

*Enjoy the delicate
flavor of
Carolina® Basmati
Rice.*

*Authentic aged Indian
Basmati Rice is a
gourmet experience
in aroma and taste.*



Herb Crusted Lamb Chops with Mediterranean Rice

- | | | |
|-------------------------------------|--------------------------|--|
| 3 Tbsp. olive oil, divided | 8 lamb chops | 1 Tbsp. thyme, minced |
| 1 Tbsp. shallot, minced | salt and pepper | 1/2 cup red bell pepper, diced |
| 1 Tbsp. garlic, minced | 4 Tbsp. parsley, minced | 1/2 cup black olives, pitted and chopped |
| 1 cup Carolina® Basmati Rice | 1 Tbsp. sage, minced | 1/2 cup feta cheese, crumbled |
| 1/2 cup dry white wine | 1 Tbsp. rosemary, minced | 2 Tbsp. mint, chopped |

Heat oven to 450°F.

In a medium pan, heat 1 tablespoon oil over medium heat. Sauté shallots and garlic for 30 seconds. Add rice and stir for 1 minute. Pour in wine and cook, stirring frequently, until wine is absorbed. Add 2 cups of water, cover pan, and reduce heat to low. Simmer 20 minutes, or until all water is absorbed. Rub lamb chops with salt and pepper and remaining olive oil. Combine parsley, sage, rosemary and thyme. Press both sides of seasoned lamb chops with the herb mixture. Place chops on a foil-lined sheet pan and roast in the oven for 8 minutes, or until cooked to desired temperature. When rice is cooked, stir in bell pepper, olives, cheese, and mint. Season with salt and pepper, if desired. Arrange serving of rice on plate and top with two chops each. Serves 4

Facts

Carolina Basmati Rice is an aromatic, long grain slender rice imported from India. Basmati is a non-glutinous rice that has been grown in the foothills of the Himalayas for centuries. Basmati Rice is famous for its fragrance and delicate flavor and its name means "Queen of Fragrance" in the Hindi language. The grains of basmati rice are much longer than they are wide, and they grow even longer as they cook. They stay firm and separate, not sticky, after cooking. Its aroma and nut-like flavor can be attributed to the fact that the grain is aged to decrease its moisture content.

We have selected recipes that are especially delicious when cooked with Carolina Basmati Rice. We hope you enjoy and for more information and recipes, visit our website at www.carolinarice.com.

Calcutta Baked Chicken Pockets

- | | |
|-------------------------------------|---------------------------------------|
| 1 cup Carolina® Basmati Rice | 1 cup cooked chicken, chopped |
| 1 tbsp. curry powder | salt and pepper, to taste |
| 1 tbsp. vegetable oil | 1 box (2 sheets), Puff pastry, thawed |
| 1/3 cup onion, finely chopped | 1 egg, plus 2 tablespoons water |
| 1 tbsp. lemon juice | 1 jar chutney |

Prepare rice according to package directions.

Heat oven to 400°F.

Heat a medium-size skillet over medium heat and toast curry powder about 30 seconds or until fragrant. Add oil and heat for 1 minute; add onions and sauté 1 minute. Stir in lemon juice. Add chicken and rice and heat for 1 more minute. Season with salt and pepper to taste.

Lay puff pastry sheet on a lightly-floured board. Roll out each sheet to a 12-inch x 12-inch square and cut into nine 4-inch x 4-inch pieces. Combine egg and water and brush edges of dough lightly with egg wash. Place 1 tablespoon chicken-rice mixture on each square and fold over to form a triangle. Press edges to seal. Brush tops with remaining egg wash. Repeat with other puff pastry sheet. Place pastry pockets on a baking sheet and bake 12-15 minutes or until golden brown. Serve warm with chutney sauce. Serves 18 (2 pockets per serving)

Tip: Substitute cooked ham, seafood or vegetables for the chicken.

Lamb and Lentil Stew

- | | |
|-------------------------------------|---|
| 1 cup Carolina® Basmati Rice | 1 lb. boneless lamb shoulder, cut into 1-inch cubes |
| 1 Tbsp. vegetable oil | 1-inch cubes |
| 1 large yellow onion, sliced | 2 Tbsp. flour |
| 2 garlic cloves, chopped | 2 cups water |
| 2 medium tomatoes, diced | 1/2 cup lentils |
| 1 cinnamon stick | 2 carrots, cut into 1/2-inch rounds |
| 1/8 tsp. ground cloves | 1/2 cup frozen peas |
| 1 bay leaf | salt and pepper, to taste |

Prepare rice according to package directions.

In a Dutch oven or heavy-bottom pot, heat oil over medium heat. Add onions, garlic, tomatoes, cinnamon stick, cloves and bay leaf and sauté for 5 minutes.

