Recipe For Health  |  DECEMBER 2011

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