

PART IV: RICE IN CUISINE – INTERNATIONAL RECIPES

OBJECTIVES

After completing this section students will be able to:

- Use rice as a versatile recipe ingredient
- Understand the important role rice plays in global cuisine
- Identify main ingredients and cooking methods used to prepare international rice dishes
- Learn basic recipes and flavor systems that may be adapted in creative ways to fit any menu
- Understand how rice fits all parts of the menu

LESSON PLAN

Topic	Suggested Activity	Suggested Time
Rice on the Menu	Lecture	5 min
The Role of Rice in Cuisine	Lecture	15 min
Fried Rice	Lecture/Discussion	10 min
	Demonstration	30 min
	Cooking Laboratory	45 min
Paella	Lecture/Discussion	10 min
	Demonstration	30 min
	Cooking Laboratory	45 min
Jambalaya	Lecture/Discussion	10 min
	Demonstration	30 min
	Cooking Laboratory	45 min
Sushi	Lecture/Discussion	10 min
	Demonstration	30 min
	Cooking Laboratory	45 min
Chicken Teriyaki Rice Bowl	Lecture/Discussion	10 min
	Demonstration	30 min
	Cooking Laboratory	45 min
Brown Rice Tabbouleh	Lecture/Discussion	10 min
	Demonstration	30 min
	Cooking Laboratory	60 min
Creamy Rice Pudding	Lecture/Discussion	10 min
	Demonstration	30 min
	Cooking Laboratory	60 min

For the Basic Risotto Recipe see page 27.

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RICE ON THE MENU

Rice plays a role in any part of the menu at any time of day.

- **Rice for Breakfast**—A long-time tradition in the south, rice is now popular across the country. Whole grain brown rice or enriched white rice can be enhanced with cinnamon and fruits and served as a nutritious warm breakfast cereal.
- **Soups and Stews**—Rice is often used to garnish broth and cream soups. It is a common thickener for bisques. It is also serves as the primary starch component in meat, poultry, seafood and vegetable stews.
- **Appetizers**—Risotto is traditionally served before the main course in place of pasta in Italian cuisine. In modern cuisine, sushi has become a trendy hors d'oeuvre. Savory rice cakes are also popular snacks and starters.
- **Main Courses/Entrées**—Rice is the main ingredient in countless entrées such as paella, arroz con pollo, jambalaya, rice bowls, stirfrys and more. It is also an excellent ingredient for stuffings and dressings. Combined with legumes such as beans or lentils, rice is a nutritious and satisfying source of complete protein (i.e., contains all essential amino acids) and a popular choice for vegetarian meals.
- **Side dishes**—Rice is often served to accompany meat, poultry, seafood and vegetable dishes. It is an ideal flavor carrier for seasonings and sauces to complement the dish.
- **Salads**—Rice salads, either marinated with vinaigrette or bound with a creamy dressing, are satisfying entrées, flavorful side dishes, and great fillings for wrap sandwiches. Rice salads hold well, can be eaten warm or cold, and are excellent additions to take-out menus. Rice mixtures are an excellent main ingredient in composed salads as well.
- **Desserts**—For dessert, rice pudding is a classic. Today's trends include contemporizing rice pudding with the addition of a variety of ingredients like chocolate, espresso, caramel, berries, citrus, tropical fruits, pumpkin and more.



ROLE OF RICE IN CUISINES AROUND THE GLOBE

Rice is a revered staple in many cultures around the globe. Mastering the techniques of rice cookery can open the door to a wide array of dishes that are on trend with global flavors and in demand by today's consumers. With U.S.-grown rice, you can easily update and revitalize your menus with some of the world's most enticing rice dishes that will have enormous consumer appeal and high profit potential.

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INTERNATIONAL RICE DISHES

Arancini—(Italian) Small round rice croquettes made of cooked short or medium grain rice that is cooled, seasoned, formed into balls, breaded and deep fried. Arancini means “little orange,” a reference to its shape. Some recipes call for rice to be cooked risotto style, resulting in a creamy rice texture.

Arroz con Pollo—(Latin American) Classic casserole dish in many countries featuring chicken with rice, often flavored with saffron or annatto.

Arroz con Gandules—(Caribbean) Cooked, seasoned rice with pigeon peas.

Avgolemono—(Greek) Chicken and rice soup thickened with egg yolk and flavored with lemon.

