



# RICE & GRAINS

THE BEST-EVER STEP-BY-STEP RECIPE BOOK

80 sensational high-fibre, low-GI recipes shown in 400 colourful photographs

EDITOR: ROSIE GORDON



Supercharge your diet with nutritious rice, oats, wheat, barley, rye, corn and quinoa





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藏书章

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southwater

This edition is published by Southwater, an imprint of Anness Publishing Ltd, Hermes House, 88–89 Blackfriars Road, London SE1 8HA; tel. 020 7401 2077; fax 020 7633 9499  
[www.southwaterbooks.com](http://www.southwaterbooks.com); [www.annesspublishing.com](http://www.annesspublishing.com)

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Australian agent/distributor: Pan Macmillan Australia; tel. 1300 135 113; fax 1300 135 103; [customer.service@macmillan.com.au](mailto:customer.service@macmillan.com.au)  
New Zealand agent/distributor: David Bateman Ltd; tel. (09) 415 7664; fax (09) 415 8892

Publisher: Joanna Lorenz  
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Editor: Rosie Gordon  
Designers: Diane Pullen and Ian Sandom  
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A CIP catalogue record for this book is available from the British Library.

Previously published as part of a larger volume, *Cooking with Beans, Grains, Pulses and Legumes* by Nicola Graimes.

#### NOTES

Bracketed terms are for American readers.

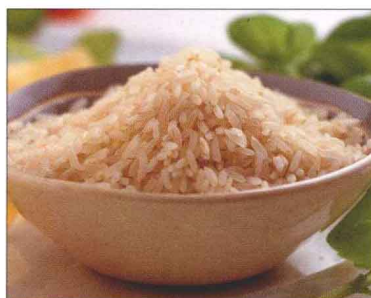
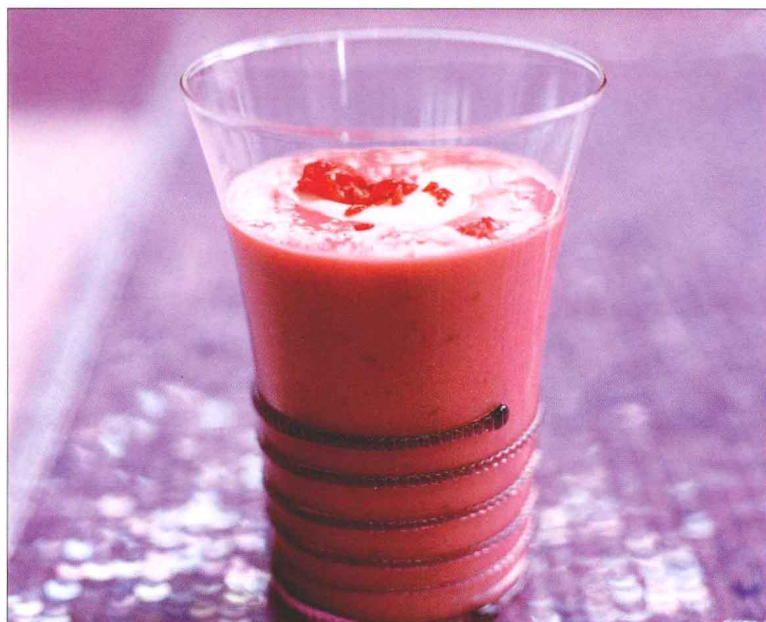
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Medium (US large) eggs are used unless otherwise stated.





