



www.usarice.eu

If you are interested in American rice and have any further questions, please contact us. Staff at the USA Rice Federation is always available to answer questions on the various aspects of American Rice.

Our address is:

USA RICE FEDERATION

Wichmannstrasse 4

Haus 5 Sued

22607 Hamburg

Germany

Tel: +49 40/4503 8660

Fax: +49 40/4503 8666

E-mail: customer@usarice.com

USEFUL LINKS

www.fas.usda.gov – The website of the Foreign Agricultural Service (FAS) of the United States Department of Agriculture, offers many useful statistics concerning U.S. rice production and exports, reference to grading standards.

www.menurice.com – The website of the USA Rice Federation, designed for chefs and food service professionals offering information about U.S. rice, the U.S. rice industry, recipes and more.

www.usarice.eu – The list of the U.S. rice suppliers can be found on this website, under the Trade menupoint. The website also contains a huge variety of recipes and further information about U.S. rice.

www.cawildrice.com – The website of the California Wild Rice Advisory Board, offers interesting information about the Californian wild rice industry, about wild rice in general and recipes with wild rice.



THE ESSENTIAL
AMERICAN
RICE
GUIDE





CONTENTS

Introducing American Rice 01

Varieties And Versatility 02

Recipes 04

USA RICE FEDERATION

USA Rice Federation is the national advocate for all segments of the U.S. rice industry, representing rice growers, millers, processors, brokers, rice exporters and other affiliated industries. Associate members cover virtually the entire marketing and distribution channels for U.S. rice.

INTRODUCING AMERICAN RICE

An important staple food, rice has a history dating back thousands of years. Today rice is still a major food source for over two thirds of the world's population.

The United States is the third largest exporter of rice after Thailand and Vietnam and is unique as a major exporter of all rice types.

Rice production has been part of America's history for more than 300 years. South Carolina became the first American state to farm rice but following the Civil War rice farming moved westward to Arkansas and is now grown in six U.S. States: Arkansas, California, Louisiana, Texas, Mississippi and Missouri.

The modern technology employed by American rice producers and millers is, in part, responsible for the reputation of quality that U.S. rice has around the world. The fact that the USA is one of the world's largest exporters of rice attests to its broad appeal.



VARIETIES AND VERSATILITY

There are more than 40,000 rice varieties worldwide. However, only a small percentage of these are economical to grow. Rice is cultivated in 100 countries around the world, from sea level up to a height of more than 3,000 meters. It is available in many different colors, including brown, red and even black.

LONG GRAIN RICE

Long grain rice varieties are the most demanded and consumed rice type in the Middle East Area, especially in Saudi Arabia and Iraq. A long grain rice kernel is 6-8mm long, and its length is about 4-5 times its width. It has a hard and glassy centre and it turns fluffy and grainy when cooked. American long grain rice is available in the following four forms:



Milled long grain rice has a soft taste and can be used in various ways. The rice is milled after harvest to remove the outer hull and bran layers. The kernels remain separate when cooked.



Parboiled long grain rice is especially fluffy and separate when it's cooked, as a result of the parboiling process. After this parboiling the majority of the vitamins and minerals are preserved in the rice, many of which would normally be lost in the milling process. The raw parboiled rice has a golden sheen, but turns snow white following cooking.



Brown long grain rice has a nutty aroma. When processed only the outer hull is removed, not the bran layers underneath. This ensures that the rice contains a higher proportion of vitamins, minerals and dietary fibers than ordinary milled rice.



THE AROMATIC RICE TYPES

The aromatic rice types, such as **Jasmine** and **Basmati** rice are also classified as long grain. Basmati rice has a distinct taste and it is often used in Indian cuisine. Jasmine rice has a delicate aroma and differentiates itself from the other long grain varieties through a soft and slightly sticky texture when cooked.



MEDIUM AND SHORT GRAIN RICE

Medium grain rice is 5-6mm long and considerably thicker than long grain rice, the kernels are tubby, soft and chalky. It is the preferred rice type in Jordan, Syria and Turkey.



A short grain rice kernel is 4-5 mm long and its length is only about 1-2 times its width. It has a soft and chalky kernel, it is very soft and releases approximately 15% starch when cooked.



WILD RICE

Wild rice is botanically not classified as rice, but as the seed of a water plant, which originates in North America. Normally sold as a wild rice mix with long grains, the long, slender, brown to black colored kernels have a nutty taste and are an internationally sought after delicacy. Wild rice in the USA is cultivated in California and Minnesota. It is also grown in Canada.