Biryani—(Indochina) A family of rice dishes made from toasted rice that is assertively spiced, usually with clove, cardamom, cinnamon and coriander. The rice is usually accompanied by a stew of meat and vegetables. The exact combination of spices and accompaniments varies depending on the country of origin. Biryanis are popular from the Middle East to Southeast Asia.

Calas—(American) Creole rice fritters dusted with powdered sugar.

Congee—(Chinese/Asian) Rice porridge made by cooking rice in a large quantity of liquid until it completely breaks down. It is usually mildly seasoned and eaten with a variety of condiments, such as salted duck eggs, *kim chee*, or pickled fruit, and is often eaten for breakfast.

Dirty Rice—(American) A Louisiana Cajun dish, sometimes called ‘rice dressing,’ cooked with finely chopped poultry giblets, onion, celery, green peppers and spices.

Dolmas—(Greek/Turkish) Grape leaves stuffed with cooked rice and seasoned ground lamb.

Etouffé—(American) A Cajun/Creole seafood stew often made with crawfish or shrimp, flavored with a dark roux and traditionally served over rice.

Fried Rice—(Chinese, Thai) Cooked rice that is stir-fried with various ingredients that may include eggs, meats, seafood and vegetables (for recipe see page 34).

Gumbo—(American) A traditional Louisiana stew (or soup) of poultry, meat and/or shellfish. Gumbos are typically served over rice and are thickened with okra or file powder (ground sassafras leaves). Cajun gumbos use a dark roux and Creole gumbos a blonde roux.

Hoppin’ John—(American) Cooked rice with black-eyed peas, often flavored with ham or bacon. Traditionally served on New Year’s Day in the South.

Jambalaya—(American) A Creole rice dish cooked pilaf style with tasso (spicy cured pork), green peppers, onions, celery, tomato and spices. In addition, sausage, meat, poultry and seafood may be added (for recipe see page 36).



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Moros y Cristianos—(Cuban) In this Cuban staple, "Moors and Christians" are represented by stewed black beans and rice served together.

Paella—(Spanish) Medium or short grain rice typically baked with tomatoes, onions and other ingredients in a shallow pan. The rice is flavored with saffron, garlic and seasonings and may include chicken, rabbit, ham, mussels, shrimp, clams, chorizo sausage and peas. Long grain or parboiled rice may also be used in paella (for recipe see page 35).

Perloo/Pilau/Pilaw—(Middle East) Various regional terms for rice cooked by pilaf method (for recipe see page 24).

Red Beans and Rice—(American) Creole dish of red beans cooked with ham, sausage, tomatoes, green peppers, onions and celery served over long grain white rice.

Rice Croquettes—(French) Cooked rice, often bound with a thick bechamel sauce, is shaped, breaded and deep fried. Rice croquettes may be sweet or savory.



Risi e Bisi—(Italian) Short or medium grain rice cooked risotto style with ham and green peas.

Risotto—(Italian) Medium grain rice cooked by stirring with stock in an uncovered pot on the stove top to create a creamy consistency. The rice traditionally used for this dish is called arborio. Common variations of risotto are (for recipe see page 27):

Italienne: Finished with Parmesan cheese and butter

Milanese: Flavored with saffron

Piedmontese: Flavored with truffles

Riz Egyptienne—(Classical French) Rice pilaf with diced chicken livers, ham and mushrooms.

Riz a la Greque—(Classical French) Rice pilaf with sausage, peas and diced red bell pepper.

Spanish Rice/Arroz a la Mexicana—(Spanish) Rice pilaf with tomatoes or tomato purée and seasonings.

Suppli —(Italian) Rice croquettes made from short or medium grain rice with mozzarella cheese filling.

Sushi—(Japanese) Medium or short grain rice (sometimes referred to as "sushi rice") seasoned with lightly sweetened rice vinegar and garnished with any number of raw or cooked seafood, vegetables or eggs. Sushi is commonly made in one of two forms: Nigiri sushi is hand-formed rice with garnish on top; maki sushi is rice and garnish rolled in sheets of seaweed, called *nori* (for recipe see pages 37-38).

