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Rice Is Good for Family Meals

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Rice is a convenience food for family meals. It comes ready to cook with no scraping, chopping, washing, or other advance preparation necessary. Every ounce can be eaten so there is no waste. Rice is easy to store and takes little shelf space. The bland flavor makes it possible to combine rice with many other foods to the advantage of each. Besides these advantages, rice is economical, delicious, easy to cook, and nutritious. Try some today.

Rice is a good source of food energy and is good to serve at any meal. It has been enriched, which means that vitamins and minerals lost in milling have been added. Also, it contains a small amount of good quality protein.

Store rice in tightly covered metal or glass containers in a cool, dry place.

Cooking Rice

Cooking directions in this sheet are for regular rice that has not been partially cooked before marketing.

Rice is cleaned in processing and then packaged in sanitary bags or boxes. It is ready to cook. Do not wash or drain rice before or after cooking because this will wash away valuable minerals and vitamins.

Use as little water as possible when cooking rice. Rapid boiling may break the grains and also can cause the rice to boil over. Boil the rice gently, keeping the heat low. Cover tightly while cooking.

To keep cooked rice for future use, cover it and put it in a cold place. To reheat rice, steam it in a colander or sieve over boiling water, or add a few tablespoons of water to the rice and heat slowly in a covered pan or in the oven. Stir rice once or twice with a fork while it is reheating.

Short Boil Method (For firm, tender rice)

1 cup uncooked rice	1/2 teaspoon bland cooking fat or oil
2 cups water	
1/2 teaspoon salt	

Combine rice with melted fat to coat each grain. Stir into rapidly boiling water. Bring back to the boiling point and lower heat until the water is just bubbling. Cover tightly and cook slowly for 20 minutes. Remove the pan from direct heat; let stand 10 minutes, covered tightly, for the rice to finish cooking in its own steam.

For softer rice: For a softer cooked rice, increase water to 2 1/4 cups and cook slowly for 25 minutes. Remove the pan from direct heat and let stand 10 minutes, covered tightly. Serve hot.

Oven Method

1 cup uncooked rice	1/2 teaspoon salt
2 cups boiling water	

Place rice and salt in a baking dish. Pour boiling water over rice. Stir, cover, and bake at 350° F (moderate oven) for 30 minutes or until rice is tender.

Recipes Using Rice

Rice and Beef Cakes in Tomato Sauce

1 pound ground beef or	2 teaspoons salt
2 cups chopped canned meat	1/8 teaspoon pepper
2 cups cooked rice	2 tablespoons cooking fat or oil
1 egg or 1/4 cup dry egg mix (packed) and 1/4 cup water	2 cups tomato sauce or thin tomato soup*
2 tablespoons chopped onion	

Combine all ingredients except the fat or oil and tomato sauce or soup. Shape mixture into flat cakes and brown on both sides in the fat or oil in a fry pan.

Pour the sauce or soup over the browned cakes, cover the pan, and bake at 350° F (moderate oven) for 30 minutes, basting the cakes with the sauce or soup once or twice as they cook. Can be cooked in a covered skillet. Serves 6.

* If a can of condensed soup is used, enough water should be added to make 2 cups.

Rice Muffins

1 cup sifted flour	1 egg or 1/4 cup dry egg mix (packed) and 1/4 cup water
2 tablespoons sugar	1/4 cup milk
1 tablespoon baking powder	1 1/2 tablespoons shortening or oil
1/4 teaspoon salt	2/3 cup cooked rice

Sift together flour, sugar, baking powder, and salt. Beat egg and combine with milk, melted shortening or oil, and rice. Add milk mixture to the dry ingredients and mix only until combined.

Fill greased muffin pan two-thirds full. Bake at 375° F (moderate oven) for 25 to 30 minutes or until brown. Serves 6.



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Tuna-Rice Casserole

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| 1 can tuna | 1 teaspoon salt |
| 2 eggs, beaten, or 1/2 cup dry egg mix (packed) and 1/2 cup water | 1/2 teaspoon pepper |
| 1 tablespoon finely chopped onion | 3 tablespoons butter or margarine, melted |
| | 1 1/2 cups milk |
| | 1 1/2 cups cooked rice |

Mix all ingredients except milk and melted butter or margarine; place in a greased casserole dish. Add melted butter to milk; pour over casserole. Place in a pan of hot water and bake at 350° F (moderate oven) for 1 hour. Serves 4 to 5.

Rice Griddle Cakes

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| 2 eggs, well beaten, or 1/2 cup dry egg mix (packed) and 1/2 cup water | 1 cup flour |
| 2/3 cup milk | 1/2 teaspoon salt |
| 1 cup cooked rice | 1 teaspoon sugar |
| | 4 teaspoons baking powder |
| | 2 tablespoons melted fat |

Combine eggs, milk, and rice. Lightly stir in flour, salt, sugar, and baking powder. Add melted fat and stir just until blended. Cook on hot griddle as you would pancakes. Makes 8 good sized cakes. Serve with syrup, honey, or jam.