INGREDIENTS

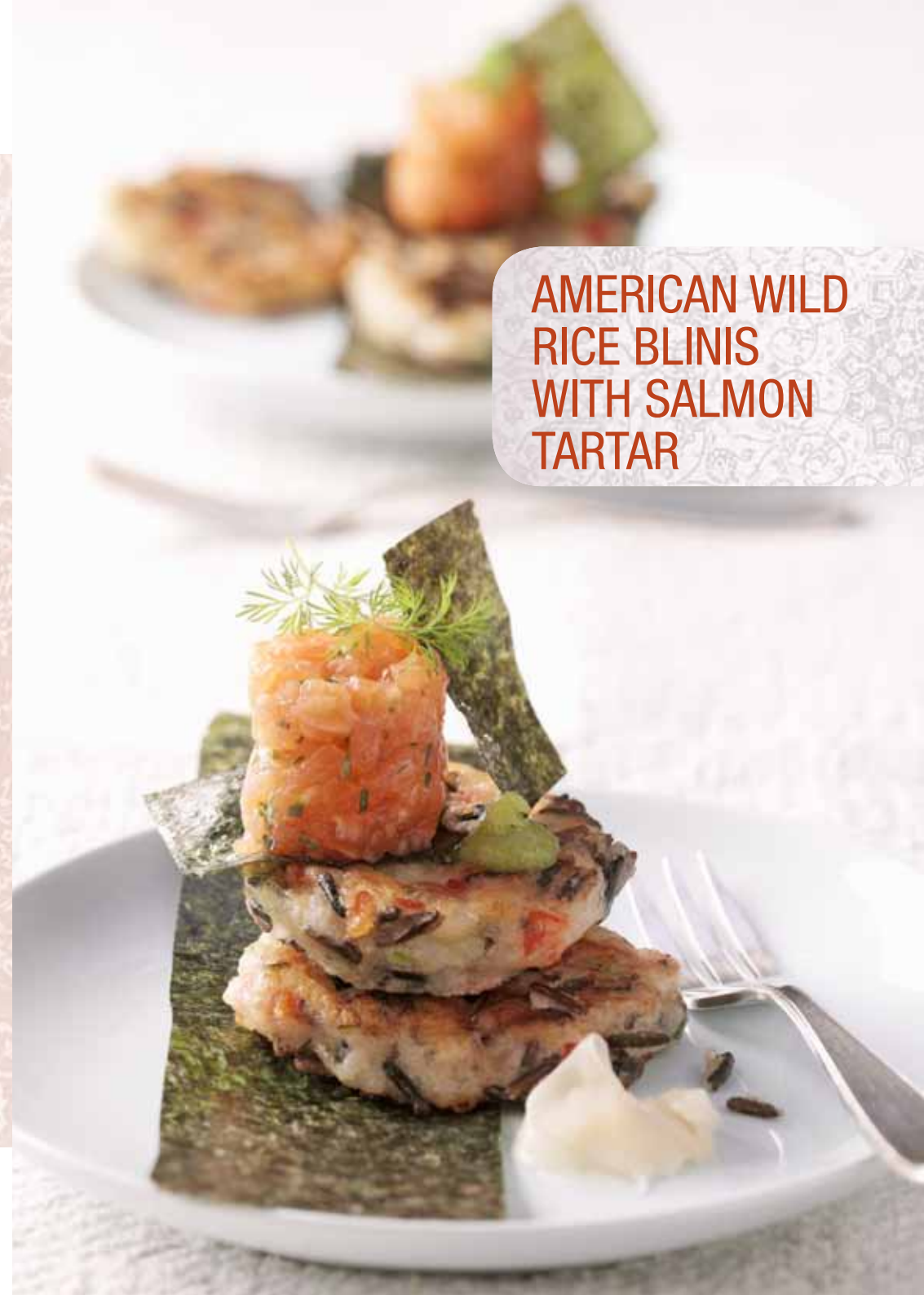
(serves 4)

200 g American wild rice mix (Wild rice & long grain rice), cooked
200 g very fresh salmon (preferably order Sushi quality at the fish shop)
1 bunch spring onions
1 red pepper
2 Nori leaves
150 g flour
20 g fresh yeast
3 tbsp olive oil
1 tsp sugar
1 tsp Wasabi
Pickled ginger
Salt, Pepper

PREPARATION

- Mix the yeast with 200ml lukewarm water and sugar, stir until smooth. Add the flour and mix to a smooth dough. Add cooked rice and mix. Leave it for 20 minutes.
- Wash the spring onion and finely cut. Wash the salmon and cut into pieces. Mix the fish with salt, pepper, 1 tsp olive oil and 2 tbsp spring onions and put in the fridge to cool. Cut the pepper into small cubes and mix under the blini dough with the rest of the spring onions. Cut the Nori sheet into squares.
- Heat the remaining oil in a pan. Add table spoon sized blini dough in the hot pan and bake from each side for approximately one minute until golden brown. Serve the blinis with salmon tartar, a Nori sheet, Wasabi and pickled ginger.

