

# DIRECT FROM OUR FARM TO YOUR TABLE

*A collection of recipes and cooking tips from the US Rice Producers Association.*



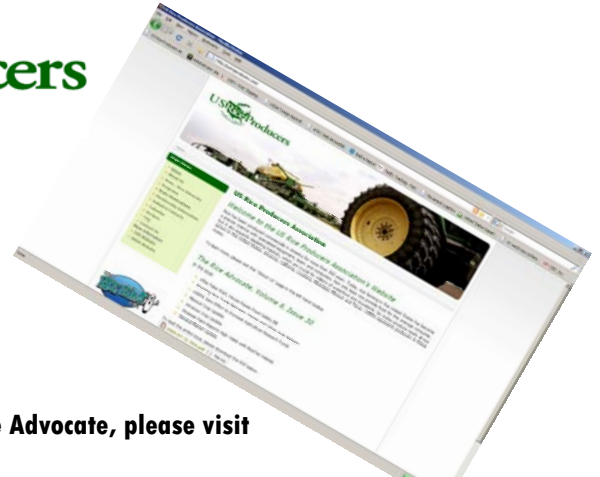
## PERFECT RICE EVERY TIME

Follow package directions, or follow this time tested method. Combine 1 cup rice, liquid (see chart), 1 teaspoon salt (optional) and 1 tablespoon butter or margarine (optional) in 2 to 3 quart saucepan. Heat to boiling; stir; reduce heat; cover and cook according to time on chart. If liquid is not absorbed, replace cover and cook 2 to 4 minutes longer. Fluff with a fork.

| 1 cup uncooked rice                | Liquid (cups)  | Cooking time (minutes) |
|------------------------------------|----------------|------------------------|
| Milled white long grain            | 1 3/4 to 2     | 15                     |
| Milled white medium or short grain | 1 1/2 to 1 3/4 | 15                     |
| Brown                              | 2 to 2 1/2     | 45 to 50               |
| Parboiled                          | 2 to 2 1/2     | 20 to 25               |

For precooked, flavored or seasoned mixes follow package directions.

Variations: Liquids other than water can be used to cook rice to add extra flavor without adding extra fat and calories. Examples are chicken/beef/vegetable broth, bouillon or fruit/vegetable juices diluted with water.



For more information, recipes or to receive the Rice Advocate, please visit [www.usriceproducers.com](http://www.usriceproducers.com).

2825 Wilcrest Drive, Suite 505  
Houston, TX 77042  
713-974-7423

[www.usriceproducers.com](http://www.usriceproducers.com)  
[www.riceromp.com](http://www.riceromp.com)

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# { HARVEST BROWN RICE }



3 Tbs olive oil  
3 carrots, peeled & thinly sliced  
4 green onions, sliced  
2 large apples, unpeeled, cored and diced  
3 cups cooked brown rice  
1/2 cup raisins or raisins  
12 ounces slivered almonds, toasted  
salt and pepper

Heat oil in large skillet over medium heat; add carrots and cook 5 minutes. Add onions and apples; cook 5 minutes. Stir in rice, raisins and almonds. Add salt and pepper to taste. Cook, stirring frequently, until rice is heated through. Makes 6 servings.

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## Eileen Stoesser's Classic Rice Salad

3 cups cooked rice, hot  
3 – 4 stalks celery, diced  
6 hard-boiled eggs, chopped  
Large jar (48 oz.) of Miracle Whip or mayonnaise  
1 cup green onions, chopped (or large yellow onion, chopped)  
1 jar (16 oz.) sweet pickle relish  
1 jar (4 oz.) pimientos, diced  
2 Tbsp. prepared mustard or to taste  
Salt and Pepper  
Paprika

While rice and eggs are cooking, chop the celery and onions. Combine all ingredients while rice is hot. Stir thoroughly. Sprinkle top with paprika. Cover and chill several hours before serving. Serves 20. May be cut by half to feed 10 – 12, or two-thirds to feed 7 – 10.

Variations: Add green or black chopped olives, diced tomatoes, asparagus



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## Rice Horchata: Cinnamon Rice Milk

**3 cups of rice**  
**1 1/2 Tbs powder cinnamon**  
**1 1/2 cups of evaporated milk**  
**12 cups of water**  
**Sugar**

**Wash and soak the rice in the water. Blend the rice in the same soaking water, keep blending and add sugar and milk. Strain and serve with crushed ice and cinnamon powder. (Serves 12)**



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