining 2 tablespoons of the oil to the wok and swirl to coat the pan. When the oil shimmers, add the garlic and ginger and stir-fry until soft, about 2 minutes. Add the la chang, the white parts of the scallions, and the rice and toss thoroughly until heated through. Add the soy sauce, pepper, and reserved eggs and toss. Correct the seasoning, adding the salt if necessary, transfer to a platter, and garnish with the scallion greens. Serve immediately.

### Recipe Tips

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The eggs will be done very quickly. Keep an eye on them to make sure they don't brown or dry out.

### Source

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Author: Ming Tsai

Web Page: <http://www.mingspantry.com/tradmanfried.html>

## Wild Rice with Wild Mushrooms

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One surprise to Europeans who settled the plains was the abundance of wild mushrooms, including morels, chanterelles, and other varieties familiar from home. Free for the picking, the mushrooms were hung on strings and dried, providing a winter's worth of eating. Wild rice (actually a grass seed) is a New World native that combines well with the earthy mushrooms the French cèpes. (The Italians call them porcini, and they are easier to find than cèpes, which is why we call for porcini in this recipe.)

Servings: 6

### Ingredients

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1 1/2	cups	chicken broth
3/4	oz	dried porcini mushrooms, rinsed under cold water
5	cups	water
1 1/4	cups	wild rice
1	tsp	salt
1 1/2		bay leaves
3	Tbs	butter
3/4	cup	onion, finely chopped
1/2	cup	carrot, finely chopped
2	cloves	garlic c, minced
3/4	tsp	dried marjoram
1/2	tsp	dried thyme
9	medium	cremini or button mushrooms, sliced
		salt and pepper, to taste

### Procedure

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- 1 Bring broth to boil in small saucepan. Remove from heat; add porcini mushrooms and let stand until soft, about 30 minutes. Drain, reserving soaking liquid. Finely chop porcini.
- 2 Bring medium saucepan of water to boil. Add rice, salt and bay leaves. Reduce heat to medium and simmer until rice is almost tender, about 45 minutes. Drain; discard bay leaves. (Porcini and rice can be prepared 1 day ahead. Cover porcini, soaking liquid and rice separately and refrigerate.)
- 3 Melt butter in large non-stick skillet over medium heat. Add onion, carrot, garlic, marjoram, thyme and porcini and sauté 5 minutes. Add cremini mushrooms; sauté until tender, about 7 minutes. Add rice and reserved porcini soaking liquid, discarding sediment in bottom. Simmer until almost all liquid absorbed but mixture is still moist, about 10 minutes. Season with salt and pepper.

### Source

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Web Page: <http://www.epicurious.com/recipes/food/views/Wild-Rice-with-Wild-Mushrooms-894>