

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

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 ☒ ¼ inch

Medium dice ☒ ½ inch

Large dice ☒ ¾ inch

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

Mince: to chop food into very small pieces