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BASIC FRIED RICE

A versatile delicious one-dish meal that transforms leftovers into profits, fried rice is an important element in a chef's recipe repertoire. It is best to use rice made ahead and chilled to ensure separate grains when making fried rice. Use this basic recipe as a template for transforming fried rice with whatever vegetables, meats or seafood you have on hand into an aromatic, savory and satisfying dish. It can be made to order, served from a steamtable or used on a demonstration station.

Yield: 3 qt. (3 L.), 6 (2 cup) servings

8 ea.	8 ea.	eggs
2 tsp.	10 ml.	kosher (course) salt
1 c.	250 ml.	canola or vegetable oil
1 c.	250 ml.	finely chopped scallions
1 c.	250 ml.	finely chopped carrots
1 c.	250 ml.	finely chopped celery
2 Tbsp.	30 ml.	soy sauce
2 c.	500 ml	finely chopped cooked meat, such as pork, chicken, or beef
2 qt.	2 L.	cooked long grain brown or white rice, cooled
¼ c.	60 ml.	dark sesame oil
½ tsp.	2 ml.	ground Szechuan pepper (optional)
½ c.	125 ml.	julienned scallion



1. Whisk the eggs and salt together until well combined.
2. Heat a large wok or skillet over high heat until smoking. Add oil and heat until smoking. Add scallions, carrots and celery and stirfry for 1 to 2 minutes; add soy sauce.
3. Add egg mixture and cook until egg sets, using a spatula to break the egg up so that it cooks evenly.
4. Add the chopped meat and rice. Use the spatula to aggressively break up the rice and mix it with the egg. Push the rice onto the side of the wok with the back of the spatula to sear it. Stirfry until there are crispy bits of rice dispersed throughout the mixture (about 5 minutes).
5. Remove from the heat and stir in the sesame oil, Szechuan pepper and additional salt or soy sauce to taste. Turn out onto a serving platter and garnish with julienned scallion.

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BASIC PAELLA

Paella, the saffron-tinted classic from southern Spain, is an impressive dish that is surprisingly easy to assemble. Use this basic recipe as a template for any paella by substituting your choice of poultry, meats and seafood. It can be prepared in a large pan for multiple servings or made to order for one or two. Either way, it is sure to impress your guests.

Yield: 6 qt. (6 L.), 12 (2 cup) servings

8 oz.	225 g.	chorizo sausage (spicy Spanish-style), ¼" thick slices
¼ c.	60 ml.	olive oil
2 lb.	900 g	boneless chicken meat, 1-inch dice
1 pt.	500 ml.	small diced red or yellow onions
2 Tbsp.	30 ml.	finely chopped garlic
2 Tbsp.	30 ml.	tomato paste
3 ea.	3 ea.	bay leaves
1 Tbsp.	15 ml.	kosher salt
2 tsp.	10 ml.	rubbed sage
1 ¾ lb.	800 g.	medium or long grain rice or parboiled rice
2 tsp.	10 ml.	saffron threads
1 tsp.	5 ml.	ground black pepper
½ tsp.	2 ml.	red pepper flakes
2 qt.	2 L.	stock (chicken, seafood or vegetable)
1 qt.	1 L.	canned diced tomatoes, drained
2 lb.	900 g.	21-25 count shrimp, peeled and deveined
1 ½ c.	375 ml.	frozen peas, thawed
1 c.	250 ml.	finely chopped parsley
4 ea.	4 ea.	lemons, each cut in 6 wedges



1. Heat a large rondo or classic "paella pan" to medium-high; add chorizo and sauté until browned. Remove from pan and reserve.
2. Add half of the oil and heat until smoking. Add the chicken and sauté until golden brown on all sides. Remove from pan and reserve.
3. Add remaining oil to pan. Add onions and sauté until tender (about 3 minutes). Add the garlic and cook 1 minute. Stir in tomato paste, bay leaves and sage, and cook another minute.
4. Stir in rice, saffron, salt, pepper and pepper flakes and cook until aromatic, stirring constantly for about 3 minutes. Add stock, tomatoes, and reserved chorizo and chicken. Bring to a boil, reduce heat to medium-low, cover and simmer* for 15 minutes, until rice is al dente (firm to the bite) and most of the liquid has been absorbed.
5. Add shrimp and peas on top of the rice; do not stir. Cover and cook until shrimp are opaque, the rice is tender and all of the liquid has been absorbed (4 to 5 minutes). Remove from heat and let stand 5 to 10 minutes. Remove bay leaves.
6. Sprinkle with parsley and serve with lemon wedges.