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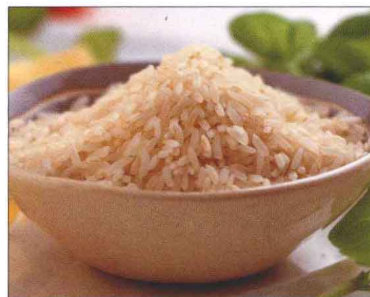
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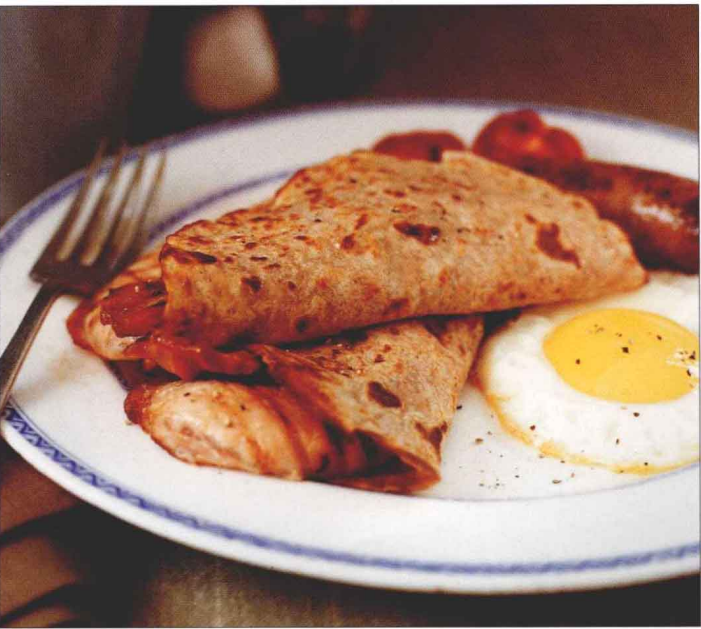
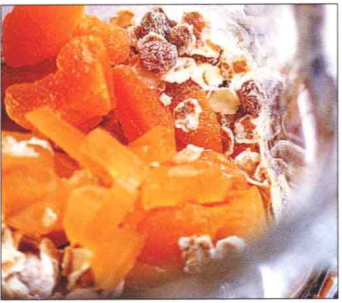
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## INTRODUCTION

For thousands of years, rice and other cereal grains have been staple foods for many civilizations. Climate and growing conditions have influenced the enduring popularity of certain types throughout the world: wheat, barley, oats and rye prevail in Europe; corn in America; buckwheat in Russia and Central Asia; quinoa in South America; rice in the Far East; and sorghum and millet in Africa. While the consumption of grains in the form of bread and pasta is very prevalent in the West, in the East noodles and rice form a large part of the daily diet.

Rice is the world's largest crop, followed by corn and wheat. About 2 billion people rely on rice as their primary food every day. Rice farming is well suited to countries and regions with low labour costs and high rainfall, as it is very labour-intensive to farm and requires plenty of water for irrigation. Although rice is native to South Asia and

certain parts of Africa, it is increasingly eaten in many other regions, particularly with the fashion for Asian cuisines.

### VERSATILITY

What is truly remarkable about grains is their versatility and how they have been transformed throughout the world into a staggering range of foods. They are experiencing a resurgence in popularity, and have become "upwardly mobile" – wholegrains are no longer seen as a poor man's food or that of the puritanical health fanatic. With this renewed interest, we've seen new, or more accurately, previously unseen, grain varieties on many restaurant menus and in food shops. Spelt, quinoa, polenta, soba and freekeh are increasingly fashionable.

Moreover, grains can be used in many different dishes, as the textures vary in the way they are cooked to work



*Above: Oat cakes make a satisfying snack that is high in fibre and low in fat. Crunchy seeds give extra flavour.*

well with sweet or creamy dishes, powerful spices or mellow, savoury flavours alike.

### HEALTH ATTRIBUTES

Grains contain a high concentration of nutrients, considering their size. Whole grains contain a balance of carbohydrates, protein, fat and vitamins and minerals, and are healthier when unrefined. When processed or refined, as in white flour, much of the fibre, B vitamins, vitamin E, iron and other trace minerals are lost. Most grains can be sprouted, which greatly enhances their nutritional value.

Recently, scientists at University College, London discovered that a diet rich in beans, nuts and cereals could be a way to help prevent cancer. They found that these foods contain a potent anti-cancer compound, which, researchers say, in the future may be possible to mimic in an anti-cancer drug.

Grains are largely made up of carbohydrates, from about 65 to 90 per cent of the calorie content, depending on the variety of grain. Protein usually accounts for 7 to 15 per cent of the calories and the fat contained within the



*Left: Rye bread is more dense than wheat bread as it lacks gluten. It is also higher in fibre.*



