



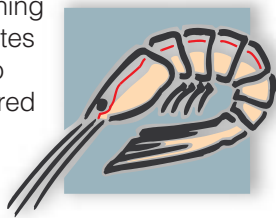
Southern Heritage Rice Recipes



Barbecued Shrimp with Spicy Rice

- 1 pound large shrimp, peeled and deveined
- 4 wooden* or metal skewers
- vegetable cooking spray
- 1/3 cup barbecue sauce
- Spicy Rice (recipe follows)

Thread shrimp on skewers. To broil in oven, place on broiler rack coated with cooking spray. Broil 4 to 5 inches from heat for 4 minutes. Brush with barbecue sauce. Turn and brush with remaining barbecue sauce. Broil 2 to 4 minutes longer or until shrimp are done. To cook on outdoor grill, cook skewered shrimp over hot coals 4 minutes. Brush with barbecue sauce. Turn and brush with remaining barbecue sauce. Grill 4 to 5 minutes longer or until shrimp are done. Serve with Spicy Rice. Makes 4 servings.



*Soak wooden skewers in water before using to prevent burning.



Spicy Rice

- 3/4 cup sliced green onions
- 3/4 cup shredded carrots
- 3/4 cup minced red pepper
- 1 jalapeño or serrano pepper, minced
- 1 tablespoon vegetable oil
- 3 cups cooked **Mahatma® or Carolina® rice** (cooked in chicken broth)
- 2 tablespoons snipped cilantro
- 3 tablespoons lime juice
- 1 teaspoon soy sauce
- hot pepper sauce to taste

TO MICROWAVE: Combine onions, carrots, red pepper, jalapeño pepper and oil in 2-quart microwave-safe baking dish. Cook on HIGH 2 to 3 minutes or until vegetables are tender. Add rice, cilantro, lime juice, soy sauce, and pepper sauce. Cook on HIGH 3 to 4 minutes, stirring after 2 minutes, or until thoroughly heated, Serve with Barbecued Shrimp. Serves 4.

Cajun Catfish Skillet

- 2 cups water
- 1 cup **Mahatma® or Carolina® rice**
- 1/4 teaspoon salt
- 1/4 teaspoon ground red pepper
- 1/4 teaspoon ground white pepper
- 1/4 teaspoon ground black pepper
- 1/2 cup minced green onions
- 1/2 cup minced green pepper
- 1/2 cup minced celery
- 2 cloves garlic, minced
- 1 tablespoon margarine
- 1 pound catfish nuggets or other firm-flesh white fish*
- 1 can (15-1/2 ounces) tomato sauce
- 1 teaspoon dried oregano leaves

TO MICROWAVE: Combine water, rice, salt, red pepper, white pepper and black pepper in deep 2-1/2 to 3-quart microwave-safe baking dish. Cover and cook on HIGH 5 minutes. Reduce setting to MEDIUM (50% power) and cook 15 minutes or until rice is tender and liquid is absorbed. Combine onions, green pepper, celery, garlic and margarine in a 2-cup glass measure; cook on HIGH 2 minutes or until onions are tender. Stir vegetable mixture, catfish nuggets, tomato sauce and oregano into hot rice. Cover and cook on HIGH 6 to 8 minutes, stirring after 3 minutes, or until catfish flakes with fork. Serves 4.

*Substitute 1 pound chicken nuggets for fish, if desired.





Southern Louisiana Rice Dressing

- 1-1/2 pounds chicken tenders
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 tablespoon vegetable oil
- 3/4 pound smoked turkey sausage, cut into 1/4-inch slices
- 2 medium onions, chopped
- 1 large green bell pepper, chopped
- 1 cup chopped celery
- 1 clove garlic, minced
- 2 cups **Mahatma® or Carolina® rice**
- 1/4 teaspoon ground red pepper
- 3-1/4 cups chicken broth
- 1 cup sliced green onions
- 1 medium tomato, chopped
- celery leaves for garnish

Season chicken with salt and black pepper. Place oil in deep 3-quart microwave-safe baking dish. Add chicken; cover with wax paper and cook on HIGH 3 minutes, stirring after 2 minutes. Add sausage; cover with wax paper and cook on HIGH 1 minute. Remove chicken and sausage with slotted spoon; set aside. Add chopped onions, green pepper, celery and garlic to same dish. Cover and cook on HIGH 4 minutes, stirring after 2 minutes. Stir in rice, red pepper, broth and reserved chicken and sausage; cover and cook on high 8 minutes or until boiling. Reduce setting to MEDIUM (50% power); cover and cook 30 minutes, stirring after 15 minutes. Stir in green onions and tomato. Let stand 5 minutes before serving. Garnish with celery leaves. Serves 6.



Green Rice

Also known as Emerald Rice, this Italian-inspired dish results in a creamy, comforting rice dish.

- 2 cups **Mahatma® or Carolina® rice**
- 3/4 cup milk
- 1/4 cup salad oil
- 1 cup chopped parsley
- 1 cup chopped green peppers
- 3 garlic cloves, minced
- 1 pound mozzarella cheese, grated
- ground black pepper

Preheat oven to 350°F. Prepare rice according to package directions. Fold in remaining ingredients. Pour into oiled casserole dish. Bake 45 minutes. Serves 6.

Double Red Rice

Red Rice is similar to Tomato Pilaú, for a heartier dish, add smoked pork sausage.

RED PEPPER SAUCE:

- 1 medium clove garlic
- 2 tablespoons roasted red pepper pureé*
- 1 tablespoon tomato paste
- 1/4 teaspoon salt
- 3 tablespoons light olive oil

- 1 cup cooked **Mahatma® or Carolina® rice**
- salt and pepper to taste

- 4 tablespoons drained, minced, sun-dried tomatoes

* Purée drained pimentos or roasted, peeled red peppers in food processor or blender.

SAUCE: with food processor in "on" position, drop garlic, red pepper purée, tomato paste and salt. Process to blend. Slowly add oil. Set aside.

RICE AND SEASONINGS: Prepare rice according to package directions.

Add Red Pepper Sauce to rice. Toss. Season to taste with salt and pepper. Sprinkle with sun-dried tomatoes. Serve warm. Serves 6.



Egg Pilaú

A traditional and hearty dish from the deep South

- 6 slices bacon
- 3/4 cup chopped onion
- 1 cup **Mahatma® or Carolina® rice**
- 3 cups chicken broth
- 2 eggs
- 1/4 cup butter
- Parmesan cheese
- black pepper

In a large skillet, fry bacon over medium heat until very crisp. Drain on paper towels. Discard bacon drippings, except for 3 tablespoons. Add onion, sauté until tender. Add rice; toss to coat. Add broth. Cover and simmer 15 minutes. Remove from heat; let stand for 5 minutes, covered.

In a large serving bowl, beat eggs. Add HOT rice and toss to coat. (Rice should be hot enough to cook the egg. If not, heat in microwave for 30 seconds.)

Serve hot with butter, Parmesan cheese, black pepper and crumbled bacon. Serves 6.

