

Recipes Using Various Grains and Cereals

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Bulgar Wheat

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[amyl](#)

Bulgur Wheat Pilaf

From: jagordon@agsm.ucla.edu

Date: 6 Aug 1993 20:39:54 GMT

3 cups veggie stock or water
 if using water, add 1 tablespoon Bragg's Aminos or soy
2 cups bulgar wheat
1 head celery, sliced
1 large onion, sliced

bring water to boil, add veggies, simmer 5 minutes
add bulgar wheat, bring back to boil, cover and simmer
25 minutes, remove from heat and let stand 5 mor more minutes.

Use as a side dish, alternative to rice.

Or add more veggies, such as mushrooms, peas, green beans, etc for a
one pot supper.

Jan

[mara](#)

Bulgar Wheat Pilaf

From: jagordon@agsm.ucla.edu

Date: 23 Aug 1993 16:12:50 GMT

2 parts broth, veggie or ? 1 part bulgar wheat 1 onion, chopped 1 cup sliced mushrooms 1 cup fresh green beans, 1 inch pieces 1 teaspoon each thyme and marjoram or sage salt and pepper to taste put liquid in saucepan bring to boil, add everything else, bring back to boil, reduce to low simmer, cover, and cook for 20 - 25 minutes. Remove from heat and let stand, covered for another 10 minutes. [mara](#)

Bulgar Wheat Recipe

From: marcia@netcom.com (Marcia)

Date: Mon, 23 Aug 1993 06:58:06 GMT

My favorite is also easy and filling.

1 cup water
1/2 pkg dry onion soup mix
1/2 c bulgur

about 8 mushrooms, sliced thin
two scallions, sliced into rounds

Bring water and water to boil. Add bulgur. Reduce heat to low and simmer about 20 minutes, until the liquid is all absorbed.

Meanwhile, saute the mushrooms in a little butter or oil. When bulgur is done, mix in the mushrooms and the scallions (the heat of the bulgur will "cook" the scallions). Enjoy.

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[mara](#)

Bulgar Wheat Recipes - COLLECTION

Subject: Bulgar Wheat Recipes

Date: Wed, 25 Aug 1993 18:28:39 GMT

PLAIN BULGUR

=====

Use it as a tasty substitute for rice or other grains you would use. This means that you can either plain cook it, or preferably prepare it in pilav-like fashion.

To do this:

Cut an onion in small pieces, then slowly fry it in a ample oil. (Maybe add some fine-cut cloves of garlic as well) Then add the bulgur and continue frying, stirring occasionally for another 5-8 minutes, until all the bulgur is covered with a little oil.

Then add salt (*) and just as much water until your pan contains 1cm more water than bulgur. Allow to cook, stir well, then turn gas low and allow for all the water to evaporate (keep the lid on your pan).

My original turkish recipe asks for addition of extra butter or oil, when all is done and an extra 5 minutes of simmering, but I usually skip this part.

(*) Of course instead of adding mere salt, you can add any kind of seasoning at this point in the recipe. (5-flower powder, curry powder and such)

IMITATION SENEGALESE DISH. (Kehkeh (pronunciation))

=====

A quick (greasy and salt) snack for summer nights. I imitated this from one of my favourite dishes, no claims for authenticity.

Bulgur can be replaced with quinoa (inca wheat).

100 g	bulgur wheat
1	egg (almost hard boiled)
1	tomato, cut into parts
8 cm	celery
150 g	dried, salted fish (I don't know it's name in english)
	can be substituted by any tasty non-white-meat fish
add	salt
to	lemon juice
taste	oil
	shredded peppers

Prepare bulgur as rice, or as above.

Meanwhile cook the celery for 2 minutes (for those who dislike raw celery), boil the egg. Fry the fish.

Serve on a plate arranging fish, celery, sliced egg and tomato aesthetically pleasing on top.

Sprinkle ample lemon juice on it, add 2-3 tbsp oil and add salt.

Add shredded peppers of you like it hot.

Bon appetit,

Mark.

[mara](#)

Tabouli

From: jdurbin@nl.oracle.com (Jason Durbin)

Date: Tue, 24 Aug 93 10:26:02 +0200

The middle eastern dish Tabouli uses bulghur wheat. It's an excellent hot day side dish. My recipe is from the Lebanese side of the family. All measurements are to taste -- I'm not wild about too much parsley so I use smaller amounts.

Tabouli

1 cucumber, diced
several roma tomatoes, diced (remove seeds if your not lazy)
Parsley, finely chopped 1/2 to 3/4 cup
1/2 cup bulghur wheat
1 or 2 green onion(s)
Lemon juice
Olive oil
allspice (optional
cinnamon (optional)
salt

Pour hot water over the bughur and let soak until soft and most of the water has been absorbed. Mix the diced vegies by hand then add the bulghur and mix some more. add lemon juice and olive oil to get the right flavor and consistency. Add the spice(s) and salt and mix a bit more. Refrigerate, eat and enjoy.

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[amyl](#)

Tabbouleh

From: hs@cs.brown.edu (Hagit Shatkay)

Date: Fri, 19 Nov 1993 13:34:05 GMT

(From "Fruits of the earth", R. Friesem and N. Moushine)

1/2 lb fine bulgur (cracked wheat - also known as burghul)
1 small white onion - finely chopped
1 1/2 cups finely chopped parsley
3 Tbs finely chopped fresh mint (or 2 Tbs crushed dried mint)
2 firm tomatoes - chopped
1 cucumber - chopped (optional)
1 light green sweet pepper - chopped (optional)
4 Tbs olive oil
Juice of 1 lemon (at least 4 Tbs)
salt and pepper

Nice additions: chopped green olives, 1 Tbs very-very finely chopped lemon peel (just thinly peel some of the lemon used for the juice)

All the above quantities may be varied according to taste. Parsley should dominate.

Preparation:

1. Soak bulgur in water for at least 1/2 an hour. It will expand. Drain and squeeze out as much moisture as possible. Spread out to dry on a cloth.
2. Mix bulgur with onions. Add the rest of the vegetables, finishing with the parsley, mint, olive oil, lemon juice. Mix well. Add salt and pepper.

Hagit Shatkay

[amyl](#)

Tabbouleh

From: demers@ere.umontreal.ca (Demers Serge)

Date: Fri, 19 Nov 93 16:12:37 -0500

serve 4

1 cup fine bulgur, soaked in cold water for 20 minutes
1 medium-sized onion (or 4+ scallions) finely chopped
1 1/2 cup of parsley, finely chopped
1/4 cup fresh chopped mint
1/4 cup olive oil
1/4 cup lemon juice
salt
2 romaine lettuce hearts, separated into leaves
2 medium-sized tomatoes, cut in wedges

Drain the bulgur and squeeze out as much moisture as possible with your hands. Combine the bulgur, onion (or scallions), parsley and mint in a bowl. Sprinkle with oil, lemon juice and a little salt, and mix thoroughly. Taste and adjust the seasoning. Cover and chill in the refrigerator.

To serve, mound the salad in the center of a plate. Decorate with the lettuce leaves and tomato wedges. The lettuce leaves may be used to scoop up the salad.

> One may also add to the salad: finely chopped tomatoes, cucumber or green pepper.

We made this salad last summer with the parsley and mint from our garden.

Serge Demers

[amyl](#)

Couscous Recipes

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COLLECTION: Couscous

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Tue, 24 Aug 93 11:04:03 +0200

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- [Quick And Easy Couscous \(Oussama Tatby\)](#)

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From: ukkgk@ibm3090.rz.uni-karlsruhe.de (Marcus Braeuhaeuser)

BASIC COUSCOUS
=====

Instructions:

Moisten couscous with water. Make sure that everything is moistend and there are no lumps in the couscous.

Fill the mass in a sieve and steam for about 30 minutes. Fill in a pan, sprinkle some more water on it and stir thoroughly so that there are no lumps in the couscous. Salt if you like and steam for another 30 minutes.

Now the couscous is ready and can be served with broth or stew.

