

How To Cook Japanese Rice

Japanese Rice is medium-grained and is known as sticky rice. Time Requirement: 35 minutes

1. Put the rice in a bowl and wash with cold water.
2. Repeat washing until the water becomes clear.
3. Drain the rice in a colander and set aside.
4. Place the rice in a pan or rice cooker and add water.
5. Use just enough water to cover the rice -- don't fill the entire pot.
6. Let the rice soak in the water at least 30 min. One hour is ideal.
7. If you are cooking the rice in a pan, cover the pan with a lid and bring to a boil over high heat.
8. Once the water boils, turn the heat down very low and cook about 15-20 min. until the water is almost gone.
9. Remove the pan from the heat and let it steam for 10-15 minutes before serving.

Tips:

1. If you are using an electric rice cooker, you don't have to worry about adjusting the heat. You still need to let the cooked rice steam before you open the lid.
2. Japanese rice gets sticky when it is cooked. The long-grained American rice isn't proper for Japanese cooking, because it is drier and doesn't stick together well.



Recipe Sources:
www.riceland.com



Gourmet Rice On The Go

LaDell Emmons
FCS Extension Educator
Pittsburg County
707 West Electric
McAlester OK 74501
918.423.4120
ladell.emmons@okstate.edu
www.oces.okstate.edu/pittsburg

Danette Russell
FCS Extension Educator
Latimer County
P.O. Box 266
Wilburton, OK 74578
918.465.3349



Oklahoma Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, sex, age disability or status as a veteran and is an Equal Opportunity Employer.

BANANA & RICE MUFFINS

2 cups all-purpose flour
 1 tsp. baking powder
 1 tsp. baking soda
 1/4 tsp. salt
 1/2 tsp. nutmeg
 1/2 tsp. ginger
 1/2 tsp. cinnamon
 1/4 tsp. vanilla
 1/2 cup butter or margarine
 1 cup brown sugar
 2 eggs
 2 very ripe bananas
 1-1/2 cups cooked rice



Sift together first 7 ingredients; set aside. Cream together vanilla, butter and sugar; beat in eggs and mashed bananas. Gradually blend in flour mixture. When mixed well, fold in cooked rice. Fill greased muffin tins half full. Bake at 350F for 35-40 minutes.

Rice Biscuits

1/2 cup cooked medium grain rice
 2 cups flour
 2 Tbsp. sugar
 3 tsp. baking powder
 1/2 tsp. salt
 1 well-beaten egg
 1 cup milk
 1/4 cup melted margarine
 1/2 lb. sausage, cooked, well-drained and crumbled
 1/2 cup shredded Cheddar cheese
 Combine beaten egg, milk and melted margarine; set aside. Mix flour, sugar, baking powder and salt. Add crumbled sausage and cheese. Add egg, milk and margarine mixture and stir only until well mixed. Fill muffin tin cups 2/3 full. Bake 375F-20 min. until brown. Remove and brush tops with melted butter.

WHITE CHOCOLATE CLUSTERS

1 pkg. (14 oz.) confectioners white chocolate coating, melted according to pkg. directions (available at cake-decorating stores)
 2-1/2 cups crisp rice cereal
 1/2 cup chopped pecans
 1/2 cup broken pretzel sticks

Combine white chocolate coating, rice cereal, pecans and pretzel sticks in large bowl. Drop by teaspoonfuls onto wax paper. Let set until firm. Makes about 3 doz.

3-CHEESE RICE QUICHE

1/2 cup chopped onion
 1 Tbsp. vegetable oil
 2 cups cooked rice
 1 medium fresh tomato, chopped, drained, divided
 Salt and ground black pepper
 1 cup chopped cooked spinach
 1/2 cup diced cooked ham
 1/2 cup shredded Swiss cheese
 1/2 cup shredded mozzarella cheese
 5 eggs, beaten
 2/3 cup light cream
 1/2 tsp. seasoned salt
 1/4 tsp. ground nutmeg
 1/8 tsp. ground red pepper
 1/4 cup grated Parmesan cheese
 Cook onion in oil in large skillet over medium heat. Stir in rice, all but 1/4 cup tomato, salt and pepper; cook 2-3 more minutes. Cool. Press rice mixture into greased 8-inch baking dish. Spread spinach over rice mixture; top with ham, Swiss cheese and mozzarella cheese. Combine eggs, cream, seasoned salt, nutmeg and red pepper in small bowl; pour over cheese layer. Sprinkle reserved 1/4 cup tomato, then Parmesan cheese on top. Bake at 350F 30-35 minutes, or until firm and golden.