Toss lamb meat with flour to coat; add to onion mixture; cook for 10 minutes or until the lamb is lightly browned. Reduce heat to low, stir in water, cover and simmer for 30 minutes. Add lentils and continue to cook for 30 more minutes.

Add carrots and peas and cook for 15 minutes. Remove bay leaf and cinnamon stick. Serve over rice. Serves 4



Raspberry Salmon with Ginger Basmati Rice

- | | | |
|-------------------------------------|---|--------------------------------|
| 3 Tbsp. olive oil, divided | 1 cup dry white wine, divided | 2 Tbsp. seedless raspberry jam |
| 1 Tbsp. shallot, minced | Salt and pepper | 1/2 pint raspberries, optional |
| 1 Tbsp. ginger, grated | 4 (4 ozs. each) skinless salmon fillets | |
| 1 cup Carolina® Basmati Rice | 2 Tbsp. raspberry vinegar | |

In a medium pan, heat 1 tablespoon oil over medium heat. Sauté shallots and ginger for 30 seconds. Add rice and stir for 1 minute. Pour in 1/2 cup wine and cook, stirring frequently until wine is absorbed. Add 1-1/2 cups water, cover pan and reduce heat to low. Simmer 15 minutes, or until all water is absorbed. Rub salmon filets with salt and pepper and 1 tablespoon of olive oil. In a small saucepan combine vinegar, jam and remaining 1/2 cup of white wine. Simmer over low heat until reduced by 1/2. Heat a medium skillet over high heat. Add remaining tablespoon olive oil and sear salmon filets until golden and crispy, about 3 minutes. Flip and cook to desired doneness. Arrange rice on plate, pool a small amount of sauce on plate and top with salmon. Garnish with fresh raspberries, if desired. Serves 4



Coconut Shrimp and Rice Salad

- | | |
|---|---------------------------------|
| 1 cup Carolina®
Basmati Rice | Dressing |
| 1 tsp. turmeric | 1/2 cup olive oil |
| | 1/4 cup white wine vinegar |
| | 1 Tbsp. ginger, minced |
| | 1 tsp. ground cumin |
| | 1/4 cup fresh cilantro |
| | |
| | Marinade |
| 1 lb. large shrimp, peeled and deveined | 2 tsp. vegetable oil |
| 1/3 cup coconut milk | 1/2 cup shallots, thinly sliced |
| 1 tsp. cumin powder | 6 cups mixed salad greens |
| 1/2 tsp. red pepper flakes | salt, to taste |
| 1 tsp. salt | cilantro, for garnish |
| 1/4 cup fresh cilantro, chopped | |

Prepare rice according to package directions adding turmeric to water.

In a small bowl, prepare the marinade. Combine the shrimp, coconut milk, cumin powder, red pepper flakes, salt and cilantro. Cover and refrigerate for 30 minutes.

Combine all dressing ingredients in a blender and puree until smooth.

Add oil to a large non-stick wok or skillet over medium-high heat. Add shallots, sauté for 1 minute. Add marinade, sauté for 5 minutes or until shrimp are cooked. Stir in the cooked rice. Adjust seasoning with salt, if desired.

Toss salad greens with dressing. Arrange on plates and top with warm shrimp. Garnish with cilantro. Serves 4

Tip: You can substitute your favorite bottled salad dressing to save time.

Bombay Dream Rice Pudding

- | | |
|---|--|
| 1 cup Carolina®
Basmati Rice | 1 can (4 oz.) evaporated milk |
| 4 cups water | 1/2 cup pistachios, toasted and chopped fine |
| 3 cups milk | fresh mint sprigs for garnish (optional) |
| 1/2 tsp. ground cardamom | |
| 1/2 cup sugar | |

Place the rice and 4 cups of water in a non-stick saucepan and bring to a boil. Reduce heat and simmer for 20 minutes. Drain the excess water from the rice and return rice to the saucepan and add the milk and sugar. Cook over low heat for 40 minutes. Stir in the ground cardamom and the evaporated milk and cook 5 more minutes. Stir in pistachios. Pudding will thicken as it cools. Serve in dessert bowls and garnish with fresh mint sprigs, if desired. Serves 4

Taj Mahal Rice Pilaf

- | | |
|---|---------------------------------|
| 2 Tbsp. vegetable oil | 2 cups chicken stock |
| 1 Tbsp. ground cumin | 1/2 cup golden raisins |
| 1 tsp. coriander powder | 1 cinnamon stick |
| 2 medium onions, thinly sliced | 1/4 cup sliced almonds, toasted |
| 1 cup Carolina®
Basmati Rice | 1/4 cup fresh cilantro, chopped |

Heat oil in a large sauce pan over medium heat. Stir cumin and coriander to toast, about 1 minute. Add onions and reduce heat to medium-low and cook for 15 minutes, or until golden. Add chicken stock and bring to a boil. Stir in rice, raisins and cinnamon stick. Reduce heat, cover and simmer for 20 minutes.