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From: traub@rtf.bt.co.uk (Michael Traub)

BRIGHTON BEACH BAKE

=====

(serves 6 to 8)

Ingredients:

- 1 tsp Sesame oil
- 2 medium sized onions
- 3 cloves garlic
- 20 g Brighton Beach Sewered Seaweed (aka Dried Arame)
- 3/4 lb Mushrooms
- 2 medium sized carrots
- 3 tsp Vecon or similar vegetable stock
- 2 tsp Mirin
- 1 tsp Black Pepper
- 2 tsp Sea Salt
- 750 g Couscous
- lots Water

Instructions:

Chop the onions and mince the garlic and fry in the sesame oil. Soak the arame for about 15 minutes in boiling hot water and then add to the onion and garlic *without* the water used for soaking. Add the finely chopped mushrooms and the grated carrots. Mix the stock in some boiling hot water and add to the dish. At the same time add the leftover water from soaking the arame. Add the mirin and salt and pepper to taste. It is probably best to have it slightly on the salty side as the saltiness will disappear when the couscous is added. Simmer the mixture covered for about 20 minutes.

In a large mixing bowl add the couscous and the mixture together and any extra water required to cover. Leave for five minutes.

Grease a large baking tray and line with baking parchment. Add the mixture to the baking tray and place in the oven covered with foil. Bake for about twenty minutes. Remove the foil and if the bake is still too wet continue for another five to ten minutes. The top should be slightly browned, grill if necessary.

We were originally going to add sesame seeds to this but forgot to as we were making it. Sesame seeds might be a good idea and would be especially useful if you wanted a dish without any added salt. You can also use a dried seaweed blend instead of salt.

%%%

- 2 small plum tomatoes, seeded and cut into 1/2-inch dice
- 2 tblsp unsalted butter
- salt and freshly ground pepper
- 1/4 cup quick-cooking couscous, cooked according to package directions
- 1 cup fresh cilantro leaves

Instructions:

 Mince lemongrass in processor. Wrap in cheesecloth. Combine stock, lemongrass, onions, chilies and garlic in 2 1/2-quart squencepan. Bring to a boil. Reduce heat and simmer 10 minutes. Remove lemongrass. Add chicken and asparagus and cook until chicken is tender, about 3 minutes. Add tomatoes. Whisk in butter. Season with salt and freshly ground pepper.

Divide couscous among shallow soup bowls, mounding in center. Arrange asparagus spears around couscous. Ladle chicken, vegetables and broth over. Top with cilantro and serve.

%%%

From: arielle@taronga.com (Stephanie da Silva)

COUSCOUS (1)

=====

Ingredients:

-
- 2 lb of couscous
 - 1 cup chick peas (soaked)
 - 1 chicken
 - 1 lamb shoulder
 - 1 onion
 - 4 carrots
 - 2 turnips
 - 1 bunch of coriander leaves
 - 1 pinch of ground saffron
 - 1 pinch of ground cinnamon
 - 1-2 tsp of harissa sauce
 - 1 lb of pumpkin
 - 2 red bell peppers
 - 4 small tomatoes
 - 5 small zucchini
- water

Harissa sauce:

 Soak a few dried hot chilies in cold water for an hour. Split the

chilies and remove the stems and seeds. Pound in a mortar with 2 or 3 tablespoons of caraway seeds, a garlic clove and some coarse salt until it forms a paste. Mix in enough olive oil to make the paste fluid. Refrigerate.

Instructions:

Spread 2 pounds of couscous on a tray and sprinkle with enough water to moisten them. Rake through the couscous with your fingers until all are moistened. Let sit for about 15 minutes, then rake through them again. Continue sprinkling with water and rubbing the pellets between your palms until all are saturated and have doubled in size.

Drain 1 cup chick peas that have soaked in water overnight, and simmer them in fresh water for 1 to 1 1/2 hours until they are tender. Drain and setr aside. Cut up a chicken and a lamb shoulder into large pieces. Chop an onion. Peel 4 carrots and 2 turnips and cut them into large chunks. Rinse a bunch of coriander leaves.

Fill the bottom section of a couscoussier about halfway with cold water and drop in the prepared meat, vegetables and coriander leaves. Add a pinch each of ground saffron and cinnamon, and stir in a teaspoon or two of harissa sauce.

Bring the water slowly to a boil; remove any scum from its surface and cook the stew at a bare simmer, uncovered, for about 30 minutes. Heap the couscous lightly in the top section of the couscoussier. Set the top section on the lower one and cover the couscoussier with its lid.

Raise the heat so the liquid boils and produces steam to cook the couscous. After about 30 minutes, the pellets will lump together. To separate them, lift off the top section, leaving the stew to cook in the bottom. Tip out the couscous onto a tray. Sprinkle cold water over the couscous. Gently rake through pellet with your fingers to break up any lumps. Set aside.

Peel and slice 1 pound of pumpkin into chunks. Cook them separately as not to over cook them. Put the pumpkin chunks into a small pan and cover them with liquid ladled from the stew. Set pan aside.

Broil 2 red bell peppers until the skins blister. Let cool, covered by a damp cloth, then peel and seed them. Immerse 4 small tomatoes in boiling water; peel halve and seed them. Cut 5 small zucchini into large pieces. Add these vegetables to the stew.

Return the couscous to the top section of the couscoussier, replace the top section on the lower one. Cook for 15 minutes, or until the peppers and zucchini are tender and the couscous is soft and fluffy. Meanwhile,

simmer the pumpkin gently for 10 to 15 minutes until tender.

To serve, pile the couscous on a serving platter, arrange the meat and vegetables on top and around the couscous. Ladle broth over. Serve with the rest of the broth and harissa sauce.

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From: arielle@taronga.com (Stephanie da Silva)

COUSCOUS (2)
=====
(4 servings)

Ingredients:

- 1 lb Ground turkey
- 2-3 medium-small carrots
- 4-6 cups cooked couscous
- 1 cup double mustard sauce
- asparagas
- butter or olive oil
- cinnamon
- ground allspice

Instructions:

Sorry, but a lot of this is very approximate.

Brown the turkey, drain, add spices to taste and mix, simmer 2-3 min. For me "to taste" is uasually about 1/8th tsp. allspice, 1/4-1/3 tsp cinnamon.

Cut the veggies into ~3" pieces, slice the carrots into 1/4s length wise. Steam the veggies, then saute briefly in olive oil or butter.

Double mustard Sauce:

A standard thick white sauce, with 1/2 the normal amount of milk replaced the same amount of grey mustard, plus about 1 Tbs. mustard powder (adjusted to taste, of course.)

Spread couscous (1 to 1 1/2 C) on a plate, dribble mustard sauce in a think line down the center. put the ground turkey over that. Veggies go on either side of the plate, and your ready to eat.

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From: arielle@taronga.com (Stephanie da Silva)

COUSCOUS AND GROUND TURKEY

=====

(serves 4)

Ingredients:

- 1 lb of ground turkey
- dash(es) of ground allspice
- dash(es) of ground cinnamon
- 2 cloves garlic, finely chopped
- carrots, sliced lengthwise, and ~3 in long
- green onions
- asparagus
- butter
- olive oil
- 5+ cups prepared couscous

Double Mustard Sauce:

I made this by making up a thick white sauce, replacing about 1/2 the milk with a grey mustard, and adding mustard powder to taste. I then adjusted the thickness with milk.

Instructions:

Brown the meat, and add spices to taste.

Steam the veggies, then saute briefly in butter and oil.

I found the timing worked best if I started the couscous and sauce ahead of time, then did the meat and veggies almost simulatneously, since they both go fairly quickly.

Serve by putting a bed of couscous on the plate, pour a line of sauce down the center, and meat over the sauce. The veggies go on either side of the plate.

I think I ended up using between one and two cups of couscous (cooked) per serving. Depends on how hungry you are I guess.

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From: lisas@princeton.edu (Lisa S. Lewis)

Source: Fantastic Foods brand couscous

COUSCOUS SALAD

=====

Ingredients:

Couscous

- 2 scallions, sliced
- 1 15 oz can of chickpeas, rinsed and drained
- 1 cucumber, seeded and chopped
- 2 tomatoes, seeded and chopped
- Chopped black olives (optional)

Instructions:

Combine cooked, cooled couscous with other ingredients. Dress with your favorite vinaigrette. This is a delicious summer side dish or meal.

