

RECIPE for health

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Featured Food: BROWN RICE



By Peggy Crum, RD, Health4U Nutritionist

All rice comes in brown. Brown rice, a whole grain, is simply white rice with the grain's outer layers left intact. Generally speaking, brown rice is chewier and more flavorful than its white counterpart. Each type of brown rice has its own unique characteristics:

Short grain: A sweet and malty little grain, nearly round in shape that cooks up soft and creamy and remains tender even when chilled.

Medium grain: Mildly sweet and nutty, the tender grains cling to each other when cooked.

Long grain: Earthy flavor with very firm, springy grains that become hard when chilled.

Aromatic varieties: Very long grains have a popcorn aroma and a nutty, buttery rich flavor. Cooked basmati rice has dry, fluffy grains. Cooked jasmine rice has moderately firm grains with a smooth, creamy texture.

Brown rice stores best in a cool, dark place but will keep for only about 3 months. Refrigeration or freezing will extend its shelf life.

Brown rice may take longer to cook but needs less handling. Since the grain's surface is covered by bran and not starch, rinsing and soaking isn't needed. A rice cooker makes fluffy brown rice. No rice cooker? This oven and towel method also works very well:

Combine 1 ½ cups brown rice, ½ teaspoon salt, 2 ½ cups (3 ¼ cups for basmati or jasmine rice) boiling water and 2 teaspoons vegetable oil in an 8-inch casserole dish. Cover the dish with foil. Bake in 375°F oven for 1 hour. Remove from oven, fluff rice with a fork and cover the dish with a clean kitchen towel; let sit 5 minutes. Remove the towel and let sit 5 minutes more before serving.

Since cooked rice is prone to bacterial growth, extra cooked rice needs to be refrigerated promptly. Limit the rice depth to 2 inches in the storage container and cover loosely in the refrigerator. Seal the container after the rice has cooled completely. Use or freeze within 3 to 5 days.

Fruit and Nut Brown Rice Pilaf

Recipe developed by Corporate Chef Kurt Kwiatkowski and featured in Residential Dining Services. 4-6 Servings

- 2 Tablespoons butter
- 1 Tablespoon olive oil
- 1 cup small diced yellow onion
- 1 cup small diced celery
- 1 garlic clove, minced
- 1 teaspoon minced fresh ginger
- 1 ½ cups medium grain brown rice
- 2 ½ cups chicken or vegetable broth
- 1 cup medium dice fresh pear
- ¼ cup dried cherries, coarsely chopped
- ½ cup lightly toasted pecans, coarsely chopped
- 2 Tablespoons chopped fresh sage
- 1 Tablespoon chopped fresh thyme
- Salt and pepper to taste

Cutting Terms

- **Dice:** to cut food into uniform cubes
 - Small dice ≈ 1/4 inch
 - Medium dice ≈ 1/2 inch
 - Large dice ≈ 3/4 inch
- **Chop:** to cut food into pieces of random shape and size
- **Mince:** to chop food into very small pieces

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.

Fruit and Nut Brown Rice Pilaf will be served for lunch at Brody Square, The Gallery at Snyder-Phillips and Riverwalk Market on December 6.

Visit www.eatatstate.com for dining hall hours and menus.

Also on December 6: Recipe for Health Cooking Series meets in the Brody Square Demonstration Kitchen. For details, please visit our [website](http://www.health4u.msu.edu) - or reserve your spot in the audience at 353-2596 or health4u@msu.edu.

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