

## Cooking Rice

\*Rice from LDS Home Storage Centers is fortified with vitamins and should not be rinsed before cooking. Most rice is different and should be rinsed unless labeled fortified.

To cook rice, you can use water for soft rice, or oil to parch the rice. Parched rice is hard.

**Water:** To cook a ½ cup of rice, find a small pan with a tight-fitting lid. Pour the rice in the pan. Add 1 cup of water and put the lid on. Bring the rice to a boil and simmer for 20 minutes. Turn off heat and let stand for 10–20 minutes. (Cook rice 2 parts water to 1 part rice)

**Oil:** Heat 1–2 Tbsp of oil in a small pan over medium heat. Add ⅓ cup rice. Stir while cooking until rice becomes white and then starts to brown. Let cool before eating. Season. Good to carry and eat as trail food without refrigeration.



## Beans and Rice

\*This dish varies widely depending on bean type and seasoning. Here's one recipe I like.

1 cup of cooked rice	½ cup of corn
1 cup of cooked red beans	1 Tbsp cooking oil
½ cup of chopped celery	¾ cup of diced canned
¾ cup of chopped onion	tomatoes (1+ cup raw)
¼ cup of chopped green pepper	Chili powder, salt, red pepper
2–3 cloves garlic	to taste

Sauté celery, onion, corn, and green pepper in oil until tender. Mix in everything else. Simmer 10 minutes. Add a little water if needed.

\*With added ground beef this makes a great stuffing for parboiled (partly cooked) green peppers or zucchini. I top with buttered bread crumbs and bake until pepper or zucchini is tender.

## Fried Rice

(Asia)

¼ cup cut up meat (ham, chicken, beef, fish...)  
1 cup finely chopped vegetables  
1 egg  
1–2 cloves garlic or big pinch garlic powder  
⅓ tsp grated ginger or big pinch dried ginger  
1 Tbsp soy sauce  
Salt and your choice of pepper only to taste  
2 Tbsp cooking oil  
1 cup cooked rice (great for cold left-over rice)

Sauté meat, garlic, ginger, and vegetables in 1½ Tbsp oil. (Start with meat alone if it is raw). Push to the side of pan making room to scramble the egg. When egg is done, mix in rice, rest of oil, soy sauce, and any needed salt and pepper.

\*Great dish for left-over meat and rice. Can be varied by adding different kinds of meat or vegetables. Can substitute noodles for rice.



## Rice Pudding

(Scandinavia)

1 cup of cooked rice	¼ cup sugar
1⅔ cups milk	½ tsp vanilla
1 egg	¼ cup raisins or other dried fruit (optional)

Put the rice in a small pan with raisins. Add ⅔ cup of rice and heat. Meanwhile, beat together milk, vanilla, sugar, and egg in a medium bowl. When well blended, add to rice. Cook over medium heat, stirring well, until the mixture starts to boil. Remove from heat and let cool. This can be served warm or cold. (Serves 2)

\* If you are using non-instant milk from storage, it is nice to add a little bit of cream, butter, canned milk or coconut oil.

\*Using coconut instead of fruit is a nice change

## Spanish Rice

(Spain and Central America)

1/3 cup rice  
2 Tbsp cooking oil  
2–3 Tbsp chopped onion  
3/4 cup water  
1/4 cup tomato sauce  
Salt and Pepper to taste

Rinse the rice and set aside. Warm the oil in a small pan over medium heat. Add rice and stir, cooking for 5–7 minutes. Add the onion. Cook and stir until the rice looks white and opaque and the onion is clear or even starts to brown a little. Add the water and cover. Reduce heat and let rice simmer for 15 minutes. Add the tomato sauce, salt, and pepper. Eat! (Serves 2 as side)

\*You can add any of the following to this basic recipe if desired: chili powder, cilantro, olives, bacon bits or other meat, green pepper, hot pepper, celery, cheese, or cooked beans.



## Rice Porridge

(Common Breakfast in China—Asia)

1/3 cup of rice  
2 1/2 cups of water  
1/4 tsp salt

Put all ingredients in a small pan. Bring to a boil. Simmer for 40 minutes.

Serve with anything to add flavor. Savory ideas include: bacon, green onion, ham or other meat bits, egg bits, chives, grated ginger, soy sauce, small cooked red beans, sprouts, soy milk, any other herbs or bits desired. (In a pinch dandelion greens would work to add nutrition and flavor to this dish.)

Sweet ideas include dried fruits, cinnamon, sugar, nuts, citrus peel, other spices.

## Lentils and Rice

(Middle East—often served instead of plain rice)

1/3 cup of rice  
1/3 cup green lentils  
1 1/4 cup water

Simmer lentils and water in small covered pan for 20 min. Add rice and stir. Simmer together for 20 minutes. Turn off heat, but leave covered for another 10 minutes before serving.

\*Together rice and lentils make a full protein.

\*Onion sauteed in olive oil with a little salt and added to lentils with rice makes a favorite Mid. East dish, especially with a spoonful of yogurt.

**Spiced Rice and Lentils:** Before adding lentils to the pan, add the following: 1 garlic clove—peeled and crushed, 1 small bay leaf, 1/2 tsp cumin seed, small pinch cinnamon. When you add rice add big pinch of salt and a tsp of olive oil.



## Understanding Stir Fry

When I visited China in 1981 the country was still struggling from strict government control. Food and basic supplies were meager. People weren't starving as they had during "The Great Leap Forward." However, I saw piles of radishes, taller than a woman, in the streets of Beijing. The people welcomed these after a winter of nothing fresh. In the country, children walked the ditch banks looking for eatable plant shoots. Rice, soy sauce, and radishes, that's it!

Now with free market economy in China, things are very different, but in 1981 I saw how a little bit of this and a tiny bit of that could be fried together and put over rice to make all kinds of dishes. It is surprising what will blend nicely with a sauce, and how seasonings make the difference. Strong tastes can be tempered and palatable with rice. This is wise to remember if you're ever foraging. **Rice is nice!**