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From: jerde@vmdb.vet.purdue.edu (Lynn Warble)

COUSCOUS SALAD

=====

Ingredients:

Couscous

- baby yellow squash, sliced thinly
- green pepper, finely chopped
- tiny bits of broccoli
- green onion, sliced
- carrots, sliced

Cook the couscous as directed, then put everything together.

Dressing:

- 2 tblsp olive oil
- 3 tblsp white wine vinegar
- sugar to taste (I use about a tablespoon)
- 1 tsp cardomom, ground
- 1 tsp coriander, ground
- 1 tsp curry

This mixed together and allowed to sit for a few hours to absorb the various flavors, is a wonderful side dish. I am very liberal with the spices and don't stick to this recipe.

%%%

From: arielle@taronga.com (Stephanie da Silva)

COUSCOUS STUFFING WITH GOLDEN RAISINS AND PISTACHIOS

=====

Ingredients:

- 2 cup finely chopped onion
- 1/2 cup finely chopped carrot
- 1/2 cup finely chopped celery
- 1 large minced garlic clove
- 1/4 cup + 2 tblsp olive oil
- 2/3 cup finely chopped red bell pepper
- 1/3 cup finely chopped pistachios
- 1/2 cup golden raisins
- 3 tblsp finely chopped parsley leaves
- 1/4 tsp cinnamon
- 1 tsp cumin
- 1 1/2 tsp ground coriander seed
- 1/4 tsp dried thyme
- 1/3 cup thinly sliced scallion
- 2 1/4 cup water
- 1 2/3 cup (10 oz box) couscous

If baking the stuffing separately:

- 1/4 cup chicken broth
- 2 tblsp unsalted butter

Instructions:

Cook onion, carrot, celery, and garlic in 1/4 of oil over moderately low heat until veggies are soft. Add bell peper and cook 3 more minutes. Add pistachios, raisins, parsley, cinnamon, cumin, coriander, thyme, scallion. Salt and pepper to taste. Cook and stir for another minute, then put in a large bowl.

Combine water and remaining olive oil, add salt to taste. Bring to boil. Stir in couscous and let stand covered for 5 minutes or until liquid is absorbed. Fluff with fork. Add to veggie mixture, salt and pepper it, and combine everything GENTLY. Let cool, then stuff 12-14 lb turkey.

If baking separately, put stuffing into buttered 3-4 qt casserole, drizzle with broth, dot top with butter. Bakd in middle of 325 degree oven for 30 minutes covered and 30 minutes uncovered.

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From: ukgk@ibm3090.rz.uni-karlsruhe.de (Marcus Braeuhaeuser)

COUSCOUS WITH FISH

=====

Ingredients:

- 120 g chick peas (soaked over night)
- Fish tails and heads for broth
- 3 sliced carrots
- 2 white turnips (in quarters)
- 1 bell pepper
- 1/4 tsp saffron
- salt
- black pepper
- cayenne pepper
- 500-750g couscous
- 750-1000g fish
- 2-3 quinces, skinned and sliced

Instructions:

Make a hearty fish broth from fish tails, fish heads, all of the vegetables, salt cayenne pepper, saffron and about 1-2 litres water.

Prepare couscous.

Remove fish tails and heads from the soup. Also remove vegetables, but keep them. Pour soup through a sieve and add veggies. Add fish (not the heads and tails!), cut in smaller pieces when necessary. Also Add quinces.

Boil until done. Season if necessary.

Pour fish and sauce over couscous or serve separately.

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From: ukgk@ibm3090.rz.uni-karlsruhe.de (Marcus Braeuhaeuser)

MOROCCAN COUSCOUS

=====

Ingredients:

handful of cherry tomatoes
1 can minestrone soup
garlic
olive oil

Instructions:

Bring the stock to a boil in a saucepan. Add the couscous, stir.
Cover. Turn off heat.

Saute garlic in olive oil in a frying pan. Add zucchini/courgette, saute
for 2-3 minutes. Add sliced tomatoes. Blend. Add minestrone, heat
through.

Place couscous in a bowl, add vegetables. Add left over meat, if
desired (leftover buffalo chicken wings, sliced, is especially good.

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[mara](#)

Couscous Salad

From: arielle@taronga.com (Stephanie da Silva)

Date: Wed, 18 Aug 1993 02:14:29 GMT

2 cups chicken stock
3/4 teaspoon cinnamon
1/2 teaspoon ground ginger
1/2 teaspoon ground cumin
1/4 teaspoon turmeric
3 tablespoons extra-virgin olive oil
1/2 pound skinless, boneless chicken breast or leftover cooked chicken
1 cup couscous
1 medium carrot, cut into 1/4 inch dice
1 small red onion, cut into 1/4 inch dice
1 small red bell pepper, cut into 1/4 inch dice
1 small cucumber or zucchini, cut into 1/4 inch dice
1 small Granny Smith apple, cut into 1/4 inch dice
1/3 cup currants or raisins
1 cup canned chick peas, rinsed and drained
1/4 cup fresh lemon juice
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper

In a heavy medium saucepan, whisk together the chicken stock, cinnamon, ginger, cumin, turmeric and 1 1/2 tablespoons of the olive oil. Bring to a boil, reduce to a bare simmer and add the chicken breast if you are using uncooked chicken. Poach until white throughout, but still moist, about 15 minutes. Remove the chicken and set aside to cool.

Return the stock to a boil. Add the couscous in a slow steady stream, stirring constantly, and continue to boil, stirring, for 1 minute. Cover the pot tightly, remove from the heat and let stand for 15 minutes.

Fluff the couscous grains with a fork, transfer to a large mixing bowl and let cool. Then fluff again, rubbing with your fingers to break up any lumps.

Cut the chicken (poached or leftover) into 1/2 inch dice. Add the chicken to the couscous. Add the carrot, bell pepper, cucumber, onion, apple, currants and chick peas and toss.

In a small jar with a lid, shake the remaining 1 1/2 tablespoons olive oil with the lemon juice, salt and pepper until well mixed. Pour over the salad and toss well. Cover and refrigerate for several hours or

Couscous Salad

up to 3 days. Season with additional salt, pepper and lemon juice to taste before serving.

[mara](#)

Quick Chicken Couscous

From: 00sgmoses@leo.bsuvc.bsu.edu

Date: 8 Jul 93 17:46:33 EST

This recipe uses the "instant" couscous (ie, Near East brand). It's quick, easy, cheap, delicious and very good for you. It can be vegetarian if you substitute water for chicken broth and use vegetarian minestrone.

1 box couscous
2 cups chicken broth, canned or fresh
2 small zucchini/courgettes
handful of cherry tomatoes
garlic
olive oil
1 can minestrone soup

Bring the stock to a boil in a saucepan. Add the couscous, stir. Cover. Turn off heat.

Saute garlic in olive oil in a frying pan. Add zucchini/courgette, saute for 2-3 minutes. Add sliced tomatoes. Blend. Add minestrone, heat through.

Place couscous in a bowl, add vegetables. Add left over meat, if desired (leftover buffalo chicken wings, sliced, is especially good. Enjoy.

[mara](#)

Blueberry-Risotto with Boletus (Cep)

From: r.gagnaux@chnet.ch (Rene Gagnaux)

Date: Wed, 27 Oct 1993 11:00:00 +0100

Categories: Switzerland, Main dish Servings: 4 250 g Fresh Boletus (Cep) 8.75 oz -- cleaned, trimmed and -- sliced 1 sm Onion, finely chopped 20 g Butter 0.75 oz 140 g Risotto rice, unpolished -- 5 oz 150 g Blueberries 5.5 oz 1/2 dl White wine, dry 1/4 cup 4 dl Bouillon 1 3/4 cup 3/8 dl Olive oil 1/4 cup 1 Twig thyme 1 pn Garlic, mashed 60 g Butter 2 oz In a saucepan heat the butter and saute the onion. Stir in the rice and the blueberries, saute briefly. Moisten with wine, cook until absorbed; moisten with bouillon and cook until tender. Stir continuously, if necessary add some bouillon. Season with salt and pepper. In a skillet heat the oil, saute mushrooms, garlic and thyme. Stir the butter into the risotto. Transfer to warm plates and decorates with mushrooms. (From: P. Buehrer, The new swiss cuisine, Medon-Verlag, ISBN 3-906994-06-6) MMMMM [amyl](#)

Broccoli Blue Cheese Rice

From: Maggie Workman MWORKMAN@VM.CC.PURDUE.EDU

Date: Sat, 17 Jul 93 22:53:02 EST

This is a recipe found on the back of an Uncle Ben's Rice Box.