*Paella can also be baked in an oven preheated to 350°F for about 30 minutes (until rice is al dente) before proceeding to Step 5.

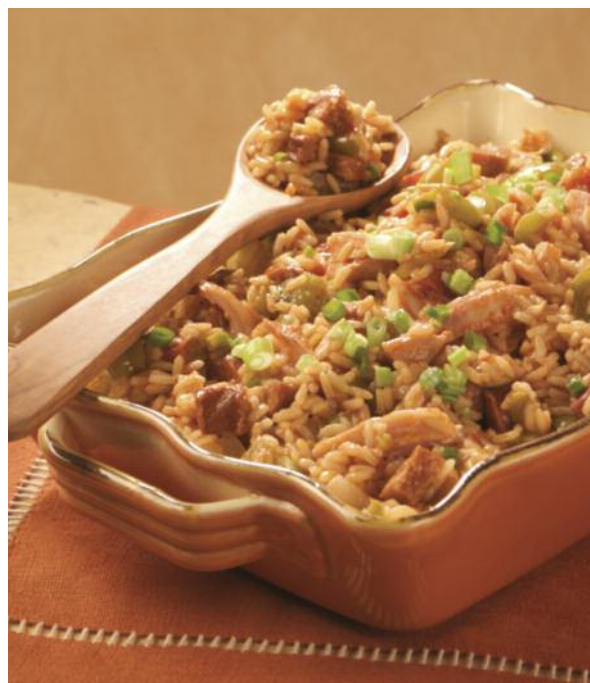
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BASIC JAMBALAYA

A classic Louisiana dish of rice, pork, ham, sausage, seafood and seasonings, Jambalaya is one of the most famous Creole culinary creations, with as many versions as there are cooks. Most linguists believe the name comes from the Spanish word for ham, *jamón*, a main ingredient in the original jambalayas of the eighteenth century. Louisianans are passionate about Jambalaya and it has become a popular dish across the country.

Yield: 6 qt. (6 L.), 12 (2 cup) servings

4 ea.	4 ea.	bay leaves
1 Tbsp.	15 ml.	dried oregano leaves
1 Tbsp.	15 ml.	dried thyme leaves
1 Tbsp.	15 ml.	kosher salt
2 tsp.	10 ml.	ground black pepper
1 tsp.	5 ml.	ground red (cayenne) pepper
¼ c.	60 ml.	olive oil
1 ¼ lb.	570 g.	andouille sausage, medium dice
1 qt.	1 L.	diced yellow onions
3 c.	750 ml.	diced celery
1 pt.	500 ml.	diced green bell peppers
2 Tbsp.	30 ml.	finely chopped garlic
1 ½ lb.	680 g.	smoked meat and seafood
1 qt.	1 L.	canned diced tomatoes in juice
1 ½ c.	375 ml.	canned tomato sauce
3 pt.	1500 ml.	chicken stock
1 ¾ lb.	800 g.	long grain rice or parboiled rice
1 c.	250 ml.	finely chopped scallions
⅓ c.	85 ml.	finely chopped fresh herbs (parsley, thyme, and/or oregano)
to taste	to taste	hot pepper sauce



1. In a small bowl, combine the bay leaves, oregano, thyme, $\frac{2}{3}$ of the salt, $\frac{1}{2}$ of the black pepper and the ground red pepper; set aside.
2. In a braiser or rondo, heat oil over medium-high heat. Add sausage and sauté until lightly browned (about 4 minutes). Add onions, celery, peppers, garlic and half of the reserved spice mixture and sauté about 6 minutes, until the vegetables are tender but firm, stirring often and scraping the bottom of the pot occasionally.
3. Stir in smoked meat and seafood and cook 2 to 3 minutes, stirring often. Add diced tomatoes, tomato sauce and stock; bring to a boil. **For Stove Top:** Add rice, remaining spice mixture and remaining salt and pepper and bring to a simmer; lower heat, cover and cook until rice is tender and liquid is absorbed, about 18 minutes (20 to 25 minutes for parboiled rice). **For Oven:** Pour into a deep half steam table pan. Add rice, remaining spice mixture and remaining salt and pepper. Cover and bake at 350°F, until rice is tender and liquid is absorbed, about 30 minutes (40 minutes for parboiled).
4. Remove bay leaves. Add the scallions and fresh herbs. Replace the cover and let stand for 5 to 10 minutes. Season to taste with additional salt, pepper and hot sauce, if desired, and fluff with a fork before serving.