BLT RICE SALAD

- 4 slices bacon
- 2/3 cup fat-free mayonnaise or salad dressing
- 1 Tbsp. bacon drippings
- 4 tsp. white wine vinegar
- 2 tsp. sugar
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/4 cup skim milk
- 3 cups cold cooked rice
- 6 cherry tomatoes, each cut into fourths
- 1/4 cup thinly sliced celery
- 2 Tbsp. chopped onion
- 6 cups torn lettuce leaves
- 1/2 cup Cheddar cheese or toasted croutons



Fry bacon until crispy; reserve 1 Tbsp. drippings. Drain bacon on paper toweling; cool and crumble. Set aside. In large bowl, combine mayonnaise, reserved bacon drippings, vinegar, sugar, salt and pepper; mix well. Gradually stir in milk. Add rice, tomatoes, celery, onion and crumbled bacon; mix well. Cover and refrigerate 1 to 3 hours. To serve, place 1 cup torn lettuce leaves on each of 6 individual salad plates. Top each with generous 1/2 cup rice mixture; sprinkle

BEEF AT IT'S BEST

- 2 cups cooked extra long grain rice
- 1 can (12 oz.) roast beef without gravy or 2 cups coarsely cut cooked beef roast
- 8 oz. peeled onion
- 1 can (10.5 oz.) condensed tomato soup
- 1/2 cup water

Place rice, beef and onions in prepared 2-quart glass baking dish. Pour on soup and water. Cover loosely. Bake at 400F for 20-25 minutes or until heated.

Chocolate Rice Pudding

- 3 cups warm cooked long grained rice
- 1/2 cup sugar
- 3 egg yolks
- 2/3 cup sugar
- 1/3 cup flour
- 3 Tbsp. cocoa
- 1/8 tsp. salt
- 2 cups milk
- 1 tsp. vanilla
- 2 Tbsp. margarine

Combine warm rice and 1/2 cup sugar; set aside. In heavy saucepan, beat egg yolks until lemon color. Cream in 2/3 cup sugar. Slowly stir in flour, cocoa and salt. Stir in small amount of hot milk at a time, mixing well after each addition. Cook until thick, stirring continuously. Add margarine and vanilla; cool. In serving dish, layer rice and filling, starting with rice and ending with filling. Top with a meringue or whipped topping.

Storage Info

Cooked Rice

Refrigerate up to one week in a tightly covered container or in the freezer for approximately six months.

Uncooked White, Parboiled and Precooked Rice Store in an airtight container for up to one year in a cool, dry place. Store in an airtight container after opening.

Uncooked Brown Rice

Because of the oil content in the bran, brown rice has a shelf life of about six months. Uncooked brown rice keeps best when refrigerated.

FRUIT PIZZA



3 cups cold cooked medium grain rice
 2 egg whites
 1/4 cup sugar
 8 oz. light cream cheese
 1/3 cup sugar
 1/2 tsp. vanilla
 2-3 cups fresh fruit (sliced strawberries, kiwifruit, oranges or blueberries)
 1/4 cup apricot preserves
 1 Tbsp. water

Heat oven to 350F. Spray 12-inch pizza pan with non-stick cooking spray. In large bowl, combine rice, egg whites and 1/4 cup sugar; mix well. Press into prepared pan. Bake 10-15 minutes or until set. Cool completely. In small bowl, beat cream cheese, 1/3 cup sugar and vanilla until fluffy. Spread mixture over cooled crust. Arrange fruit over cream cheese. In small saucepan, heat preserves and water over low heat until melted. Strain; cool. Brush over fruit. Refrigerate at least 1 hour before serving.

