

Class #5 Rice is Nice

For all recipes, t=teaspoon, T=tablespoon, c=cup

JAMBALAYA

(adapted from I. Moskowitz and T. Romero,
Veganomicon)

- 1 t olive oil or ½ c water
- 2 onions, diced
- 2 cloves garlic, minced
- 2 bell peppers, green or red or a combination, diced
- 1 or 2 stalks celery, sliced
- 1 28-oz can diced tomatoes with their juice (fire-roasted if possible)
- 1 can kidney beans, or equivalent cooked from scratch (start with 1 c dry beans)
- 1 c beer, water, or vegetable broth
- 2 T tomato paste*
- 2 t dried oregano
- 1 t dried thyme
- 1 t paprika (regular or smoked)
- 1 bay leaf
- ½ t each salt and black pepper
- ¼ t cayenne pepper (optional; or more if you like heat)
- 1 t Liquid Smoke
- 1 package vegetarian sausage, such as Field Roast or Tofurky brand (all or part of package)
- 1 package vegan “chicken” such as Wegmans Don’t Be Chicken (all or part of package) **

Sauté the onion and garlic in oil or water until transparent, about 2 minutes. Add the remaining ingredients except for the sausage and “chicken” and bring to a boil; lower the heat and simmer for about 30 minutes. Cut the sausage into coins and cut the “chicken” into smaller strips; and add to the jambalaya and heat through. In a separate pot, make a batch of brown rice starting with 1 c dry rice (recipe below). You can either add the cooked rice to the jambalaya, or serve the jambalaya over rice in individual bowls.

*When you open a can of tomato paste, use what you need and put the rest into a small glass jar and place (clearly labeled) in the freezer. That way you have it on hand when a recipe calls for a small amount; after a few minutes of thawing you can spoon out what you need. Or freeze it in ice trays and store the cubes in a plastic bag in the freezer.

**Jambalaya is traditionally made with different kinds of “meat.” Use either or both here.

MJEDDRAH (MIDDLE EASTERN LENTILS AND RICE) (From *The Peaceful Palate* by Jennifer Raymond; also appears in an oil-free version in *Fat-Free & Easy*)

- 2 t olive oil
- 2 onions, chopped
- 1½ c brown rice
- 1 ½ c dry lentils, sorted through
- 6 c boiling water (boil in separate pot)
- ½ t salt

Salad fixings, including 4 to 6 cups lettuce, tomatoes, green or sweet onion, cucumber, and avocado, plus any other fresh salad items you like

- 1 t olive oil
- 2 T lemon juice
- 2 T rice vinegar
- 1 t sugar or other sweetener
- ½ t paprika
- 1 t Dijon or spicy brown mustard
- 1 garlic clove, minced
- ¼ t salt

Heat 2 t of olive oil in a large pot and sauté the onions until soft, about 3 min. In a separate pot, heat the 6 c water. Add the rice to the large pot and sauté for 3 minutes, stirring constantly. Add the lentils and boiling water. Bring to a boil, then lower the heat, cover the pot, and cook until the rice and lentils are tender, about 50 minutes. Try to resist uncovering the pot until the cooking time is complete. Stir in salt at the end.

While the lentil mixture is cooking, prepare a generous green salad using leaf lettuce, tomatoes, onions, cucumber, and avocado. Feel free to add any other ingredients you like to the salad. Combine the salad dressing ingredients in a jar; mix well and pour over the salad. Toss to mix.

To serve, place some of the lentil mixture on each plate and top with a generous serving of salad.

This is a very special recipe. Sautéing the rice gives the dish a pilaf-like nuttiness. The salad dressing is very distinctive, and serving the salad on top of the lentil-rice mixture (like a tostada) gives the dish its signature.

VEGETABLES KORMA

(adapted from Vegetarian Times magazine)

1 t olive oil or ½ c water
1 onion, diced
1 clove garlic, minced
1 T minced fresh ginger (optional)¹
15 oz crushed or diced tomatoes, or ½ 28-oz can²
At least 4 c diced vegetables, such as potatoes,
green beans, cauliflower, carrots, or zucchini or,
at least 3 c frozen mixed vegetables³
Water as necessary
1 c frozen lima beans or butter beans (optional)
1 can chickpeas (garbanzo beans), drained, or
equivalent cooked from scratch
1 t garam masala or curry powder
½ t ground ginger¹
¼ t ground cardamom (optional)
½ t salt
¼ can of regular coconut milk (optional)⁴
½ c chopped toasted cashews or slivered almonds
(optional)⁵

Sauté onion, garlic, and ginger (if using) in oil or water until transparent, about 2 min. Add the tomatoes and vegetables and cook until all the vegetables are done, about 20 min. (this will take less time for the frozen vegetables). Watch the pot carefully and add more liquid (water, wine or veg broth⁶) to keep the vegetables from sticking. Add the lima beans if using, chickpeas, and spices, and heat through. Towards the end of cooking time, add the coconut milk and heat through but try not to bring to the boiling point. Garnish with chopped nuts or serve them on the side at the table. Serve with Brown Rice (recipe below).

¹If you don't have fresh ginger, try to add ground ginger with the other spices.

²Freeze leftovers if using the larger can.

³Frozen vegetables are pre-cooked so have a smaller volume than fresh vegetables. The amount is an estimate anyway; feel free to add more vegetables of any type to satisfy your appetite or the crowd you are serving.

⁴ See notes to Class #2 recipes.

⁵ You can toast almost any nut on a baking sheet at 325 degrees for 2 - 3 minutes. Watch carefully and do not walk away from the process, as nuts burn easily.

⁶ If you use salted broth, reduce amount of salt added to the recipe.

BROWN RICE

1 c brown rice*
2 2/3 c water

In a large pot, bring the rice and water to a boil; lower the heat to "Low," cover, and cook about 45 min. (If you have an electric stove, cover partially until temperature lowers, then completely cover pot.) At the end of cooking time, if the rice sticks to the pan, take the pot off the heat, add ½ c water, and cover. In a few minutes, the rice will spoon easily even from the bottom of the pan. You can cook 1 ½ c of rice with 4 c of water to make a larger batch.

*You can use any type of brown rice, but avoid the partially pre-cooked type. A brand I like is the short-grain Nishiki brown rice found in the International section at Wegmans.

SAFFRON RICE SALAD

Large batch of Brown Rice (recipe above)

Dressing: 1 t olive oil, 4 T red wine vinegar,

1 t dried oregano, ½ t ea. salt and pepper

½ t of saffron dissolved in boiling water, or

1 t turmeric

1 or 2 red or green bell peppers or a combination,
diced

1 ripe tomato, chopped

1 can chick peas, drained, or equivalent cooked
from scratch

1 c frozen peas

½ c black or green olives*

½ c almonds, chopped and toasted**

Make Brown Rice recipe. While rice is cooking, make Dressing recipe (combine ingredients in jar and shake). As soon as rice is done, add one-half of the dressing to the rice along with the saffron or turmeric. After the rice has cooled down, add the vegetables and other ingredients, along with the rest of the dressing. Garnish with the toasted almonds or serve them on the side at the table. This recipe is great in the summer when there are plenty of fresh tomatoes and peppers.

*Not Kalamata. This is actually better with canned black olives.

**See note to Vegetables Korma recipe, above.