Ingredients:

2 cups rice, cooked
1 1/2 cup small broccoli florets
1/2 cup diced red bell pepper
1/4 cup sliced green onions with tops
3 Tbsp crumbled blue cheese
3 Tbsp reduced calorie mayonnaise
3 Tbsp plain nonfat yogurt
1 Tbsp lemon juice
freshly ground black pepper

Directions:

Cook rice as normal, adding broccoli during the last 3 minutes of cooking. Transfer to a bowl. Cool to room temperature. Combine rice and broccoli with remaining ingredients; toss. Chill. Serve with freshly ground black pepper.

Makes 4 servings

Calories (per serving) 169
Protein (per serving) 6 g
Carbohydrate (per serving) 26 g
Fat (per serving) 5 g
Calories from fat 27%

[mara](#)

Fried Rice

From: **Jennifer Lee Wells**

Date: Mon, 18 Oct 1993 15:38:28 -0500 (CDT)

In response to Oscar's request for a fried rice recipe:

Ingredients:

3 cups cooked rice (your favorite brand)
1 scrambled egg (use 2 if you're a big egg fan)
3 chopped green onions
1/2 cup raw broccoli pieces chopped fine
1/3 cup carrot slices, chopped thin
1/2 cup pea pods, chopped
1-2 teas fresh ginger
1 clove garlic, chopped
4-5 Tbs oyster sauce (available in most grocery stores)
approx 4-5 Tbs soy sauce
1 Tbs sesame oil

Optional:

1 cup chopped cooked meat or seafood (chicken, shrimp, etc)
any other vegetables on hand -- bean sprouts, etc.

Directions:

Fry your pre-cooked rice with the chopped green onion in several teaspoons of cooking oil. Fry for a minute or so at med high heat.

Take rice out of pan and set aside. Add a bit more oil to the fry pan or wok, if necessary and fry the assorted vegetables at med high heat until they are cooked but still crunchy. Add your ginger, garlic, soy sauce, oyster sauce, and sesame oil as well as your meat if you are using. Heat for a minute or so then add your rice and egg (already scrambled).

This recipe is very flexible -- but the oyster sauce, sesame oil, soy sauce and fresh ginger and garlic are really what make it excellent. Freezes well.

[amyl](#)

Fried Rice

From: **ldiel@nmsu.edu (Leisa Diel)**

Date: 19 Oct 1993 15:18:22 GMT

Here's my fried rice recipe...it's really basic

first cook your rice and put it in the fridge...it cooks better that way.
scramble the egg in the wok and put aside
sautee about 1/4 cup onions and slowly add the rice to the onions,
browning it as you go. Add soy sauce to taste.
Add egg, mushrooms, soy-basted chicken, frozen peas..whatever.

My husband swears by this somewhat haphazard recipe. As far as I can tell everybody has their own slight variation on what they like (more soy, less soy..etc) and I just felt around a lot of variations until I came up with a "feel" for it.

[amyl](#)

Granola

From: metcalfe@upei.ca (Gail Metcalfe)

Date: Fri, 19 Nov 1993 12:35:39 GMT

I have used the following recipe for Granola for many years - it is both kid- and adult-approved. It does contain honey as many recipes for Granola do to keep the rolled oats from tasting like sawdust. I think you may like this one. I have also made it up and packaged for Christmas treats. It follows:

4 cups rolled oats	1 cup flaked coconut
1 cup nuts (almonds or pecans)	3/4 c. Kretschmars wheat germ
1/2 cup honey	1 tsp vanilla
8 oz. dried fruit	1 cup raisins

Spread oats on jelly roll pan. Toast in 350 degree oven 10 minutes, stirring once. Stir in coconut, nuts, and wheat germ. Combine honey, oil and vanilla. Drizzle over cereal mixture, blending well. Bake at 325 degrees for 20-25 mins, stirring twice, until gently browned. Remove from oven, stir in dried fruit (apples, strawberries, prunes, dates, apricots, etc). cool - store in covered jars in cool place. May be refrigerated or frozen.

[amyl](#)

COLLECTION: Paella

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Tue, 17 Aug 93 10:31:27 +0200

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From: casseres@apple.com (David Casseres)

NO EXACTAMENTE PAELLA (NOT EXACTLY PAELLA)
=====

Ingredients:

1-1/2 cups long grain rice
1/2 lb medium prawns in the shell
1/2 - 1 lb of nice sausages, your favorite kind
6-10 clams
EITHER 1/2 cup milk and 1/4 tsp Spanish saffron
OR 1 medium tomato, chopped
1 clove garlic, crushed
1-1/2 tblsp salt
1 bay leaf
water
white wine
olive oil
A large frying pan or sauteuse, with a good cover.

Instructions:

Peel the prawns. Put the shells into a small saucepan, cover well with water, add the salt, bay leaf and garlic, bring to a boil, reduce to

simmer, cover.

Use either saffron or tomato to add color. If you use saffron, heat the milk to bit less than boiling, and add the saffron to it. If you use tomato, add it to the broth now.

Pierce the sausages and fry them gently in some olive oil in the frying pan for 10 minutes. Then add 1/2 cup of wine, bring to a boil, reduce to a low simmer, and cover.

Have a glass of wine while the sausages steam and the broth simmers.

When the sausages have steamed for 15 minutes or so, take them out of the pan and set them aside. If there is still water in the pan, cook it off. Then if there is a lot of grease in the pan, pour it off but DON'T clean the pan! Slice the sausages into 1/2-inch slices, unless they are quite small.

Strain the broth into a measuring cup. You want 2-1/2 cups if you're using saffron and milk, 3 cups otherwise. If you have less than that, add water, and if you have more, cook it down some more with the cover off.

When your broth is ready, put a few tablespoons of olive oil in the frying pan, and heat over high heat. Add the rice and stir continuously until the grains turn from translucent to a bright, opaque white. Immediately add the broth (careful, it may spatter as it hits the hot pan). Add the milk and saffron, if used. Stir once, and as soon as the broth boils again, reduce heat to a low simmer and cover.

Have another glass of wine. After the rice has simmered about 10 minutes, add the sausages and cover again. After another 10 minutes, add the clams.

After 10 minutes, peek and see if the clams have opened. If they haven't, give them a little more time.

When the clams have opened, add the prawns. Cover and cook for maybe 2 minutes. As soon as the prawns have definitely turned pink, put the pan on the table and call in the troops. By the time they sit down the prawns will be perfect.

Note:

The thing that's so inauthentic about this is that it's made on top of the stove, not baked. Also, I don't use chicken, though it would be easy to add. Highly observant gourmands will notice a cousinship with "Spanish rice."

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From: cstokley@mason1.gmu.edu (Katja Stokley)

Source: Craig Claiborne's The New New York Times Cookbook.

PAELLA

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Heat 1/4 cup olive oil in a paella pan or a wide, shallow, heatproof casserole. [A really big frying pan works too.] When it is very hot, add 4 cloves thinly sliced garlic and cook until it is golden brown. Discard the garlic. Add 3/4 cup chopped onions, and cook about three minutes. Add 1 1/2 cups unpeeled, cored, cubed tomatoes, and cook, stirring for about 5 minutes. Add 3 sliced chorizos, and cook for about 1 minute.