Rice Cooking Tips

- **Measure carefully.**
- **Cover tightly, do not lift lid while cooking.**
- **Time accurately.**

If rice is sticky...reduce cooking liquid, cover tightly.

If more separate grains are desired...sauté in small amount of margarine before cooking, then add liquid and cook as directed.

Liquids other than water can be used to cook rice including chicken/beef/vegetable stocks, bouillon, consommé or fruit/vegetable juices diluted with water.

APPLE RICE SALAD

4 cups chopped apples, 1/2 red, 1/2 green, unpeeled
 1 can (8 oz.) crushed pineapple, drained, reserve juice
 2 cups chopped pecans
 1 container (8 oz.) whipped topping
 1-1/2 cups cold cooked extra long grain rice

SAUCE

Juice from pineapple
 1/2 cup sugar
 2 Tbsp. vinegar
 1 Tbsp. flour
 1 egg, beaten



Cook sauce over low heat, stirring until thickened. Remove and cool completely. Fold whipped topping into sauce. Then fold in fruits, nuts and rice. Chill.

RICE ROLL-UPS

3 cups cold cooked Riceland Plump & Tender Medium Grain Rice
 2 pkgs. (8 oz. each) cream cheese, softened
 1 can (4 oz.) green chilies, chopped
 4 green onions, chopped
 1 red bell pepper, chopped
 8-10 flour tortillas
 Salsa

Blend first 5 ingredients, adding enough salsa to make spreadable. Spread 1/3 to 1/2 cup of mixture onto each tortilla and roll in jellyroll fashion. Slice crosswise and place in tightly covered container; chill. Serve with salsa as a dip if desired. Roll-Ups are best when made 24 hours prior to serving and will keep in refrigerator several days. Makes 4 dozen.

MANDARIN STIR FRY

3/4 lb. boneless skinless chicken breasts, cut into bite-size pieces

1/4 cup plus 2 Tbsp. Oriental stir-fry sauce, divided*

1 pkg. (10 oz.) frozen stir-fry vegetables, thawed

2 Tbsp. sesame or vegetable oil

3 cups cooked extra long grain rice

1 can (11 oz.) mandarin oranges, drained

2 Tbsp. soy sauce

1 Tbsp. sesame seeds

1/2 tsp. ground ginger

* Make your own sauce by mixing 1 tsp. vinegar, 1 tsp. minced fresh garlic, 2 Tbsp. soy sauce and 2 Tbsp. honey.

In bowl, combine chicken with 1/4 cup Oriental stir-fry sauce. Refrigerate 15 minutes. In separate bowl, marinate vegetables in remaining 2 Tbsp. sauce. In skillet, heat oil over medium-high heat; stir-fry chicken 7-10 minutes. Add vegetables; stir-fry additional 5 minutes. Stir in remaining ingredients. Serve warm or refrigerate and serve chilled.

How To Make Teriyaki Sauce

- 1/2 cup soy sauce
- 1/2 cup *mirin (sweet rice wine)
- 2 tbsp sugar

1. Pour all ingredients in a pan.
2. Stir the mixture well.
3. Put the pan on low heat and simmer for a couple of minutes.
4. Remove from the heat and cool the mixture.
5. Store the sauce in a clean bottle in the fridge.

Tip:

You can substitute mirin with sake and sugar (sake:sugar = 3:1)

Adjust the amount of sugar, depending on your preference.

BROWN RICE PEACH COBLER

1-1/2 cups cooked brown rice

1-1/2 cups fresh peach chunks*

1/2 cup firmly packed brown sugar, divided

1/2 cup whole-wheat or all-purpose flour

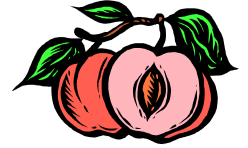
1/2 tsp. ground cinnamon

1/8 tsp. ground nutmeg

3 Tbsp. butter or margarine

1/3 cup toasted slivered almonds

Whipped cream or ice cream (optional)



* Frozen unsweetened peach slices or 1 can (16 oz.) sliced peaches in fruit juice, drained, may be substituted.