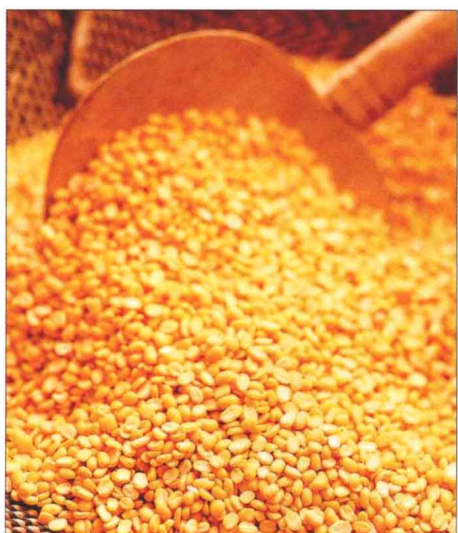


*Above: Grains are important as part of a balanced diet. Here, rice noodles are combined with spiced chicken and wrapped in lettuce leaves.*

germ makes up the remainder. Grains do not contain any of the saturated fat or cholesterol that are often linked to health problems such as heart disease.

Whole grains are a good source of vitamins and minerals, especially in the bran and germ. Insoluble fibre in the bran is important for a healthy digestive system and bowel, and soluble fibre helps to lower the cholesterol level in the blood. Unrefined or whole grains tend to have a low glycaemic index, which means they are digested slowly,

*Below: Polenta is a versatile grain and is available in different forms.*



allowing you to feel full for longer and keep your glucose levels under control. This may help people to avoid late-onset diabetes, among other health complaints. When grains and grain products (especially whole grains and whole grain products) are part of a balanced diet, including fruit and vegetables, pulses and dairy products, as well as meat and fish, they are one of the most important foods for providing proper nutrition.

Certain grains have been found to be particularly nutritious. For example, the UN has classified quinoa as a supercrop because of its exceptionally high protein count and balanced set of essential amino acids, which make it an unusually complete food.

Rice is cholesterol and fat-free, sodium-free, a complex carbohydrate, gluten-free and non-allergenic. It is also easy to digest. Get to know the different types available – for example, basmati rice has a far lower GI than jasmine rice. This book guides you through the many varieties you will find in the shops today. Rice is often the grain of choice for people who have developed a wheat or gluten intolerance.

Recently it has become easy to find flours made from rice, millet and many other grains in the supermarket, so that you can make your own pasta, bread and

*Below: Noodles are a staple food for many cultures. The many varieties include wheat, rice and egg noodles.*



cakes that use a good variety of grains. Also, health stores stock grain flakes of many varieties so that you can invent your own breakfast cereals.

## STORAGE

One of the greatest advantages of grains is that they have a long shelf life if stored in dry, cool, airtight containers away from sunlight. Some whole grains can be kept without any damage or loss of nutritional value for up to two years, although flaked and cracked grains and flour should be used within 2–3 months of purchase.

## ABOUT THIS BOOK

As well as a discussion of the various types of rice and grain available, this book gives you 85 recipes that will begin to widen your repertoire of grain foods. Swap your usual bowl of cereal or sandwich for more exciting alternatives, including fruity smoothies for breakfast, filling soups and salads, risottos, bakes, delicious desserts and more, with something to suit all occasions, from packed lunches to dinner parties.



## CEREAL

The word cereal has its origin in the name of the Roman goddess of grain, Ceres. Grains, otherwise known as cereals, are the edible seeds of plants, usually members of the grass family, although there are exceptions. They are annuals that have to be planted every year. Cereals are grown in huge quantities all around the world, and provide more food energy to the human race than any other crop. Grains are highly nutritious, especially when unrefined.



# RICE

THROUGHOUT ASIA, A MEAL IS CONSIDERED INCOMPLETE WITHOUT RICE. IT IS A STAPLE FOOD FOR OVER HALF THE WORLD'S POPULATION, AND ALMOST EVERY CULTURE HAS ITS OWN REPERTOIRE OF RICE DISHES, RANGING FROM RISOTTOS TO PILAFFS. WHAT'S MORE, THIS VALUABLE FOOD PROVIDES A GOOD SOURCE OF VITAMINS AND MINERALS, AS WELL AS A STEADY SUPPLY OF ENERGY.

*Below and right: Brown and white long grain rice.*



*Below: Jasmine  
fragrant rice.*



## Long Grain Rice

The most widely used type of rice is long grain rice, where the grain is five times as long as it is wide. Long grain brown rice has had its outer husk removed, leaving the bran and germ intact, which gives it a chewy, nutty flavour. It takes longer to cook than white rice but contains more fibre, vitamins and minerals. Long grain white rice has had its husk, bran and germ removed, taking most of the nutrients with them and leaving a

mild-tasting rice that is light and fluffy when cooked. It is often whitened with chalk, talc or other preservatives, so rinsing is essential. Easy-cook long grain white rice, sometimes called parboiled or converted rice, has been steamed under pressure. This process hardens the grain and makes it difficult to overcook, and some nutrients are transferred from the bran and germ into the kernel during this process. Easy-cook brown rice cooks more quickly than normal brown rice.