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BASIC VEGETABLE MAKI SUSHI

Sushi is made with steamed rice that is seasoned with subtly sweetened rice vinegar garnished with a variety of colorful and flavorful ingredients. Although some of the most famous sushi contains raw fish, much of today's sushi features vegetables and cooked seafood. *Maki* is the Japanese word for rolled sushi, in which the select ingredients are encased in a cylinder of sushi rice and surrounded by a sheet of seaweed. *Uramaki* is another type of roll that is unique because it is "inside out," that is, the nori is on the inside wrapping the filling, while the rice is on the outside. *Maki* rolls can be refrigerated for several hours and then cut to deliver fresh beautiful sushi. The quality of sushi is all about properly prepared rice and freshness of ingredients. Master the art of making sushi rice and you will have the foundation for countless varieties of sushi.

Yields 12 rolls; 12 servings

For Rice:

1 ½ qt.	1 ½ L	short or medium grain rice, such as Koshihikari or Calrose
1 ½ qt.	1 ½ L.	water
1 ea.	1 ea.	6-inch square kombu (seaweed)
½ cup	125 ml.	sugar
2 ½ Tbsp.	37 ml.	sea salt
1 c.	250 ml.	rice wine vinegar



For Sushi:

12 ea.	12 ea.	nori seaweed sheets
8 ea.	8 ea.	roasted portobello mushroom caps, sliced ¼-inch thick
1 ea.	1 ea.	medium cucumber, peeled, seeded, and thinly sliced lengthwise
12 ea.	12 ea.	thin asparagus, trimmed and blanched, chilled
1 c.	250 ml.	daikon sprouts
2 ea.	2 ea.	firm, ripe avocado, peeled and cut in thin slices
¼ c.	60 ml.	prepared wasabi (Japanese horseradish paste)
¾ c.	190 ml.	soy sauce
¾ c.	190 ml.	Japanese pickled ginger

Sushi Rice

1. Place the rice in a large bowl and cover with cool water. Gently stir to release some of the soluble starch; drain. Repeat with clean water about 5 times more, 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.
2. Combine the rice with the measured water in a rice cooker; cover tightly and cook according to the manufacturer's instructions. Let stand at room temperature for 10 minutes. (If you do not have a rice cooker, cook rice 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.)
3. Score the kombu with a knife several times to release its flavor. Wipe the kombu with a damp cloth to remove any grit, but be sure not to remove all of the flavorful white powder (dehydrated sea water) on its surface. Combine the sugar, salt, vinegar and kombu in a sauce pan. Heat over low, stirring to dissolve the salt and sugar. DO NOT let mixture boil. Cool to room temperature; remove kombu.

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4. Set an electric fan on medium. Transfer the rice to two 2-inch 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 it, 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.

To Assemble Maki Rolls:

5. Cover a bamboo rolling mat (maki-su) with plastic wrap.
6. Toast the nori sheets by holding them, one at a time, with tongs and passing them over a flame very briefly. Place the nori, shiny-side down, on the plastic-covered mat. Moisten your hands with a little rice wine vinegar and spread about 1 cup prepared sushi rice over $\frac{3}{4}$ of the sheet beginning at the end closest to you in a layer about $\frac{3}{8}$ -inch thick.
7. Place a row of mushroom pieces 1 inch from the edge of the rice closest to you. Place a row of cucumber next to the mushrooms, an asparagus on top of the mushrooms and a row of daikon sprouts on top of that. Top with a row of avocado slices. Use plastic-covered rolling mat to roll the end of rice and nori over the line of ingredients, gently rolling forward to enclose all of the ingredients (use plastic-covered mat for support—do not roll into sushi ingredients). Apply gentle pressure with mat to help secure the roll; refrigerate roll for 5 to 10 minutes before slicing. Slice and serve immediately with wasabi, soy sauce and pickled ginger, if desired.



FAST FACT

Sushi is one of today's most popular foods in restaurants, schools and supermarkets.

Nearly all of the sushi consumed in the U.S. is made with U.S.-grown rice.