Combine rice, peach chunks and 1/4 sugar in buttered shallow 1-1/2-quart baking dish. Combine flour, remaining 1/4 cup sugar and spices in small bowl; cut in butter until mixture is crumbly. Sprinkle flour mixture over rice; sprinkle nuts on top.

BREAKFAST CASSEROLE

8 eggs, beaten

1 lb. sausage, browned and crumbled

1 tsp. salt

1 tsp. pepper

6 slices white bread, cubed

1 cup extra long grain rice, cooked

2 cups milk

1/2 cup Colby-Jack cheese, shredded

1/2 cup Velveeta cheese, diced

Butter an oblong casserole dish. Place bread in bottom of dish. Combine remaining ingredients and pour over bread. Refrigerate overnight. Bake uncovered at 350 degrees for 35 minutes. Let stand 5 minutes before serving.



CHICKEN POT PIE

- 2 Tbsp. butter
- 1 large onion, chopped
- 2 cloves garlic, minced
- 3/4 tsp. dried thyme leaves
- 1/2 tsp. sage
- 1/4 tsp. ground black pepper
- 1/3 cup flour
- 2 cans (14.5 oz. each) chicken broth
- 1 pkg. (16 oz.) mixed frozen vegetables
- 3 cups cooked extra long grain rice
- 2 cups cooked chopped chicken
- 1/2 cup chopped fresh parsley
- 1-1/2 cups baking mix
- 3/4 cup buttermilk
- 1/2 cup finely chopped green onions



Heat butter in Dutch oven over medium-high heat until hot. Add onion, garlic, thyme, sage and pepper. Cook and stir 3-5 minutes until onion is tender. Add flour; cook and stir 1-2 minutes. Whisk in broth; cook, whisking 4-6 minutes or until sauce boils and thickens. Stir in vegetables; cook 5-7 minutes or until vegetables are tender. Stir in rice, chicken and parsley; cook stirring 2-3 minutes more. Place in 2.5-quart casserole dish. (May be prepared one day ahead. Cover and refrigerate. Bring to room temperature before baking.) Combine baking mix, buttermilk and green onions in medium bowl. Gently stir just until dough comes together. Form dough into 9-inch-long log; lightly flour surface and cut crosswise into six half-inch rounds. (Or roll out dough on lightly floured surface to half-inch thickness and cut with different shaped cookie cutters.) Top casserole with biscuits, spacing evenly. Bake in 425 degree oven for 20 minutes until filling is bubbly and biscuits are golden brown. Serve immediately.

CLASSIC ARROZ CON POLLO

(Chicken and Rice)

- 2 cups medium or extra long grain rice
 - 1 Tbsp. olive oil
 - 1 lb. boneless skinless chicken pieces
 - 1 medium onion, chopped
 - 1 medium red bell pepper, chopped
 - 1 medium green bell pepper, chopped
 - 1 clove garlic, minced
 - 1-1/2 tsp. salt (optional)
 - 1-1/2 tsp. basil
 - 3-1/2 cups chicken stock
 - 1 Tbsp. lime juice
 - 1/8 tsp. ground saffron or 1/2 tsp. tumeric
 - 1 bay leaf
 - 1 medium tomato, chopped
 - 1 cup frozen green peas, thawed
- Spray rice cooker container with non-stick cooking spray. Add all ingredients except tomato and green peas; stir. Cover and cook until rice cooker shuts off. Carefully remove cover. Fold in tomatoes and peas. Cover and allow to steam 10 minutes.



Jambalaya with Shrimp

- 2 cups extra long grain rice
 - 1/2 cup frozen vegetable blend (bell peppers, onions, celery), thawed
 - 1 can (14.5 oz.) Cajun stewed tomatoes
 - 1/2 cup shrimp
 - 1/2 cup chicken
 - 1/2 tsp. Cajun seasoning
 - 1 cup frozen green peas, thawed
- Prepare rice according to package directions. In medium skillet over medium-high heat, combine vegetables, tomatoes, shrimp, chicken and seasoning. Cook 10 minutes. Fold in cooked rice and peas. Heat 4 more minutes and serve. Garnish with bay leaf if desired.