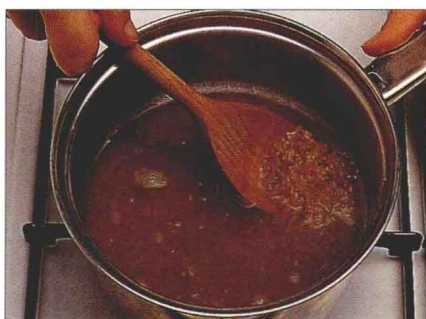
## Jasmine Rice

This rice has a soft, sticky texture and a delicious, mildly perfumed flavour – which accounts for its other name, fragrant rice. It is a long grain rice that is widely used in Thai cooking, where its delicate flavour tempers strongly spiced food.

### COOKING LONG GRAIN BROWN RICE

There are many methods and opinions on how to cook perfect, light fluffy rice. The absorption method is one of the simplest and retains valuable nutrients, which would otherwise be lost in cooking water that is drained away.

Different types of rice have different powers of absorption. However, the general rule of thumb for long grain rice is to use double the volume of water to rice. For example, use 1 cup of rice to 2 cups of water. 200g/7oz/1 cup long grain rice is sufficient to feed about four people as a side dish.



**1** Rinse the rice in a sieve (strainer) under cold, running water. Place in a heavy pan and add the measured cold water. Bring to the boil, uncovered, then reduce the heat and stir the rice. Add salt, to taste, if you wish.



**2** Cover the pan. Simmer over a very low heat for 25–35 minutes, without removing the lid, until the water is absorbed and the rice tender. Remove from the heat and leave to stand, covered, for 5 minutes before serving.



### Basmati Rice

This is a slender, long grain rice, which is grown in the foothills of the Himalayas. It is aged for a year after harvest, giving it a characteristic light, fluffy texture and aromatic flavour. Its name means "fragrant".

White and brown types of basmati rice are available. Brown basmati contains more nutrients, and has a slightly nuttier flavour than the white variety. Widely used in Indian cooking, basmati rice has a cooling effect on hot and spicy curries. It is also excellent for biryanis and for rice salads, when you want very light, fluffy separate grains.

### Red Rice

This rice comes from the Camargue in France and has a distinctive chewy texture and a nutty flavour. It is an unusually hard grain, which although it

takes almost an hour to cook, retains its shape. Cooking intensifies its red colour, making it a distinctive addition to salads and stuffings.

### Wild Rice

This is not a true rice but an aquatic grass grown in North America. It has dramatic, long, slender brown-black grains that have a nutty flavour and chewy texture. It takes longer to cook than most types of rice – from 35–60 minutes, depending on whether you like it chewy or tender – but you can reduce the cooking time by soaking it in water overnight. Wild rice is extremely nutritious. It contains all eight essential amino acids and is particularly rich in lysine. It is a good source of fibre, low in calories and gluten free. Use in stuffings, serve plain or mix with other rices in pilaffs and rice salads.

### QUICK WAYS TO FLAVOUR RICE



- Cook brown rice in vegetable stock with sliced dried apricots. Sauté an onion in a little oil and add ground cumin, coriander and fresh chopped chilli, then mix in the cooked rice.



- Add raisins and toasted almonds to saffron-infused rice.



Above: Red rice.



Above: Wild rice.



Above: White and brown basmati rice.





Right:  
Calasparra rice.

### Calasparra Rice

Traditionally used for making Spanish paella, this short grain rice is not as sturdy as risotto rice and needs to be handled with care because it breaks down easily. The best way of cooking paella is to leave the rice unstirred once all the ingredients have been added to the pan.

### Risotto Rice

To make Italian risotto, it is essential that you use a special, fat, short grain rice. Arborio rice, which originates from the Po Valley region in Italy, is the most widely sold variety of risotto rice, but you

may also find varieties such as carnaroli and vialone nano. It is best to add the cooking liquid gradually and allow it to be absorbed before adding the next ladleful. When cooked, most rice absorbs around three times its weight in water, but risotto rice can absorb nearly five times its weight, and the result is a creamy grain that retains a slight bite.