Add 2 cups raw shelled shrimp and cook until they turn bright red. Add 1/4 cup capers and 1/3 cup tomato paste. Stir briefly, and add 12 cherrystone clams, 1 1/2 cups bay scallops and 1 cup drained oysters. Cook, stirring for about 2 minutes. Add 5 cups of chicken broth, 2 bay leaves and 1 teaspoon oregano. [Claiborne gives a recipe for chicken broth, made with 1/2 tsp saffron, which is important for this dish.]

Gradually sprinkle 2 1/2 cups long grain rice into the pan so that it is evenly distributed. After the rice is added, the paella must be stirred constantly until the dish is finished. Do not stir in a circular fashion; dip into the paella and stir gently back and forth in a small area, then move to another area and repeat. Take care that all areas of the paella are stirred.

Add Tabasco to taste. After the rice has been cooking for 8-10 minutes, add 2 more cups of hot chicken broth and continue stirring. Cook for about 5 more minutes. Add 6 cups cubed, shredded chicken [the one you used to make the broth], and push it into the stew. Continue cooking and stirring, adding more hot broth as the rice becomes dry. Paella is done when the rice is tender, but it should not be soupy. Remove the bay leaves and garnish. Serves 12-18.

Traditional garnishes for paella include pimientos, cut into strips, cooked green peas, spanish olives stuffed with pimientos and hard cooked eggs, either cut into wedges or sieved over the paella. You generally arrange the clams and garnishes artistically on the dish. It is served in the paellero in which it was cooked.

My comment - this is not a dish for those with small children! Also, do not take the measurements seriously - put whatever seafood you like, in the amounts you like. I have also had paella with only chicken.

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From: mje@pookie.pass.wayne.edu (Michael J. Edelman)

PAELLA

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Fry a cut up chicken in a few tablespoons of olive oil. Add salt, pepper, and a tsp or so of lemon juice. Brown the chicken.

Add a few ounces of cut up ham, a piece of chorzio, cut up, a chopped green pepper, and a chopped onion. Stir frequently.

When the above is cooked, add 2 cups of rice. Keep stirring so the rice is well coated with oil and browns a bit.

Add about 4 cups of liquid - water, or perhaps chicken broth - and some tomato sauce - perhaps 1/4-1/2 cup? Add a handful of shrimp, if you like. Cover and let steam for about 20 minutes. Some saffron can be added here as well.

Stir in a handful of peas - frozen will do nicely here - and various quick-cooking seafoods. Add more liquid if needed. Arrange scrubbed mussels in the pan. Cover again and let steam until the mussels open.

Bring the pan to the table and serve from it.

There is such a thing as a paella pan, but a wok works well, as does a very large skillet, if you have a suitable cover for it.

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From: sfegus@ubvm.cc.buffalo.edu

PAELLA

=====

This is for a large gathering, so you may want to cut back by 1/3 or even 1/2.

Ingredients:

- 4 lbs seafood ex: 1 lb firm, mild fish cut into 1"-2" pieces
- 1 lb medium size shrimp, peeled
- 1/2 lb scallops
- 1 lb squid, cleaned and cut into 1" rings, tentacles whole
- 1/2 lb crabmeat, roughly 1"-2" chunks

Roughly 24 mussels or small clams (combination of the two is best), de-bearded and scrubbed clean.

* All of the above species and quantities are just a suggestion; use whatever is to your liking and is available; the more different kinds, the more fun. However, DO NOT use oysters. Their unique taste clashes with the others.

1/2 lb chorizo or Italian sausage, crumbled

(optional - if you like meat with seafood)

- 3 tblsp olive oil
- 2 medium onions, chopped
- 2 medium red bell peppers, cut into 1" slices
- 2-3 cloves garlic, minced or pressed
- 1/2 tsp paprika
- 1/2-1 tsp saffron, dissolved in 1/4 cup hot water
- salt & pepper to taste
- 1 large tomatoe, finely chopped
- 3 cups short-grain rice
- 1 can artichoke hearts, drained
- 1 package (10 oz?) frozen peas, thawed
- 1 bottle (8-12 oz) clam juice

Instructions:

In a LARGE, oven proof skillet to be used for the saute'ing, baking, and serving:

1. Saute the sausage until cooked, if not already cooked. Remove the sausage, set aside, wipe skillet clean.

2. Saute the onions, red pepper, and garlic in the olive oil, until soft. Stir in the paprika, saffron liquid, salt and pepper.

* If preparing a day in advance, stop here and refrigerate the chorizo and pepper mixture in 2 separate bowls. If not, do not remove the peppers.

3. Preheat oven to 375F. In 1" of water, steam open clams and mussels unti just opened. Remove them immediately. Combine the water from the steaming, the clam juice, and enough water to make 5&1/2 cups of liquid, and bring to a boil.

4. Add the tomatoe to the peppers, and saute until hot. Stir in the uncooked rice and saute 3-5 min. Add the hot clam juice and mix well. Cook over moderate heat, uncovered, for 5 min without stirring.

5. Stir in the chorizo, squid, crabmeat and fish. Pat the entire top into a flat, even, but still loose surface. Arrange the shrimp, scallops, and artichokes, and press into the rice. Bake uncovered for 15 min, or until shrimp/scallops are just cooked.

6. Arrange and press the clams/mussels, open side up, into the rice. Sprinkle the peas over the top. Bake for 5 more min.

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From: mblum@chaos.cs.brandeis.edu (Sharon Astyk)

PAELLA

=====

I *love* paella, and make it often, and those who love me say that it is up there with my black bean soup and my sushi on their list of favorites. I warn you, my recipe is not strictly authentic, in that it came from an authentic source and was modified according to my own inclinations. Unfortunately, I also can't give you exact measurements, because use them myself.

Anyway, you start with rice. All accounts say that Arborio or risotto rice is ideal, but because that is a bit too much for my purse I usually use sushi rice (medium grain). I have occasionally used long grain, but the results were slightly less wonderful. I cook the rice in chicken broth (canned unless I've been really ambitious), but certainly you could do it with water and a boullion cube, just water, veggie stock, what have you. It should be cooked until just tender, and I usually start with three cups of rice and up the quantity for large numbers as it tastes so good the second and third time around.

I then make the sofrito, which is a mix of tomatos, onions, garlic and spices cooked together in olive oil. Usually three good sized tomatos, the same number of onions and as much garlic as you can stand to peel and chop (I usually use 10-15 cloves, although more would be good). Saute the mixture in olive oil. If you are using lousy supermarket tomatos, add a couple of tbsps of tomato paste for flavor. Saute until it reaches the consistency of jam, about 1/2 hour, and then just before turning off the heat add a good quantity - to taste, I use lots - of basil, cilantro, oregano, paprika and thyme. Other herbs are good too, and a few tbsps of lemon juice.

Now you get to the fun part, deciding what else to put in. The only essential ingrediants to paella are the sofrito and the rice, everything else is for fun. Traditionally some kind of fish (I favor catfish or pollack and/or any other firm whitefish), and several kinds of shellfish are included. I wouldn't dream of skipping the shrimp, I also add scallops, squid, mussels (which look beautiful), clams, and if available crab claws which allow everyone the fun of getting their hands messy as they pick out the bits of meat. I also almost always add some kind of sausage. Linguica (portugese smoked sausage) is traditional and adds a great taste, but kielbasa (the real stuff) is good, and I have also used turkey sausage (smoked) with good results in deference to the non-red meat eating contingent. I always add mushrooms (wild ones if I can afford it, supermarket whites otherwise), usually add peppers (canned roasted or fresh or home roasted), but paella is a free for all, and you should add whatever appeals to you, even if it does not make an authentic paella a la Valencia. In the past I have used bits of ham, chicken, roasted greens, fresh peas, even lamb, and I loved them all.

To put it all together, saute in olive oil all of the raw meat and fish until just cooked through, excepting clams, oysters or mussels you may be using. Then pour the rice, the sofrito and all the other stuff (if

it isn't about to fall over the edges you either have bigger pans than I do or haven't made enough) into a baking pan or large oven-proof pot, add hot sauce, some white wine, a bit more chicken broth, all to taste and cook for 20-40 minutes or at least until thoroughly heated and the liquid is mostly gone at 350-400 degrees, depending on your oven, the moon calender and your mood :-}.