AMERICAN WILD RICE BLINIS WITH SALMON TARTAR



PUMPKIN SOUP WITH WILD RICE MIX

INGREDIENTS

(serves 4)

100 g American wild rice mix (Wild rice & Long grain rice)
 1 kg pumpkin
 2 onions
 1 tbsp butter or oil
 Grated nutmeg
 3/4 l vegetable or chicken broth
 1 tbsp white wine vinegar
 1 tsp sugar
 50 g walnuts
 1 bunch parsley
 Salt, white Pepper

PREPARATION

- Add Wild rice mix into 200ml boiling salt water, cook covered at low heat for appr. 20 minutes until the rice has absorbed the liquid.
- In the meantime peel the pumpkin and cut into cubes. Peel the onions and chop them. Lightly braise in hot oil, season with salt, pepper and nutmeg. Deglaze with the broth and bring to a boil, cook for approx 40 minutes. Puree the soup. Season with salt, pepper, vinegar and sugar. Hash the walnuts. Pluck the petals off the parsley. Serve the soup with the rice, parsley and sprinkle with walnuts.



CLASSIC SUSHI RICE RECIPE

INGREDIENTS

(for about 130 nigiri/maki sushi)

1kg American sushi rice
 About 1.3 litres of water depending on the rice brand you use
 2g kombu (dried kelp, a form of seaweed that grows near Hokkaido island)
 110g sugar
 2 tbsp sea salt
 220 ml rice wine vinegar

PREPARATION

1. Place the rice in a large bowl and cover with cool water. Gently stir the rice to release its starch; drain. Repeat with clean water 5 more times, until the water remains clear as the rice is stirred. Be careful not to break the rice, especially in the later washings, when the rice will become more delicate. Cover with cool water and soak for 1 hour. Drain the rice well and combine the rice and the measured water in a heavy saucepan with a tight-fitting lid. Bring to a boil over medium heat. Increase heat to high for 2 minutes, then turn down to medium and cook for 5 minutes. Reduce heat to very low and cook for 12 minutes until all of the liquid is absorbed. Remove from heat, wrap the pot in a towel and set aside for 10 minutes.
2. Score the kombu with a knife in a few places to release its flavor. Wipe the kombu with a damp cloth to remove any grit, but don't wipe off all of the white powder on its surface, which is dehydrated sea water. Combine the sugar, salt, vinegar and kombu in a small saucepan. Heat over low, stirring to dissolve the salt and sugar. DO NOT let mixture boil. Cool to room temperature; remove kombu.
3. Set an electric fan on medium. Transfer the rice to two 5cm deep, full hotel pans, and set in front of the fan. Drizzle half the vinegar mixture over one pan of rice, and using a wooden rice paddle, cut and fold the rice with horizontal strokes to cool the rice and incorporate the vinegar mixture. Continue until the rice has cooled to slightly warmer than room temperature and has taken on a shiny appearance; repeat with remaining rice. When finished, combine the rice in one pan; cover with plastic wrap and use for making sushi.

INGREDIENTS

(approx. 32 pieces)

800 g prepared American sushi rice
Red Thai-chili sauce
2 sheets dried seaweed (Nori)
8 shrimps (10 – 15 g each)
200 g red colored fish roe (e.g. Tobiko)
Wasabi paste and pickled ginger slices to serve

PREPARATION

- Take 200 g of the cooked American sushi rice and mix with some chili sauce to color it.
- Cut the seaweed sheets into halves. Put one half sheet on top of a bamboo mat. Spread 50 g of the red rice on top of the seaweed and place two shrimps lengthwise on it. Roll the bamboo mat forward, pressing the ingredients inside. Press the mat firmly and remove the rolled sushi.
- Cover the bamboo mat with plastic wrap and spread 150 g white sushi rice on it. Place the red roll on it and roll the sushi with help of the bamboo mat. Press the mat firmly and then remove the rolled sushi.
- Spread the red fish roe on a plate and roll the sushi gently until it is completely covered. Cut the roll into 8 pieces always wiping the knife with a wet cloth before slicing. Continue the procedure with the other ingredients.
- Serve with Wasabi paste and pickled ginger.