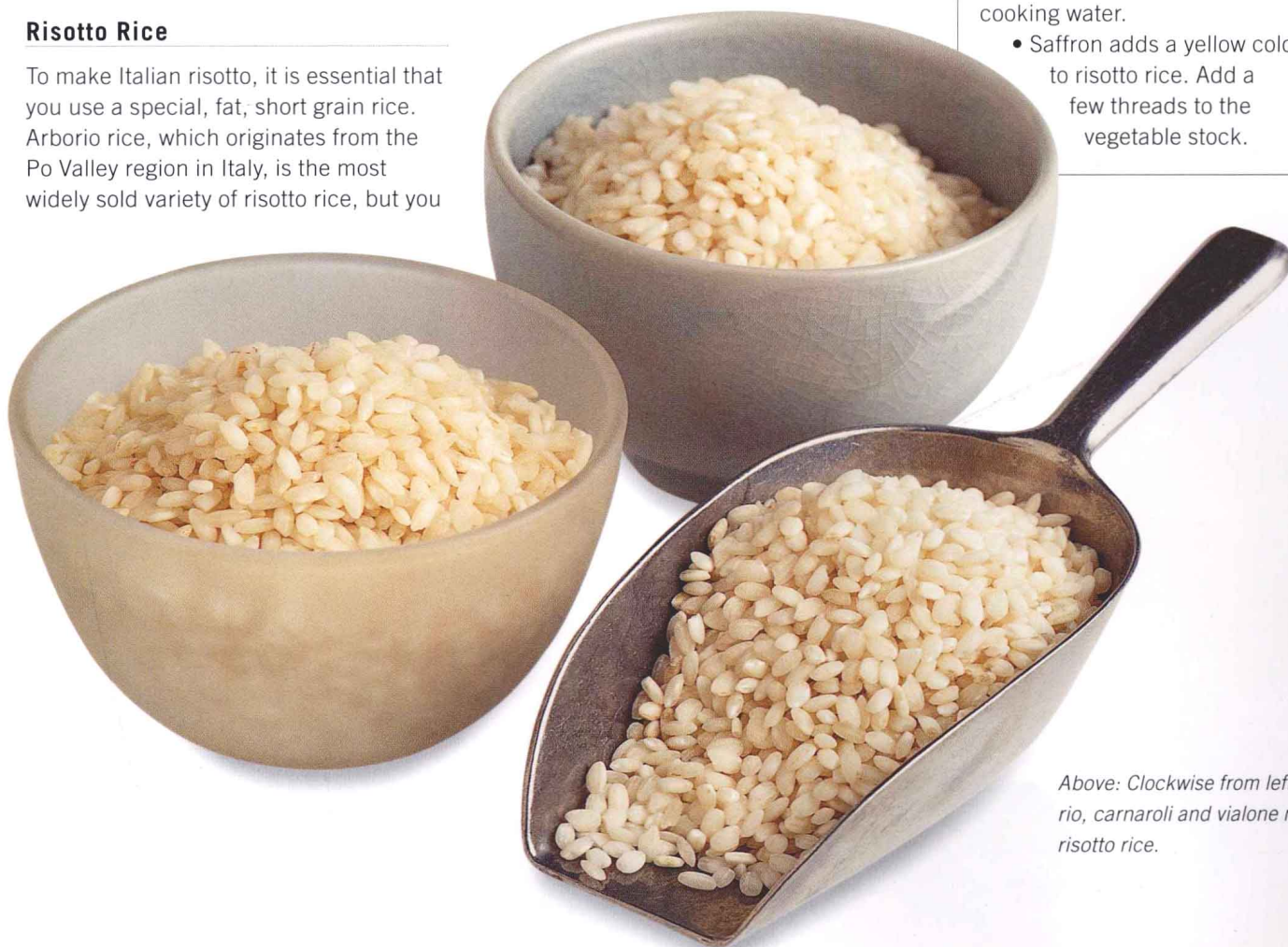
#### QUICK WAYS TO FLAVOUR RISOTTO



- When making risotto, replace a quarter of the vegetable stock with red or white wine.



- Add a bay leaf, the juice and rind of a lemon, or a lemon grass stalk, and cardamom pods to the cooking water.
- Saffron adds a yellow colour to risotto rice. Add a few threads to the vegetable stock.