I'm sorry I can't be more precise right now. If you or anyone else would like I have some more authentic recipes, including a veggie one, and if you e-mail me I'll go search them out and send or post. I wish you the joy of paella making, for it is truly a worthy endeavor and your friends and family will offer you large cash bribes to make it :-).

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From: thomase@tekig5.pen.tek.com (Stan England)

Source: New York Times Cook Book

PAELLA

=====

Yield: 6-8 servings

Ingredients:

- 1 1.5 lb lobster, cooked
- 1 lb shrimp
- 1 dozen or more small clams
- 1 quart mussels
- 1 1.5 lb chicken
- 1 tsp oregano
- 2 peppercorns
- 1 clove garlic, peeled
- 1 1/2 tsp salt
- 6 tblsp olive oil
- 1 tsp vinegar
- 2 oz ham, cut in thin strips
- 1 chorizo (hot Spanish sausage), sliced
- 1 oz salt pork, finely chopped
- 1 onion, peeled and chopped
- 1 green pepper, seeded and chopped
- 1/2 tsp ground coriander
- 1 tsp capers
- 3 tblsp tomato sauce
- 2 1/4 cups rice, washed and drained
- 4 cups boiling water
- 1 tsp saffron
- 1 can peas, drained
- 1 can pimientos

Instructions:

 Remove meat from the lobster. Shell and devein shrimp. Scrub mussels and clams. Cut chicken into medium sized serving pieces. Combine oregano, peppercorns, garlic, salt, two Tbsp of the olive oil and the vinegar and mash with back of spoon or with a mortar. Rub chicken with the mixture. Heat remaining olive oil in a deep, heavy skillet and brown chicken lightly over moderate heat. Add ham, chorizo, salt pork, onion, green pepper, coriander and capers. Cook ten minutes over low heat. Add tomato sauce and rice and cook 5 minutes. Add boiling water, saffron and shrimp. Mix well and cook rapidly, covered, until liquid is absorbed, about 20 minutes. With a large spoon, turn rice from top to bottom. Add lobster meat and peas; cover and cook 5 minutes longer. Steam mussels and clams in a little water until their shells open. Heat the pimientos and drain. Use the mussels, clams and pimientos as a garnish.

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From: schwallr@acc.fau.edu (J. F. 'Fritz' Schwaller)

PAELLA CAMPESTRE (PEASANT PAELLA)

=====

Ingredients:

2 cups chicken broth with 3 saffron threads
 1 lb chicken breast, cut into bite sized cubes
 (or one chicken cut up into 12 pieces "Spanish style")
 3 Tb. olive oil
 1 onion, minced
 1 med. tomato, peeled, seeded and chopped
 1 cup rice
 8 - 10 oz shrimp
 1 cup peas
 1 sprig parsley, chopped
 6 oz. pepperoni, sliced (or aged chorizo)
 2 cloves garlic
 2 - 3 Tb chopped pimientos (home made are best)
 1 tsp tumeric or 3 threads saffron
 1 tsp. Paprika
 Salt & Pepper

Instructions:

If using saffron, make an infusion with the saffron threads in the chicken stock. Heat the frying pan and add the oil. Quickly saute the chicken till golden on all sides, remove to a platter. Add the onions, garlic, tomato, and saute until tender. Add the tumeric, and paprika, cook slightly. Add rice and saute briefly to coat well. Pour on the broth, s & p to taste. Add the chicken, peas, shrimp, and stir to mix well. Sprinkle parsley on top.

Place sliced pepperoni in a decorative design on top. Cook over medium heat, uncovered, for 15-20 minutes, until rice is done and liquid absorbed. You can move the pan on the burner, but do not stir.

The paella pan is usually quite large, at least 12 inches in diameter.

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From: thomase@tekig5.pen.tek.com (Stan England)

PAELLA-STUFFED SNAPPER

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(Servings: 10)

Ingredients:

- 1 Fish (use a 6 to 8 pound Red Snapper, Cod or Lake Trout. Clean and dress)
- 1 Lime Juice
- 1/4 cup Margarine Or Butter; Melted
- 2 Tblsp Lime Juice
- Lime Wedges

Paella Stuffing:

- 1/2 lb chorizo sausage links; chopped
- 1 cup onion; chopped, (1 large onion)
- 2 cloves garlic; finely chopped
- 2 serrano chiles; seeded and chopped
- 2 tblsp margarine or butter
- 2 cup rice; cooked
- 1/2 cup almonds; slivered, toasted
- 1/4 cup fresh cilantro; snipped
- 1/4 cup tomato sauce
- 1/4 tsp saffron; ground
- 6 oz frozen medium shrimp; cooked

Instructions:

Prepare the Paella Stuffing and set aside. Heat the oven to 350 degrees F. Rub the cavity of the fish with lime juice and fill with the Paella Stuffing. Close opening with skewers and lace with string. Place in a large broiler pan (without the rack) or in a shallow roasting pan. Mix margarine and 2 Tbls Of lime juice. Bake the fish, uncovered, brushing with the margarine mixture occasionally, until fish flakes easily with a fork, about 1 1/2 hours. Serve with Lime Wedges.

Paella Stuffing:

Cook sausage, onion, garlic and chiles in the margarine in a 10-inch

skillet over medium heat, stirring frequently, until the sausage is done, about 10 minutes then drain mixture. Stir in the remaining ingredients and set aside to use in the fish.

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From: spp@zabriskie.berkeley.edu (Steve Pope)

SAFFRON RICE WITH SHRIMP

=====

(Serves 2 or 3)

Note:

This is more of a risotto than a paella, but it should appeal to those who are lusting after paella.

Amounts are approximate -- use your judgement on relative quantities. The keys to this dish are: (1) use sufficient saffron of the best quality you can obtain; (2) The shrimp are cooked first, and the oil left over from that used in the dish, for flavor; and (3) The color of the red bell pepper or pimento creates plate appeal -- don't substitute a green colored pepper; (4) and cook the rice to the exact point of doneness, as you would for a risotto.

Ingredients:

- 3/4 lb raw, cleaned, beheaded medium shrimp
 - 1 cup aborio rice
 - 1/2 large brown onion, chopped
 - 1/4 cup extra virgin olive oil
 - 1/2 cup frozen peas
 - Saffron
- Water -- about 1 1/4 cup total will be used.
One large or two small red peppers or pimentos, sliced.

Instructions:

In a LARGE (3" or 4" deep) cast iron skillet, saute the shrimp and onion in the olive oil over medium-high heat. Remove only the shrimp and set aside. Add the rice; stir around for about a minute. Add 1/2 of the water and 1/2 of the saffron. Cover, bring to a boil, reduce heat.

Simmer for about 10 minutes, then add the remaining saffron and the right amount of water necessary to complete cooking the rice. Stir once and continue to simmer, covered. About 2 minutes before the rice will be cooked to medium-done, add the shrimp, red peppers, peas and give it a stir.

It's best to turn off the heat, leave it covered for 3 to 5 minutes... ideally the rice should be neither overcooked, undercooked, dry, soupy,

or gummy. It may take a little practice to be able to do that consistently, but the dish is tasty nonetheless.

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From: thomase@tekig5.pen.tek.com (Stan England)

SHELLFISH PAELLA

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(Servings: 4)

Sofrito:

- 1/3 cup olive oil
- 2 lb red onions, minced
- 2 1/2 lb ripe tomatoes, peeled,seeded

Picada:

- 2 large garlic cloves, chopped
- 2 tblsp parsley
- 1/2 tsp saffron threads
- 3/4 tsp salt (to taste)
- 3/4 tsp ground white pepper (to taste)

Rice And Shellfish:

- 16 small clams
- 16 mussells
- 2 tblsp olive oil
- 2 lb squid
- 1 1/2 cup short grained rice
- 4 cup fish stock
- 1/2 lb large scallops

Instructions:

To Prepare The Sofrito:

Heat oil in a shallow flameproof clar casserole or in a large skillet. Add onions and aute slowly over low heat, stirring from time to time, until onions are brown and almost caramelized. This will take 45 minutes to 1 hour. (add small amounts of water if necessary so onions don't burn)

Add tomatoes and increase heat to medium; cook until dry. Set aside.

