

FRUIT AND NUT RICE PILAF

This recipe takes ordinary brown rice to a whole new level.

by Corporate Chef Kurt Kwiatkowski

Featured Food: Brown Rice

Yield: 4-6 servings

Ingredients

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| 2 T. butter | 2 ½ c. chicken or vegetable broth |
| 1 T. olive oil | 1 c. medium dice fresh pear |
| 1 c. small diced yellow onion | ¼ c. dried cherries, coarsely chopped |
| 1 c. small diced celery | ½ c. lightly toasted pecans, coarsely chopped |
| 1 garlic clove, minced | 2 T. chopped fresh sage |
| 1 t. minced fresh ginger | 1 T. chopped fresh thyme |
| 1 ½ c. medium grain brown rice | Salt and pepper to taste |

Preparation

Heat sauce pan over medium heat and then add butter and oil. Add onion and celery and sauté for 5-7 minutes. Add garlic, ginger and rice and sauté for another 5 minutes.

Add broth or stock and bring to a boil. Cover; reduce heat to low and let cook for about 40 minutes.

Add pears and dried cherries and continue cooking for additional 10-15 minutes or until liquid is absorbed. Just before serving, stir in pecans and fresh herbs. Taste and adjust seasoning with salt and pepper.

Cutting Terms

Dice: to cut food into uniform cubes

Small dice \approx ¼ inch

Medium dice \approx ½ inch

Large dice \approx ¾ inch

Chop: to cut food into pieces of random shape and size

Mince: to chop food into very small pieces