Above: Clockwise from left: arborio, carnaroli and vialone nano risotto rice.



## MAKING A SIMPLE RISOTTO

A good risotto – creamy and moist with tender grains that retain a slight bite – is easy to make. The secrets are to use the correct type of rice (arborio, carnaroli, or vialone nano); to add the cooking liquid gradually – it should be completely absorbed by the rice before the next ladleful is added; and to stir the risotto frequently to prevent the grains from sticking to the pan.

## SERVES FOUR

### INGREDIENTS

15ml/1 tbsp olive oil  
small knob (pat) of butter  
1 onion, finely chopped  
350g/12oz/1<sup>3</sup>/<sub>4</sub> cups risotto rice  
1.2 litres/2 pints stock, simmering  
50g/2oz/1<sup>2</sup>/<sub>3</sub> cup freshly grated  
Parmesan cheese  
salt and ground black pepper

### VARIATIONS

- Add finely chopped cooked (not pickled) beetroot towards the end of cooking to give the rice a vibrant pink colour and slight sweetness.
- To make mushroom and broccoli risotto, sauté 175g/6oz/2 cups sliced flat mushrooms with the onion. Blanch 225g/8oz/2 cups broccoli florets for 3 minutes until tender, and add towards the end of cooking time.



**1** Heat the oil and butter in a large, heavy pan, then cook the onion for 7 minutes until soft, stirring occasionally. Add the rice and stir to coat the grains in the hot oil and butter.



**2** Add a quarter of the stock and cook over a low-medium heat, stirring until the liquid is absorbed. Add more stock, a little at a time, stirring, until all the liquid is added and absorbed.



**3** After about 20 minutes, the grains will be creamy but still retain a bite. Turn off the heat, stir in the Parmesan and check the seasoning. Add salt and pepper to taste and serve immediately.



### JAPANESE RICE PRODUCTS

The Japanese are very resourceful when it comes to exploiting the vast potential of rice.

**Sake:** This spirit is Japan's national drink and comes in various grades. It can be used in cooking, especially to tenderize meat.

**Mirin:** Sweet rice wine that is delicious in marinades and savoury dishes, and is a key ingredient in teriyaki.

**Rice vinegar:** Popular throughout Asia, this ranges in colour from white to brown. Japanese rice vinegar has a mild, mellow flavour. The Chinese version is much harsher.

**Amasake:** A healthful rice drink made by adding enzymes from fermented rice to wholegrain pudding rice. It has a similar consistency to soya "milk" and can be flavoured. Amasake can be used for baking or to make creamy desserts. It is also an excellent and easily digestible weaning food.



Above: Clockwise from top left: Amasake, mirin, rice vinegar and sake.

### Pudding Rice

This rounded, short grain rice is suitable for milk puddings and rice desserts. The grains swell and absorb a great deal of milk during cooking, which gives the pudding a soft, creamy consistency. Brown pudding rice is also available.



### Glutinous Rice

This rice is almost round in shape and has a slightly sweet flavour. Despite its name, the rice is gluten-free. The grains stick together when cooked due to their high starch content, making the rice easier to eat with chopsticks. Glutinous rice, which can be either white, black or purple, is used in many South-east Asian countries to make sticky, creamy puddings. In China, white glutinous rice is often wrapped in lotus leaves and steamed to make a popular dim sum dish.

Right: White and black glutinous rice.