To Prepare The Picada:

In a food processor, finely grind all ingredients. Set aside.

To Prepare The Rice And Clams:

To prepare the clams and mussels: in a large pot, bring about 1/2 cup water to a boil. Steam clams and mussels on a rack over boiling water until they open, 4 or 5 minutes for mussels and 5 to 10 minutes for clams. Set them aside, discarding any that do not open. Strain broth through a fine mesh strainer. Reserve.

To cook the rice and shellfish, preheat oven to 350F. In a medium skillet, heat oil; add squid rings and tentacles. Saute for 2 or 3 minutes, stirring. Add sauteed squid and their juices to casserole or skillet with SOFRITO. Stir in rice and PICADA.

Measure reserved broth and add enough fish stock to equal 4 1/2 cups. Bring to a boil in a medium saucepan. Add to casserole or skillet and cook over medium heat for 10 minutes, gently moving rice around so it cooks evenly throughout. Add prawns and scallops, pushing them down into rice so they are covered with broth.

Transfer casserole or skillet to 350 degree oven and cook another 10 minutes or until rice is slightly underdone. Remove casserole from oven and arrange mussels and clams on top. Cover with a cloth and let dish sit for 10 minutes.

Serve immediately, garnished with lemon wedges, and pass the ALLIOLI SAUCE in a sauceboat.

Serve with wine: auvignon blanc, verdejo or chardonnay.

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[mara](#)

Paella : COLLECTION

From: Maria R. Zack mrz@ccrwest.org

Date: Mon, 4 Oct 93 08:50:29 PDT

Since there have been a few requests lately for paella (the first one I answered by mail) I thought that I would just post the recipe. My family spent one generation in Cuba after emigrating from Spain and here are the recipes. I have sent two. One is my great-grandma's and the other is my lightened version of the recipe -- the old one had a bit too much meat and way too much oil for my taste (an modern health considerations). I also added a little more garlic and onion :^). Both versions fill a dutch oven for cooking.

1 1/4 lb chicken, cubed*
1/2 lb lean pork, cubed*
3/8 c olive oil
1 tsp paprika
1/2 clove of garlic
1 tbs minced parsley
1 pimento, chopped
1/2 med onion minced
1/2 tsp saffron (the good stuff)
2 tsp salt
1 quarts real chicken broth
2 cups rice (Uncle Ben's is the best)
6 large or 12 small stuffed olives, minced
2 7oz lobster tails, cut in pieces
1/2 lb large shrimp, cut in pieces
1T dry sherry
1/2 c cooked green peas

Directions: In dutch oven (I have a heavy magnalite one and metal works best for this) brown chicken and pork in 1/4 c of olive oil. Sprinkle with paprika and add garlic and a little of the onion while cooking. Remove chicken and pork from pan. To the pan add the rest of the oil and onion with the parsley. Cook until the onion is soft. Add the rice and glaze the rice (if you haven't done this is is a process of sort of stir frying the rice before you cook it -- similar to what you do with bulgar -- it usually takes about 5 minutes at medium heat).

Return chicken and pork to the pot. Add the chicken broth, saffron and salt (ground together with mortar and pestle) and olives. Heat until boiling. Cover and place in the oven at 350. This will take 30 min to 45 min to cook depending on the kind of rice that you use and how well your dutch oven makes use of heat.

Steam the shrimp and the lobster. When rice is done add the lobster, shrimp, sherry and peas. Bake and additional 5-10 minutes.

Note: Sometimes my grandma would add clams or other shell fish to the mix.

Serves 6-8

My slightly modified version:

1 lb chicken, cubed*
1/2 lb lean pork, cubed*
1-2 t olive oil
1 tsp paprika
2 clove of garlic
1 tbs minced parsley
1 pimento, chopped
1 med onion minced
1/2 tsp saffron (the good stuff)
salt and pepper to taste
1 quarts real chicken broth
2 cups rice (Uncle Ben's is the best)
6 large or 12 small stuffed olives, minced
1/2 lb lobster, cut in pieces _____sometimes I just use 1 lb shrimp.
1/2 lb large shrimp, cut in pieces /
1T dry sherry
1/2 c cooked green peas

I prepare it as directed but I cook the chicken and pork with a little broth in the pan rather than the oil. The same thing applies to cooking the onions. I save the oil for glazing the rice (you don't need much).

Prepared this way you get 8 servings of about 400 calories.

*cubes should be about 1/2 in by 1/2 in.

If you have any questions please feel free to ask via mail.

[amyl](#)

Rice Dish

From: davisd@ucs.orst.edu (David M. Davis - Public Safety)

Date: 6 Sep 1993 21:31:51 GMT

Meat:

I have used chicken breast, pork, turkey breast, lean beef & venison. You may use one or any combination of the above. I tried duck once not a good idea..

Seasonings:

Onion and garlic, salt and pepper, tobassco sause, stir fry seasoning. I have not mastered the subtle art of mixing oriental seasonings so I use the Sun Bird stir fry seasoning.

Vegies:

Cellery, Broccoli, Carrots, Corn... any other you can think of.

Others:

Oil, I like olive oil, I use vegetable oil, (I'm poor)
Broth, Chicken or Vegetable
Rice, Any combination that will cook well together, (read at same rate).
Late at night I use Uncle Bens.

How to do it:

I start with my favorite old deep side skillet. I put about 2-3 tablespoons of oil in the bottom and turn it on medium heat. Dice up about 1/4 cup of onions, dice them fine, (green or boiler), and toss them in. Smash two garlic cloves or add about 1/2 teaspoon of minced garlic, a bit less of garlic powder. (I put a mound about 1/4 inch deep and about 1 inch in diameter in my palm and add it.) Add about 1/4 teaspoon of salt and pepper to smell. Stir occasionally and cook till the onions are golden brown.

Cut up the meat into chunks. I like to chew mine so they are about 1 to 1 1/2 inches square. My wife cuts them smaller. If the meat is pre-cooked (yes left overs), it will only need to warm up and aquire the flavor of the spices about 3 to 5 minutes. Otherwise cook till done. I use pork venison and chicken for a wonderful flavor. Add the meat to the skillet if you haven't done so. Stir occasionally and start dicing the vegies.

Cut the chunks as you like them. I like whole florets of Broccoli and my carrots small. Corn is easy if it is kernaed. I use the entire Cellery stalk cut into 1/2 inch lengths. As you cut them up, add them. Stir and see how it looks. You may have to turn up the heat a bit here. When the vegies are steamed they will change colors, get a bit darker a bit softer but still crunchy. Cover the skillet and give it about

5 to 10 minutes to simmer. Stir occasionally, you know, don't let it stick or burn.

I gave no amounts in the above because it should be to your liking. Thinking back there is usually about 1 to 1 1/2 cups of each of the veggies, and about 1/2 pounds of each of the meats. I use alot of left overs and sometimes there is not much of one, and alot of another. I try and balance the smell and look of it. My skillet is one of those semi "wok" ones, rounded, about 12" across and 6" deep. It is usually about 1/2 to 2/3 full now.

Now I add 2 to 3- 14oz cans of broth or about 2 to 3 pints if you made your own. The mix should just be covered. If I remember I reserve 1/2 can of broth to blend the stir fry seasoning in. If not I use water. Bring it to a boil and add an equal amount of instant rice. I use the cans to measure a 1 to 1 volume. If I'm working from scratch, I pour the boiling liquid off into the "not instant" rice and begin cooking it slowly. I put the vegie mix back and mix them together when the rice is done.

After 5 minutes fluff the instant rice brand and eat it.

If I'm into cagen, I add about 4 to 6 teaspoons of tobassco sause to the mix prior to adding the rice.

That's it! I have reread it and it sounds chaotic. It is chaotic. On the avrage day, after work, I can put it on the table in about 30 minutes. My teenagers leave no scraps from one of these and never question the ingrediants. (At least not more than once.) If you're a Vegan, leave out the meat, it's still good.