FIRE
ROLLS



LAMB FILLET WITH DRY FRUITS & AMERICAN RICE

INGREDIENTS

(serves 4)

250g American long grain rice
3 tbsp unsalted butter
1 large shallot, chopped
150g lamb fillet, cubed
½ tsp cinnamon
2 tbsp tomato paste
30g chopped pistachio
150g dried apricot (cut in two)
3 tbsp chopped parsley
Salt, black pepper and parsley to garnish

PREPARATION

- In a pot toss the shallot in butter until lightly browned and wilted. Add the meat and cook until brown. Spice with cinnamon, salt and pepper. Add rice. Deglaze with 300ml of vegetable stock or salted water. Add the tomato paste and bring to the boil, then reduce heat and simmer for 15 minutes, add apricots for the last five minutes.
- Roast the pistachios in a dry pan. Mix pistachios with rice and meat and decorate with parsley.

INGREDIENTS

(serves 4)

800g chicken
200g American long grain or medium grain rice
30g butter or oil
50g pistachio
50g pine nuts
100g whole, peeled almonds
1 tsp cinnamon powder
1/2 tsp cardamom powder
Baharat / Lebanese spices (a pinch of cardamom, ginger, nutmeg, coriander, clove; some garlic, parsley and mint)
2 shallots, peeled and diced
150g minced meat (e.g. lamb)
2 tbsp oil
Salt, pepper

PREPARATION

- Put the chicken into a pot and fill with water. Season with salt, pepper and a pinch of cardamom, and bring to the boil. Reduce heat and simmer for about 50 minutes.
- Remove chicken from the pot and set aside. Keep 400ml of the chicken stock. When the chicken is cool, remove skin and bones and cut into small pieces.
- Heat the oil or butter in a pot, fry the pistachios and remove when golden. Add the pine nuts, brown and remove them, then roast the almonds until golden and remove. Reduce the heat and gently fry the spices. Add the diced shallots and fry until translucent. Add minced meat, then rice, and deglaze with 400 ml of chicken stock. Season with salt. Cover with lid and simmer for 25 minutes.
- Serve the rice with the roasted nuts and chicken pieces and sprinkle the whole dish with cinnamon.



**PILAF
RICE THE
LEBANESE
WAY**

FRUITY FISH WITH AMERICAN RICE



INGREDIENTS

(serves 4)

600 g firm fish fillets (e.g. cod)
 4 tbsp lemon juice
 400 g courgettes
 1 small onion
 1/4 bunch thyme
 2 small pears
 300 g American long grain rice
 400 ml vegetable stock
 100 g (bean) sprouts
 100 g whipping cream
 60 g Gorgonzola
 1/2 tbsp dried mixed peppercorns
 approx. 1 tbsp light gravy binder
 1 tbsp butter
 salt & pepper
 1 tbsp oil
 thyme to garnish

PREPARATION

- Wash and pat dry the fish and cut into bite-sized pieces. Sprinkle over 2 tbsp lemon juice and season with salt, then thread onto skewers and leave to stand.
- Meanwhile, trim and wash the courgettes and cut into thin fingers. Peel and finely chop the onion. Wash the thyme and strip the leaves from the stalks. Wash and trim the pears, then cut into quarters and remove the cores. Cut each quarter into slices and sprinkle with 2 tbsp lemon juice.
- Cook the rice in boiling salted water for approx. 20 minutes. Bring the stock and cream to the boil. Coarsely grate the cheese and melt in the sauce. Season with salt and peppercorns. Add the binder and bring to the boil.
- Melt the butter. Sauté the onion, courgettes and pears for approx. 5 minutes. Season with salt and pepper. Add the thyme leaves. Wash and drain the bean sprouts, then add to the sauce and check the seasoning. Fry the fish skewers in hot oil for 5-8 minutes, turning carefully; season with pepper.
- Arrange the rice, vegetables and fruit in the sauce in bowls. Top with the skewers and garnish with thyme before serving.