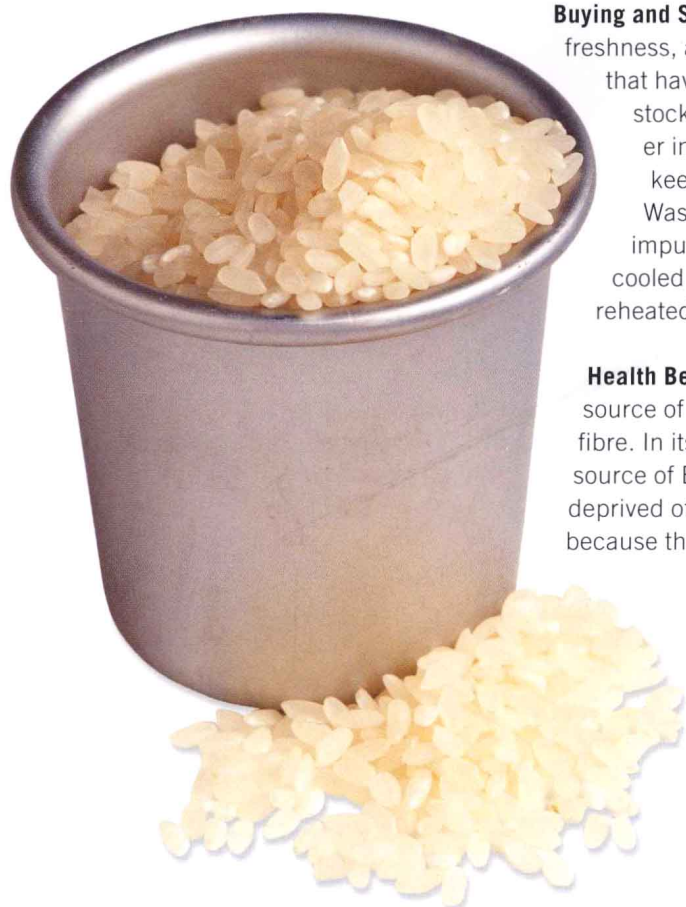
Left: Pudding rice.

### Japanese Sushi Rice

Similar to glutinous rice, this is mixed with a rice vinegar dressing to make sushi. Most sushi rice eaten in the West is grown in California.







Above: Sushi rice.

**Buying and Storing Rice:** To ensure freshness, always buy rice from shops that have a regular turnover of stock. Store in an airtight container in a cool, dry, dark place to keep out moisture and insects. Wash before use to remove any impurities. Cooked rice should be cooled quickly, then chilled and reheated thoroughly before serving.

**Health Benefits of Rice:** Rice is a source of complex carbohydrates and fibre. In its whole form it is a good source of B vitamins. White rice is deprived of much of its nutrients because the bran and germ have been removed. The starch in brown rice is absorbed slowly, keeping blood sugar levels even and making it a useful food for diabetics. Research shows that rice may benefit sufferers of psoriasis. It can also be used to treat digestive disorders, calm the nervous system, prevent kidney stones and

#### QUICK IDEAS FOR RICE

Rice can be served plain, but it is also good in one-dish meals, marrying well with a host of exotic flavourings and simple store-cupboard ingredients.

- To make a Middle-Eastern inspired rice dish, cook long grain brown rice in vegetable stock, then stir in some toasted flaked almonds, chopped dried dates and figs, thoroughly rinsed canned chickpeas, and chopped fresh mint.
- For a simple pilao, gently fry a finely chopped onion in sunflower oil with cardamom pods, a cinnamon stick and cloves, then stir in basmati rice. Add water, infused with a pinch of saffron, and cook until tender. Towards the end of the cooking time, add sultanas (golden raisins) and cashew nuts, then garnish with fresh coriander (cilantro). This is good with grilled meat.

reduce the risk of bowel cancer. However, the phytates in brown rice can inhibit the absorption of iron and calcium.

#### RICE PRODUCTS

**Rice flakes:** These are made by steaming and rolling whole or white grains. They are light and quick-cooking, and can be added raw to muesli or used to make porridge, creamy puddings, bread, biscuits and cakes.

**Rice bran:** Like wheat and oat bran, rice bran comes from the husk of the grain kernel. It is high in soluble fibre and useful for adding texture and substance to bread, cakes and biscuits, and stews.

**Rice flour:** Often used to make sticky Asian cakes and sweets, rice flour can also be used to thicken sauces. Because rice flour does not contain gluten, cakes made with it are rather flat. It can be combined with wheat flour to make cakes and bread, but produces a crumbly loaf. Rice powder is a very fine rice flour, found in Asian shops.

Right: Clockwise from top left: rice bran, rice flour, rice powder and rice flakes.





