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**Domestic Science Department**

Conducted by Mrs. Belle De Graf Domestic Science Director Sperry Flour Co.



Every housewife who is interested in the development and welfare of the Pacific coast will have purchased California rice during the past week's rice campaign.

Rice deserves to be more commonly used and better appreciated on the Pacific coast, particularly the California rice. The average housewife does not know or realize to what extent rice is grown in California. In all other sections of the world where rice is raised it forms the principal diet of all classes, rich and poor alike, and the rice-eating nations comprise at least one half the population of the world.

One reason rice is not more popular in the average household is because the housewife does not understand how to cook this cereal so that it is appetizing and palatable. Unfortunately it is usually served in a formless, sticky mass, neither appealing to the eye nor appetite. But, properly prepared, rice takes on a different appearance; it will be dry, each grain distinct, no appearance of stickiness whatsoever, and will be pleasing to the eye as well as to eat.

**Important Method of Cooking Rice**  
This is really a very easy method for cooking rice and, prepared in this manner, all the nutriment is retained. Starting California rice to cook in boiling water makes it sticky. Salt has a tendency to impair the flavor—so it is better to add it after the rice is almost cooked. Rice cooked in this manner will be dry, each grain distinct, and no tendency to stickiness. If desired, the rice may be cooked in milk; however, it is really more satisfactory to first cook the rice in cold water, then add milk for puddings, etc. Old-fashioned rice pudding calls for uncooked rice and milk, cooked in the oven. This is a very delicious pudding. When cooking rice in milk be sure the milk is fresh. Curdled rice pudding is caused from using milk not fresh enough, or because salt or fruit has been added too soon, or because the oven is too hot.

A delicate pudding in which rice has cooked to a cream, requires a slow oven, milk only a day old, no salt, flavoring or fruit added until the pudding is almost cooked.

**Boiled California Rice**  
Wash rice thoroughly in several waters until water is clear. Put in saucepan, using 1 part rice to 1 1/2 parts cold water, cover closely and bring to the boiling point. Let boil rapidly about 15 minutes, then add 1/2 teaspoon salt to each cup of uncooked rice, reduce heat, cover closely and let steam about 15 minutes, or until rice is tender and dry. Do not stir nor add more water and keep closely covered.

**Rice Muffins**  
One cup flour, 1/2 teaspoon salt, 1-3 cup sugar, 4 teaspoons baking powder, 1 egg beaten, 1 cup milk, 1 cup cooked California rice, 1 tablespoon beaten shortening. Sift first four ingredients; add milk to the beaten egg, then cooked rice, dry ingredients and melted shortening. Beat until smooth and bake in well greased heated muffin pans in a hot oven about 20 minutes.

**Rice Griddle Cakes**  
One cup flour, 1/2 teaspoon salt, 1 tablespoon sugar, 1 teaspoon baking powder, 1 egg beaten, 1 1/2 cup milk, 1 cup cooked California rice. Sift first four ingredients; beat egg, add milk, then cooked rice, and add gradually dry ingredients, beating to a smooth batter. Bake at once on a hot griddle.

**Rice Waffles**  
One cup flour, 1/2 teaspoon salt, 3 teaspoons baking powder, 2 eggs beaten separately, 1 1/2 cups milk, 1 cup cooked California rice, 2 tablespoons melted shortening. Sift first three ingredients. Beat whites of eggs until stiff, the yolks until creamy; add milk and cooked rice

to yolks and add gradually to dry ingredients; mix well, and fold in the stiffly beaten whites and the shortening. Cook at once on a well heated waffle iron.

**Sweet California Rice Cakes**  
Two cups cooked California rice, 1 egg, 1/4 cup sugar. Beat egg, add sugar and rice. Shape into flat cakes and roll in flour and fry on a hot griddle. Serve with maple syrup or jelly.

**Plain California Rice Pudding**  
Two cups fresh milk, 2 tablespoon California rice, 1/4 teaspoon salt, 1/4 cup sugar, 1 teaspoon of vanilla. Wash rice thoroughly and drain, place in a buttered pudding dish and pour in milk. Bake in a slow oven for about one and a half hours, stirring occasionally; add remaining ingredients and bake from a half to one hour longer. Do not stir after adding ingredients, but allow to become a golden brown on top.

**California Rice Fruit Pudding**  
Add a cup of chopped figs or a cup of seeded raisins to the plain rice pudding when adding the salt, sugar, etc. Bake as directed for plain pudding.

**California Custard Rice Pudding**  
One-third cup California rice, 1 cup cold milk, 1 cup cold water, 1/2 teaspoon salt, 1 tablespoon butter, 2 eggs, 1/2 cup scalded milk, 1 teaspoon vanilla or grated rind and juice of lemon. Wash rice well; put rice, milk and water in a saucepan and cook until soft; add butter and set aside to cool. Beat eggs, add the additional half-cup scalded milk, sugar and flavoring; combine with rice and pour into a buttered baking dish and bake slowly until firm. Pour a little melted butter over the top and sprinkle thickly with powdered sugar and return to oven to glaze. For chocolate rice pudding, melt two squares of unsweetened chocolate and add to the mixture, omitting the flavoring.

**California Rice Croquettes**  
Two cups cooked California rice,

1 egg beaten, 1 teaspoon onion juice, 1 teaspoon lemon juice, 1/2 teaspoon salt, pepper to taste, 1 tablespoon melted butter. Mix all ingredients, shape into balls, roll in bread crumbs and then in slightly beaten egg, to which a tablespoon of water has been added; then in crumbs again, and fry in deep fat until a golden brown. Serve as a garnish for meat or fish.

**California Rice with Fruit**  
Sweeten and mash to a pulp any fresh or canned fruit. Mold cooked rice in custard form. Turn out and pour the fruit mixture over each one. Any of the berries, cooked prunes or canned apricots or peaches are suitable for this dish.

**California Rice and Meat Loaf**  
Two cups cold cooked meat, cut in dice, 1 cup stock or gravy, 3 tablespoons shortening, 3 tablespoons of flour, 2 cups cooked California rice, 1/2 teaspoon salt, 1 teaspoon onion juice, pepper to taste. Melt shortening, add flour, mix until smooth. Add stock, cook until thick. Add remaining ingredients, except rice. Butter a breadpan, line with rice, pressing firmly. Add meat, cover with rice. Bake until firm and serve with a tomato sauce.

**Risotto**  
One cup California rice, 4 tablespoons butter or olive oil, 1 small onion sliced thin, 1 cup stock, 1 cup strained tomato, 2 tablespoons chopped ripe olives, 1-3 cup grated cheese, 2 tablespoons shredded green pepper. Heat shortening and fry onion slowly until a golden brown; add the uncooked rice, which has been well washed and drained. Fry rice until yellow, stirring constantly, then add stock, strained tomato and green pepper. Simmer until rice is tender. Season with salt and add olives just before serving. Cooked cold rice may be used, heating it in the tomato and stock. This makes a very nice stuffing for green peppers or tomatoes.

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