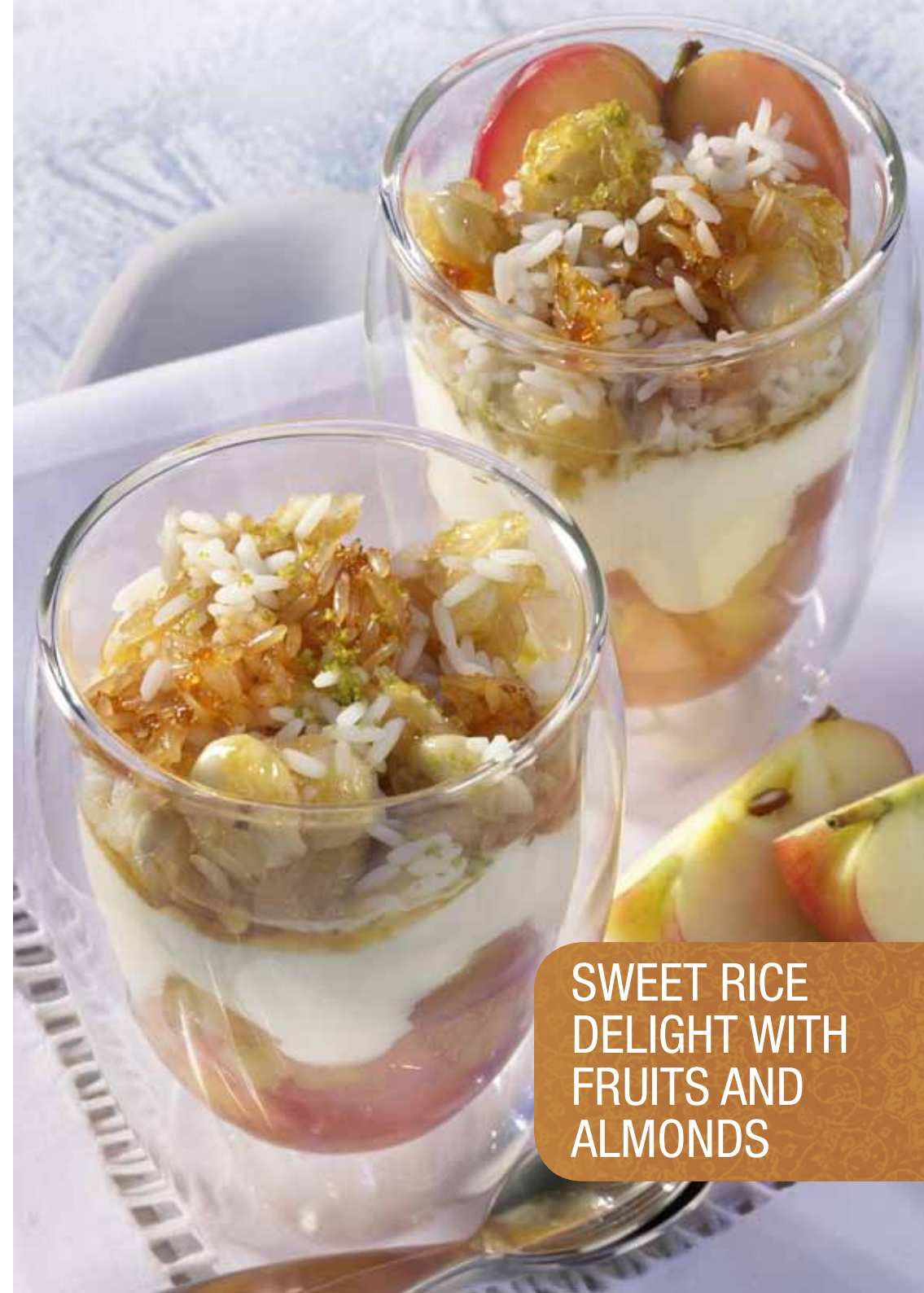
INGREDIENTS

(serves 4)

100 g American long grain rice
500 g tart apples
30 ml lemon juice
1/2 tsp ground cinnamon
100 g sugar
400 g low-fat cottage cheese (or similar curd cheese)
40 ml orange juice
40 g whipping cream
30 g almonds, skins removed
1/2 tbsp ground pistachios
sliced apple to garnish if desired
baking paper

PREPARATION

- Cook the rice in boiling water for approx. 20 minutes.
- Meanwhile, wash and peel the apples, then cut into quarters and remove the cores. Chop the peeled apples and sprinkle with lemon juice. Add the cinnamon and 30 g sugar, then simmer over a low heat for approx. 10 minutes, stirring occasionally.
- Combine the cheese, 30 g sugar and orange juice. Whip the cream until stiff and fold in.
- Crystallise 40 g sugar until golden. Combine with the almonds and one-third of the rice. Spread out on the baking paper and leave to cool.
- Coarsely chop or carefully break the rice caramel, and combine with the remainder of the rice. Layer the stewed apples, cheese and crispy rice in glasses. Sprinkle with chopped pistachios. Garnish with a slice of apple if desired.



**SWEET RICE
DELIGHT WITH
FRUITS AND
ALMONDS**