

Brown rice recipes add ethnic flavor

by Ethel Moore

If you haven't tried brown rice in a good while, you could be in for a taste treat. Some foods just naturally add a special lift to a meal. One of these is brown rice, with its delightfully "nutty" flavor and interesting chewy texture. Today's brown rice offers a change of taste, while providing a nutrient bonus of B-vitamins.

Brown rice is satisfying served alone or as a marvelous accompani-

ment dish when combined with fresh vegetables, fruits, cheese, nuts or herbs. The recipes borrow traditional flavors of the Orient, France and Spain to create superb dishes for party fare or for the family. Enjoy!

PROVENCAL BROWN RICE

- 1 cup brown rice
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 1 clove garlic, minced
- 1 pound zucchini, sliced
- 2 medium tomatoes, chopped

- ½ cup halved pitted ripe olives
- 1 teaspoon basil
- 1 teaspoon salt
- ¼ cup grated Parmesan cheese

Cook rice according to instructions. Meanwhile, heat oil in 12-inch skillet. Add onion and garlic; cook until onion is tender, but not brown. Add zucchini; stir. Cover and cook over low heat just until zucchini is tender, about 10 minutes. Add tomatoes, olives, basil and salt; stir and heat. Stir in hot cooked rice.

Sprinkle with cheese. Makes 6 servings.

BROWN RICE WITH HONEYED APPLES

- 1 cup brown rice
- 2 tablespoons butter or margarine
- 2 medium cooking apples, cored and chopped
- ¼ cup honey
- ½ cup coarsely chopped walnuts
- ½ cup sliced celery
- 1 teaspoon grated orange rind

Cook rice according to instructions. Melt butter or margarine in 10-inch skillet. Add apples and honey. Cook and stir carefully until apples are tender, but still hold their shape, about 5 to 8 minutes. Stir in hot cooked rice, walnuts and celery. Sprinkle with orange rind. (Makes 6 servings)

PORK & RICE ORIENTALE

- 1 ½ pounds boneless pork, cubed
- 1 clove garlic, sliced
- 1 tablespoon cooking oil
- 1 cup brown rice
- 2 ½ cups water
- 2 teaspoons salt
- ½ teaspoon ginger
- 1 package (6 ounces) frozen pea pods, thawed*
- 1 cup sliced celery
- 6 green onions, cut in 1-inch lengths
- 2 tablespoons soy sauce
- 1 jar (2 ounces) sliced pimiento, drained

Brown pork and garlic in oil in a 10-inch skillet. Add rice, water, salt and ginger; stir. Bring to boil. Cover and cook over low heat until meat is tender and all liquid is absorbed, 50-60 minutes. Stir in pea pods, celery, green onions and soy sauce; heat about 5 minutes. Garnish with pimiento. (Makes 6 servings)

* To thaw pea pods, place package under hot running water.

OSU Garden Tips

Evidence of careless or overenthusiastic use of weed killers, especially on lawns, is showing up on tomato plants, grape leaves and all sorts of flowers that have been damaged by drifting spray. Apply weed killers in the early morning or late evening when the air is more likely to be still. Above all, don't spray when the wind is blowing.

The weed-killing properties of a "weed and seed" combination can also damage ornamental and garden plants. The chemical can evaporate on hot days and the vapors produced make contact with nearby plants.

Untimely June rains can cause cherries to split. Splitting does not harm the eating quality of the cherries. Heavily damaged cherries can be dried in a home food dryer as an alternative to eating them fresh or canning them. Dried cherries are similar to raisins. Both sweet and pie cherries can be dried.

When the rhubarb and asparagus harvests are finished for the season, the beds need some clean-up and preparation for next year's crop. The beds should be cleared of weeds and grass and then fertilized with a complete fertilizer, such as 10-10-10, at a rate of one pound for each 100 square feet. Water the beds thoroughly after applying the fertilizer.



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