[amyl](#)

Rice Pilaf with Currants and Cumin

From: **bi900@cleveland.freenet.edu (Dean B. Reardon)**

Date: 13 Oct 1993 17:35:23 GMT

(Bon Appetit, Oct. 1993)

(4 servings)

1 tsp cumin seeds
2 cups chicken stock or canned low-salt broth
1 cup long-grain rice
2 tbs dried currants
3 tbs chopped fresh herbs (such as parsley, cilantro or basil)

Place 1 tsp cumin seeds in medium saucepan and heat over low heat until aromatic about 1 min. Add chicken stock, long-grain rice and dried currants and bring to boil. Season rice mixture with salt. Reduce heat to low; cover and cook until stock is absorbed and rice is tender, about 18 minutes. Let rice stand 5 minutes. Add fresh herbs, stir to combine and serve.

per serving: Calories; 200; fat, 1 g; sodium, 31 mg; cholestrol, 0

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COLLECTION: Risottos

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Tue, 24 Aug 93 11:04:06 +0200

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- [Risotto Parmigiano \(Rochelle Newman\)](#)
- [Wild Rice Risotto \(With Chicken And Cashews\) \(Carey Schnell\)](#)
- [Winter Squash Risotto \(Carol Alvin\)](#)

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From: arielle@taronga.com (Stephanie da Silva)

RISOTTO ALLA MILANESE (1)

=====

Ingredients:

2 cups (1/2 l) short grain white rice
 2 quarts (2 l) chicken or beef stock
 8 tblsp (120 ml) butter
 2 slices prosciutto, dice
 1 small onion, thinly slice
 2 cups (1/2 l) shelled fresh peas
 1 tblsp (15 ml) chopped fresh parsley
 1 cup (1/4 l) freshly grated Parmesan cheese
 salt and freshly ground pepper

Instructions:

Bring the stock to a boil and keep it simmering. Melt half of the butter in a saucepan set over medium heat; then add the prosciutto. When the ham is very hot, add the onion. When the onion is transparent, add the rice and stir the grains until they are well coated with butter. When the rice glistens, start adding the hot stock a ladleful at a time.

Allow the first ladleful to be absorbed before adding the next, but do not let the rice dry out. Season with salt and pepper and, when the rice is half-done (about 10 to 12 minutes), add the peas. Continue adding the stock and continue stirring. When the rice is almost done

(about 25 minutes), add the parsley and Parmesan. Just before removing the pan from the heat, add the rest of the butter. Serve immediately.

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From: arielle@taronga.com (Stephanie da Silva)

RISOTTO ALLA MILANESE (2)

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Ingredients:

- 1 litre of boiling broth or water and cubes to make the broth
- 1 small size onion
- 50 g of butter
- 1 glass of white dry wine
- 400 g of Arborio or Roma rice (1/2 glass per person aprox)
- 1/2 tsp of saffron
- 1 cup of grated parmesan cheese
- salt as necessary

Instructions:

Have 1 litre or more of clear salted broth made (preferably) by boiling ca 500 grams or more of beef and bones for about 2 hrs or more. Alternatively you can use cubes for an easiest and fastest preparation (but it will not taste the same). Keep the broth boiling in a pot on the fire.

Finely chop a small onion, then stir fry it for about a minute (don't let it turn brown) with about 50 grams of butter. If you wish, you may also add one possibly-Italian red sausage cut in small pieces, and let all fry for an additional 3-5 minutes at a low flame. This is however a variation of the traditional recipe.

Add the rice (suggested Arborio or Roma rice, definitely not Uncle Ben's or similiar), and stir. Add the glass of wine and let it dry out stirring continuously. Turn the flame down to the minimum, or just above. Start adding two dippers of the boiling broth until it evaporates, stirring the rice continuously. Then add again two dippers at a time when the rice gets dry, and continue the same way until the rice is ready (about 15 to 20 minutes, depending on the rice you are using, taste for consistency). Definitely avoid versing the whole broth at large at once, but keep versing it in small quantities, and stir. Make sure all the broth with the rice has evaporated before serving. Just before taking it off the fire add the grated parmesan cheese and stir well. Add salt if needed. At this point you already have a tasty Parmesan risotto.

stick to the pot. If your risotto tends to stick, put the pot on a heat diffuser. Continue adding stock, about 1/2 c. at a time, stirring constantly and waiting until each portion is absorbed before adding the next, until the risotto is creamy and tender on the outside, but with each grain still distinct and firm. This will take at least 20 minutes, maybe as long as 30 minutes, depending on your pot and your stove. If the grains are still a bit hard in the middle after you have used all but a few Tablespoons of the stock, add boiling water in 1/4 c. increments, stirring it in as you did the stock until each grain is tender, but still has the slightest bit of firmness, and the mixture is creamy.

Remove the pan from the heat and continue to stir vigorously while adding the butter and the Parmesan cheese. This stirring will make the risotto even creamier. Taste and season the mixture with salt and pepper. While continuing to stir vigorously, add the few remaining tablespoons of hot stock (or boiling water if you've used all the stock) to further soften the consistency. Taste carefully once more for seasoning and serve immediately, passing a small bowl of grated Parmesan cheese.

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From: cschnell@iiasa.ac.at (Carey Schnell)

WILD RICE RISOTTO (WITH CHICKEN AND CASHEWS)

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Ingredients:

200 g wild rice
 4 fillets chicken
 2 onions
 1 leek (or spring onions)
 30 g Cashews
 2 tblsp Sherry (or something similar)
 butter/margarine
 salt, ground pepper

Instructions:

Rinse the rice in a "hair sieve"- fine grid. Bring 800 ccm water to the boil (just over a pint, from memory) and add the rice- cook 5 mins. Turn the heat to very low, place a lid on the saucepan, and cook until the water is evaporated (about 40 mins.)

Cut the chicken into chunks, cut the onion into slices, and cut both the white and green parts of the leek/spring onions in to slices.

Heat the butter/marge/oil, and cook the chicken one minute. Add the onion slices and cook one minute, add the cashews and cook one minute, then add the leek (or whatever) and cook one minute (surprise, surprise....)

Add the rice and toss through, then slosh in the Sherry, salt and pepper.

Serve with a green salad... Nice and light for a hot day Just a note though- it might be an idea to pop the saucepan lid slightly to the side about 20 mins into the simmering process- you don't want the rice soggy, and that can easily happen.

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From: caralv@caralv.auto-trol.com (Carol Alvin)

Source: Bon Appetit

WINTER SQUASH RISOTTO
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Ingredients:

- 1 tbl. olive oil
- 1 small chopped onion
- 1.5 cups diced winter squash (butternut, acorn, etc.)
- 3.5 cups chicken broth - or more
- 1 cup Arborio rice
- 1/2 cup white wine
- 1/4 cup grated Parmesan cheese

Instructions:

Saute onion in olive oil over low heat about 10 minutes. Add squash and 0.5 cup chicken broth. Cover pan and cook until squash is tender, about 10 minutes. Add rice and wine and cook until wine is absorbed. Add 2.5 cups broth and simmer uncovered until liquid is absorbed, about 30 minutes. Add 0.5 cup broth and stir until rice is tender and creamy, about 5 minutes. Mix in Parmesan and serve.

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[mara](#)

Winter Squash Risotto

From: caralv@caralv.auto-trol.com (Carol Alvin)

Date: Fri, 23 Jul 93 08:01:48 MDT

From Bon Appetit

1 tbl. olive oil
1 small chopped onion
1.5 cups diced winter squash (butternut, acorn, etc.)
3.5 cups chicken broth - or more
1 cup Arborio rice
1/2 cup white wine
1/4 cup grated Parmesan cheese

Saute onion in olive oil over low heat about 10 minutes. Add squash and .5 cup chicken broth. Cover pan and cook until squash is tender, about 10 minutes. Add rice and wine and cook until wine is absorbed. Add 2.5 cups broth and simmer uncovered until liquid is absorbed, about 30 minutes. Add .5 cup broth and stir until rice is tender and creamy, about 5 minutes. Mix in Parmesan and serve.

[mara](#)