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BASIC CHICKEN TERIYAKI RICE BOWL

Because rice is such a versatile flavor carrier, Rice Bowls represent an exciting menuing opportunity for every type of foodservice operation. They are especially popular in quick service restaurants, cafeterias, colleges and universities and buffets. Rice Bowls are:

- The way people eat today—fresh ingredients, bold flavors, healthy one-dish meal
- Easy to prepare and serve
- Just right for either front- or back-of-house concepts—no special equipment required
- Adapt any cuisine—from authentic international to regional American flavor systems
- Perfect for vegetarian menu options
- Ideal for both dining in and carry-out service
- Rice Bowl Stations offer flexibility and appeal to diners who want to customize their meal

Yields 6 qt. (6 L.); 12 (2 cup) servings

For Chicken:

2 c.	500 ml	light soy sauce
2 c.	500 ml.	sake
1 ½ c.	375 ml.	mirin (Japanese sweet rice wine)
1 c.	250 ml.	sugar
4 lb.	1.8 kg.	boneless chicken breast, cut in ¾- x ¾- x 2" strips

For Vegetables:

¼ c.	125 ml.	vegetable oil
2 Tbsp.	30 ml.	minced gingerroot
2 tsp.	10 ml.	minced garlic
3 qt.	3 L.	mixed steamed vegetables, like broccoli florets, pepper strips, pea pods, or carrot coins
1 tsp.	5 ml.	kosher salt
2 tsp.	10 ml.	dark sesame oil

For Rice:

3 qt.	3 L.	cooked long grain rice, hot*
3 c.	750 ml.	scallions, green and white, sliced on bias
¼ c.	60 ml.	toasted sesame seeds

* Use any long grain rice, such as parboiled, long grain brown, U.S. jasmine or U. S., basmati.

1. Bring the soy sauce, sake, mirin and sugar to a boil in a sauce pan; cool. Pour half of the marinade into a hotel pan, and reserve remaining marinade.
2. Toss chicken in the marinade in the hotel pan to coat; cover and refrigerate for 2 to 4 hours.
3. Just before service, remove the skewers from the marinade and grill over a medium-hot fire for 1 to 2 minutes per side, basting with the reserved marinade 3 or 4 times while cooking. Set aside on a rack and hold warm for as long as 15 minutes.
4. Meanwhile, heat the oil in a large wok or sauté pan. Add the ginger and garlic and stir-fry until aromatic, about 30 seconds. Add the vegetables and heat through. Season with salt and a splash of sesame oil.
5. Serve 1 cup of rice in a bowl, top with 1 cup vegetables, and 4 ounces cooked chicken strips. Drizzle with some of the remaining marinade. Sprinkle with scallions and toasted sesame seeds.



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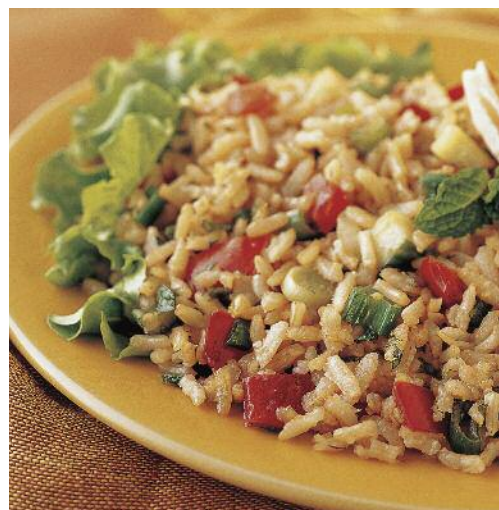
BASIC BROWN RICE TABBOULEH

Tabbouleh is a classic Middle Eastern salad that is traditionally made from bulgur wheat. This versatile rendition made with readily available brown rice, is deliciously refreshing and satisfying. It is an ideal vegetarian main dish, salad or side and is great for both dining-in and carry-out menus. And because it is made with rice, it is also gluten-free.