## WHEAT GRAINS

*BY FAR THE MOST POPULAR GRAIN IN EUROPE AND NORTH AMERICA, WHERE IT GROWS WELL, WHEAT IS A HIGHLY VERSATILE CEREAL. ITS TEXTURE AND HIGH GLUTEN CONTENT MAKE IT IDEAL FOR GRINDING AND MAKING INTO BREAD, CAKES AND OTHER BAKED FOODS, AS WELL AS THE EVER POPULAR PASTA. AS IT IS INEXPENSIVE, READILY AVAILABLE AND NUTRITIOUS, WHEAT SHOULD FORM A MAJOR PART IN OUR DIET. OF COURSE, MANY OF THE BOUGHT GOODS ASSOCIATED WITH IT ARE FATTY OR HIGH IN SUGAR, BUT YOU CAN EASILY MAKE YOUR OWN, HEALTHIER TREATS.*

### WHEAT

The largest and most important grain crop in the world, there are said to be more than 30,000 varieties of wheat. Present day wheat varieties are believed to have derived from a hybrid wild wheat that grew in the Middle East about 10,000 years ago. The wheat kernel comprises three parts: bran, germ and endosperm. Wheat bran is the outer husk, while wheat germ is the nutritious seed from which the plant grows.

Sprouted wheat is an excellent food, often recommended in cancer-prevention diets. The endosperm, the inner part of the kernel, is full of starch and protein, and forms the basis of wheat flour. In addition to flour, wheat comes in various other forms.

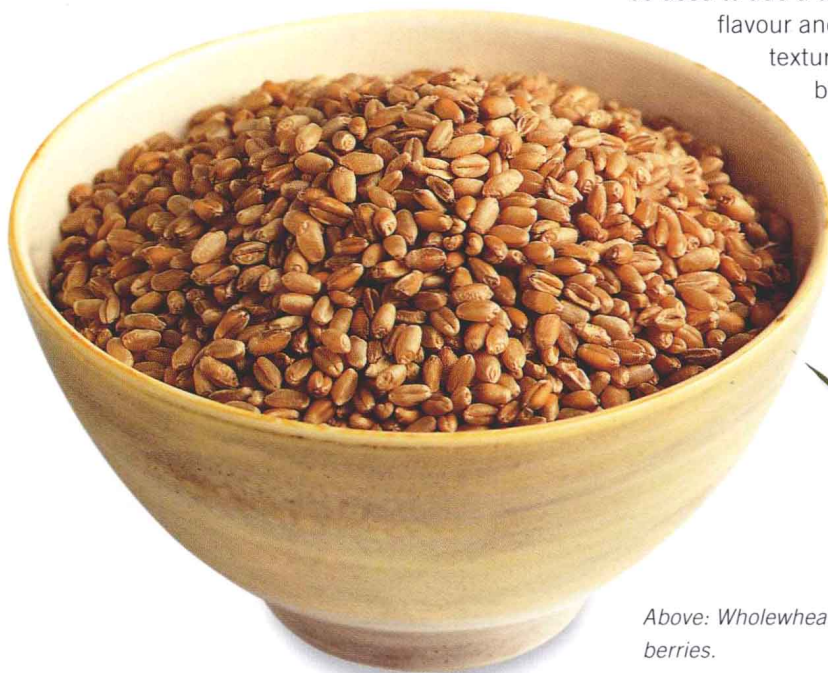
### Wheat Berries

These are whole wheat grains with the husks removed and they can be bought in health food shops. Wheat berries may be used to add a sweet, nutty flavour and chewy texture to breads,

soups and stews, or can be combined with rice or other grains. Wheat berries must be soaked overnight, then cooked in boiling water until tender. If they are left to germinate, the berries sprout into wheatgrass, a powerful detoxifier and cleanser (see below).

### Wheat Bran

The outer husk of the wheat kernel is known as wheatbran and is a by-product of white flour production. It is very high in insoluble dietary fibre, which absorbs water and promotes healthy bowel activity. Wheat bran makes a healthy addition to bread doughs, breakfast cereals, cakes, muffins and biscuits (cookies), and it can be used to add substance to stews and bakes.



*Above: Wholewheat berries.*

*Below: Wheatgrass.*



### WHEATGRASS – A NATURAL HEALER

Grown from the whole wheat grain, wheatgrass has been recognized for centuries for its general healing qualities. When juiced, it is a powerful detoxifier and cleanser and is a rich source of B vitamins and vitamins A, C and E, as well as the many minerals and phyto-nutrients. It is also a complete source of protein. Its vibrant green colour comes from chlorophyll (known as “nature’s healer”), which works directly on the liver to eliminate harmful toxins. It is also reputed to have anti-ageing capabilities. Once it is juiced, wheatgrass must be consumed within 15 minutes, preferably on an empty stomach. Some people may experience nausea or dizziness when drinking the juice for the first time, but this will soon pass.