Red Beans and Rice

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| 1/2 cup chopped onion | 1 teaspoon salt |
| 2 tablespoons shortening | 1/4 teaspoon pepper |
| 1 cup uncooked rice | 1/2 cup grated cheese |
| 2 cups cooked and drained red kidney beans | Liquid from beans plus tomato juice to make 2 cups |

Fry onions in shortening in saucepan over medium heat until tender, but not brown; stir occasionally. Bring liquid to a boil; add rice, salt, and pepper; and cook slowly about 5 minutes. Add beans to rice mixture and mix lightly with a fork. Pour into a greased baking dish and sprinkle the grated cheese on top. Bake at 350° F (moderate oven) for 30 minutes or cook in a covered skillet until rice is tender.

Hearty Rice Meal

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| 1 pound ground beef or 2 cups chopped canned meat | 1 clove garlic, minced |
| 2 tablespoons shortening | 3 cups water |
| 1 cup sliced carrots | 2 teaspoons salt |
| 1 1/2 cups cooked green peas | 1/4 teaspoon pepper |
| | 3/4 cup uncooked rice |
| | 1/2 tablespoon flour |

Brown meat in shortening; drain off excess fat. Add carrots, peas, garlic, 2 cups water, salt, and pepper to the meat. Simmer (cook slowly) for 5 minutes. Stir rice into meat-vegetable mixture. Bring to a boil. Lower heat, cover the pan, and simmer about 30 minutes or until rice and vegetables are tender. Make a paste of the flour and remaining water. Add to rice mixture and simmer a few minutes longer. Serves 8 meal-in-a-dish portions.

Chicken and Rice

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| 1 cup uncooked rice | 1 chicken, cut in frying pieces |
| 1/4 cup shortening | 2 cups water |
| 1 tomato | 1 tablespoon salt |
| 3/4 cup chopped onion | 1/4 teaspoon pepper |
| 1 clove garlic, minced | |

Brown the rice in 2 tablespoons of the shortening over moderate heat, stirring frequently so the rice will brown

evenly. Peel tomato and cut in small pieces. Add to the browned rice together with onion and garlic. Cook 5 minutes longer, stirring constantly. Brown chicken in remaining 2 tablespoons of shortening in heavy pan with a cover. Add rice mixture, water, salt, and pepper. Bring to a boil. Lower heat, cover, and simmer about 40 minutes or until chicken and rice are tender.

Creamy Rice with Fruit

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| 1/2 cup uncooked rice | 1/2 teaspoon salt |
| 2 cups boiling water | 2 cups chopped fresh fruit or dried fruit soaked and cooked |
| 1 1/2 cups milk | |
| 1/2 cup sugar | |

Cook rice in the boiling water. When water is absorbed, add the milk, salt, and sugar and continue cooking. When rice is tender, combine with fruit. Chill. Serves 8.

Rice Pudding

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| 1 1/4 cups cooked rice | 1 cup raisins, if desired |
| 2 eggs or 1/2 cup dry egg mix (packed) and 1/2 cup water | 1/2 cup sugar |
| 2 cups milk or 1/2 cup dry milk and 2 cups water | 1/4 teaspoon salt |
| | 1 teaspoon vanilla |
| | Dash cinnamon or nutmeg |

Cook and cool rice or use leftover rice. Beat eggs until well blended; fold in milk. Lightly stir in raisins, sugar, salt, and vanilla. Sprinkle top with cinnamon or nutmeg. Pour into greased 1 1/2 quart casserole. Place casserole in a shallow pan of water and bake at 350° F (moderate oven) about 1 hour, or until knife inserted in the center comes out clean. Serves 6.

Rice Porcupines

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| 1 pound ground beef | 1 tablespoon fat |
| 1/2 cup uncooked rice | 1/4 cup diced onion |
| 1 teaspoon salt | 2 1/4 cups tomato juice |
| 1/4 teaspoon pepper | |

Mix ground beef and rice, salt, and pepper together. Form into small balls and place in a covered baking dish. In a skillet, melt the fat and cook the diced onion until tender. Pour the onion and the tomato juice gently over the porcupines-to-be and bake at 350° F (moderate oven) about one hour or cook in a covered skillet. Porcupines are done when the rice is tender. Serves 5 to 6.

Rice Dodger

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| 1 cup cold cooked rice | 1/2 cup milk |
| 1 tablespoon sugar | 1/2 teaspoon salt |
| 1 egg, beaten, or 1/4 cup dry egg mix (packed) and 1/4 cup water | 1/2 cup flour |
| 2 teaspoons baking powder | 2 tablespoons melted butter or margarine |

Place rice and milk over low heat, stirring occasionally until soft and well blended. Remove from heat. Add sugar, salt, egg, melted butter or margarine, and flour sifted with baking powder. Spread in a well-greased pan in a layer one-third inch thick. Bake at 425° F (hot oven) for 15 minutes or until brown. Serve hot, with butter or syrup.