Yields 3 qt. (3 L.); 12 (1 cup) servings

1 ½ qt.	1 ½ L.	cooked whole grain brown rice* cooled
1 ½ c.	375 ml.	small diced, peeled and seeded cucumber
1 ½ c.	375 ml.	small diced, peeled and seeded tomato
1 c.	250 ml.	finely chopped flat-leaf parsley
½ c.	125 ml.	finely chopped fresh mint leaves
½ c.	125 ml.	sliced scallions, green and white parts
½ c.	125 ml.	olive oil
½ c.	125 ml.	fresh lemon juice
1 tsp.	5 ml.	salt
½ tsp.	2.5 ml	freshly ground black pepper

1. Combine all ingredients in large bowl. Toss well and chill.
2. Serve with pita bread or on a bed of chopped lettuce.



**Use long grain or medium grain rice, parboiled rice or instant brown rice.*



Greek-Style Brown Rice Salad: Prepare Brown Rice Tabbouleh Salad and add crumbled feta cheese and kalamata olives. Serve on a bed of lettuce or use as a filling for sandwich wraps.

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BASIC CREAMY RICE PUDDING

This classic rice pudding is made on the stove top, and although it takes some time, it practically cooks itself.

Yields 3 qt. (3 L.); 12 (1 cup) servings

3 qt.	3 L.	milk, low-fat or whole
2 c.	500 ml.	heavy cream
1 ½ c.	375 ml.	medium grain rice*
1 ⅓ c.	330 ml.	sugar
½ tsp.	2.5 ml.	salt
4 ea.	4 ea.	large eggs
2 tsp.	10 ml.	vanilla extract
as needed	as needed	ground cinnamon

*You may also use short or long grain.

1. In a large heavy saucepan, bring milk and cream to a boil over medium heat, stirring frequently to prevent scorching. Add rice, reduce heat to a simmer and cook, stirring often until the mixture thickens to pudding consistency (about 45 minutes).
2. Add sugar and salt and simmer until rice is tender, stirring often (about 15 minutes more).
3. In a bowl, beat the eggs until foamy with a whisk. Spoon a ladle-full of the hot rice mixture into the eggs to temper, and whisk to blend. Repeat process, a ladle-full at a time, until ⅓ of the rice mixture has been incorporated. Stir the egg mixture into the remaining rice in the saucepan and gently simmer about 5 minutes, stirring often until thick and creamy. Remove from heat. Stir in vanilla. Place in an ice bath, uncovered, and cool until chilled, stirring often (or transfer into a hotel pan, cover and refrigerate).
4. Serve 8 oz. scoops of pudding, each garnished with a dusting cinnamon.

Rice Pudding is a classic in your repertoire, but one that can take on countless flavors to refresh your menu and delight your patrons. Consider the following twists:

- Cappuccino Rice Pudding Cups
- Cardamom Saffron Rice Pudding
- Lemon-Berry Rice Pudding
- White Chocolate Rice Pudding with Raspberry Sauce
- Praline Pumpkin Rice Pudding
- Maya-Mediterranean Chocolate Rice Pudding
- Crepes Stuffed with Grand Marnier Rice Pudding

Visit www.MenuRice.com for recipes.



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Visit www.MenuRice.com for additional American classic and international rice recipes.

REVIEW/QUIZ QUESTIONS

1. Name six ways rice can be used on the menu.
2. What Italian rice dish often takes the place of pasta on a menu?
3. *True or False:* Jambalaya traditionally contains ham?
4. *True or False:* Combining rice with beans (legumes) forms a complete protein with all essential amino acids.
5. Why is rice for sushi washed before cooking?
6. Name five well-known international rice dishes.
7. Name three reasons why rice bowls are popular on menus.
8. What type of rice is traditionally used in paella?
9. What is maki sushi?
10. Name two rice dishes that can be served as appetizers.



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REVIEW QUIZ ANSWERS

1. Soups/stew, appetizers, main dish/entrées, side dishes, salads, desserts
2. Risotto
3. True
4. True
5. To release its soluble starch.
6. Arancini, Arroz con Pollo, Arroz con Gandules, Calas, Dirty rice, Dolmas, Fried Rice, Hoppin' John, Jambalaya, Moros y Cristianos, Paella, Perloo/Pilau/Pilaw, Red Beans and Rice, Risi e Bisi, Risotto, Spanish rice/Arroz a la Mexicana, Suppli or Sushi (see International Rice Dishes page 32).
7. Fresh ingredients, bold flavors, healthy one dish meal, easy to prepare and serve, adapt to many ethnic flavor systems, customizable, good for take-out.
8. Medium grain, however long grain or parboiled rice may be used.
9. Rolled sushi
10. Risotto, sushi, arancini