Meanwhile, heat oven to 350°F. Spread almonds on cookie sheet and bake for 5 minutes or until golden-brown. When rice is ready, remove cinnamon stick and stir in toasted almonds and cilantro. Serves 6



Pineapple Fried Rice

- | | |
|---|---|
| 1 cup Carolina®
Basmati Rice | 3 tablespoons oil, divided |
| 1 can (20 oz.) pineapple tidbits | 2 cups fresh shrimp, cleaned and deveined |
| 3 green onions, chopped | 2 cloves garlic, minced |
| 1 large red chili, finely chopped | 2 tablespoons fish sauce |
| 3 sprigs cilantro, coarsely chopped | 2 tablespoons soy sauce |
| | 1 teaspoon sugar |
| | cilantro for garnish |

Prepare rice according to package directions. Set aside.

In a bowl, combine pineapple, onions, chili and cilantro. Mix and set aside.

Heat 1 tablespoon oil in skillet, sauté shrimp until done. Remove shrimp from skillet. In same skillet, over medium heat, add remaining oil. Sauté garlic until golden brown. Add cooked rice and stir. Add fish sauce, soy sauce and sugar. Stir and heat thoroughly. Fold in pineapple mixture and shrimp. Heat through. Garnish with cilantro. Serves 6

Sweet Potato Rice Salad

- | | |
|---|--|
| 1 cup Carolina®
Basmati Rice | 1 cup green beans, cut
into 1-inch pieces |
| 1/2 cup mango chutney | 1/4 cup fresh cilantro,
chopped |
| 2 Tbsp. vegetable oil | salt and pepper, to taste |
| 1 Tbsp. rice wine
vinegar | 1 head of butter lettuce |
| 1 cup sweet potato,
peeled and cubed | |

Prepare rice according to package directions. Cool.

Whisk together mango chutney, oil and vinegar. Set aside. Bring 1 quart of water to a boil. Add sweet potatoes and boil for 5 minutes or until just tender. Remove sweet potatoes from boiling water. Rinse under cold water. Add green beans and boil for 3 minutes or until crisp-tender. Remove from boiling water and rinse under cold water. In a large bowl, combine rice, sweet potatoes, green beans and cilantro. Add dressing and toss to coat. Season with salt and pepper to taste. Serve on a bed of butter lettuce leaves. Serves 4

Carrot-Ginger Soup with Lime & Chili

- | | |
|---|------------------------------|
| 1 cup Carolina®
Basmati Rice | 1 Serrano pepper,
chopped |
| 2 tsp. vegetable oil | 1/2 lb. peeled baby carrots |
| 1 medium onion, chopped | 3 cups vegetable stock |
| 2 garlic cloves, chopped | 2 Tbsp. lime juice |
| 1 Tbsp. ginger, grated | salt and pepper, to taste |

Prepare rice per package directions.

Meanwhile, in a medium saucepan, heat oil over medium heat. Add onion, garlic, ginger and pepper and sauté 2 minutes. Add carrots and vegetable stock and bring to a boil. Reduce heat and simmer for 15 minutes. Transfer to a blender and carefully puree soup to a smooth consistency. This can be done in batches to prevent volume expansion due to the hot liquid. Stir in lime juice and salt and pepper to taste. Place one scoop of rice in bowl and top with soup. Serves 4

Pacific Rim Basmati Rice with Seafood

- | | | |
|-------------------------|-------------------------------------|---|
| 1 Tbsp. olive oil | 1 cup Carolina® Basmati Rice | 1 lb. seafood (shrimp, scallops,
mussels, calamari, clams) |
| 1 Tbsp. shallot, minced | 1 cup Pinot Grigio, divided | 2 Tbsp. green onions, sliced |
| 1 tsp. garlic, minced | 1/2 cup red bell pepper, diced | 2 Tbsp. cilantro, chopped |
| 2 Tbsp. yellow miso | | |

Heat oil in a medium pan over medium-high heat. Add shallots, garlic and miso and sauté 2 minutes. Add rice and continue to sauté for 1 more minute. Pour in 3/4 cup wine and stir until all liquid is absorbed. Add 1-1/2 cups water, reduce heat to medium and cover. Cook 15 minutes. Remove lid and stir in bell pepper, seafood and remaining 1/4 cup wine. Reduce heat to low and cook 10 more minutes. Remove from heat. Season with salt and pepper, if desired. Garnish with green onions and cilantro. Serves 4



For additional recipes and information, visit our website at carolinarice.com.