

All it takes for "The Perfect Pilaf" is one of these recipes and
"The Perfect Rice" – Carolina® and Mahatma®!

The Perfect Pilaf

(PEE-lahf, PIH-lahf)

This rice-based dish (also called pilau) originated in the Near East and always begins by first browning the rice in butter or oil before cooking it in stock. Pilaf can be variously seasoned and usually contains other ingredients such as chopped, cooked vegetables, meats, seafood or poultry. Pilaf can be served as a side dish or main dish.

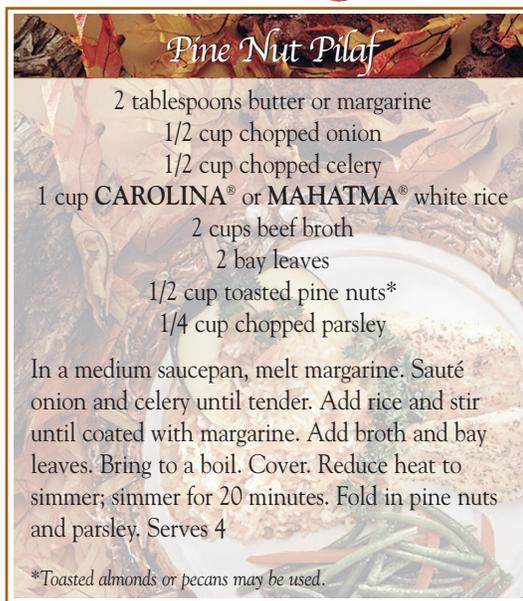
Brown Rice and Shiitake Pilaf

- 1 cup CAROLINA® or MAHATMA® brown rice
- 2 tablespoons olive oil, divided
- 2-1/2 cups chicken broth
- 1 cup (about 2 ounces) sliced fresh shiitake mushrooms
- 1 cup asparagus spears, cut into 1-inch pieces
- 1 clove garlic, minced
- 1/4 cup pine nuts, toasted*
- 1/4 cup sliced green onion
- 1 tablespoon grated lemon peel
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

In a medium skillet, brown rice in 1 tbsp. oil. Add 2-1/2 cups chicken broth. Cover, simmer 40 minutes.

Heat remaining oil in large skillet over medium-high heat. Add mushrooms, asparagus and garlic; cook and stir 1 to 2 minutes or until tender. Add cooked rice, nuts, onions, lemon peel, salt and pepper. Stir until well blended; heat thoroughly. Serves 6

*To toast nuts, place on baking sheet. Bake at 350 degrees 5 to 7 minutes or until lightly browned.



Pine Nut Pilaf

- 2 tablespoons butter or margarine
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1 cup CAROLINA® or MAHATMA® white rice
- 2 cups beef broth
- 2 bay leaves
- 1/2 cup toasted pine nuts*
- 1/4 cup chopped parsley

In a medium saucepan, melt margarine. Sauté onion and celery until tender. Add rice and stir until coated with margarine. Add broth and bay leaves. Bring to a boil. Cover. Reduce heat to simmer; simmer for 20 minutes. Fold in pine nuts and parsley. Serves 4

*Toasted almonds or pecans may be used.

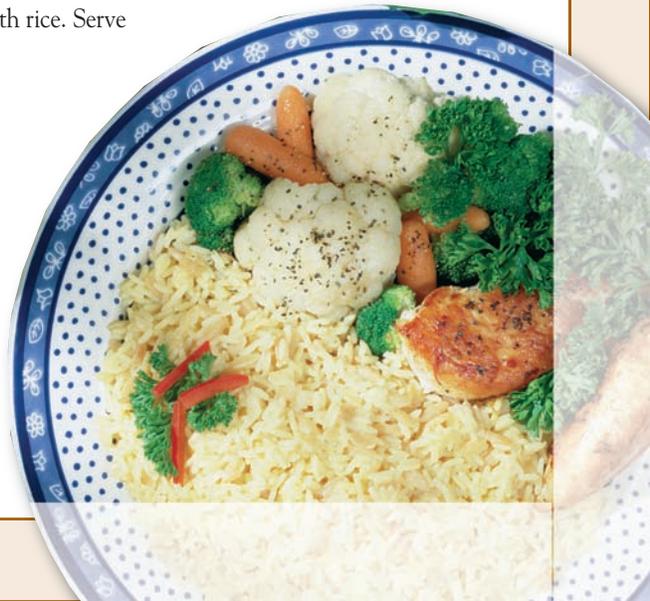
Simple Rice Pilaf

- 2 cups chicken broth
- 1 cup CAROLINA® or MAHATMA® white rice
- 2 tablespoons olive oil, divided
- 2 cups chicken broth
- 1/2 cup sliced green onion
- 1/2 cup thinly-sliced mushrooms
- 1/2 cup chopped, fresh parsley

In a medium saucepan, brown rice in 1 tbsp. oil. Add 2 cups chicken broth, bring to a boil. Cover, reduce heat, and simmer 20 to 25 minutes or until liquid is absorbed. Remove from heat.

Heat remaining oil in a small skillet. Sauté green onion and mushrooms. Toss onion, mushrooms and parsley with rice. Serve immediately. Serves 4

CAROLINA **Mahatma**



Holiday Herb & Nut Pilaf

- 1 cup CAROLINA® or MAHATMA® white rice
- 2 tablespoons butter or margarine, divided
- 2 cups chicken broth
- 1 medium onion, finely chopped
- 1 cup thinly-sliced Shiitake or button mushrooms
- 1 clove garlic, minced
- 1 medium-size red or yellow bell pepper, chopped
- 3/4 cup coarsely chopped toasted pecans*
- 1 tablespoon chopped fresh thyme or 1 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

In a medium skillet, brown rice in 1 tbsp. butter or margarine. Add 2 cups chicken broth. Cover and simmer 20 minutes.

Heat remaining margarine or butter in large skillet over medium-high heat until hot. Add onion, mushrooms and garlic. Cook and stir 3 to 5 minutes or until onion is tender. Add red bell pepper. Cook and stir 1 to 2 minutes. Add cooked rice, pecans, thyme, salt and pepper. Cook and stir 2 to 3 minutes or until thoroughly heated. Serves 6

**To toast pecans, place on baking sheet; bake at 350 degrees 5 to 7 minutes, or until pecans are just beginning to darken and are fragrant.*

Pineapple Pilaf

- 1 cup CAROLINA® or MAHATMA® white rice
- 2 tablespoons butter or margarine, divided
- 2 cups chicken broth
- 1 cup sliced green onions
- 1/2 cup chopped walnuts
- 1/2 cup raisins
- 1/2 teaspoon salt
- 1/2 teaspoon ground ginger
- 1 can (8-ounce) pineapple tidbits, drained

In a medium skillet, brown rice in 1 tbsp. butter or margarine; add 2 cups chicken broth. Cover. Simmer 20 minutes.

Heat remaining butter or margarine in large skillet over medium-high heat. Add onions, walnuts, raisins, salt and ginger; cook and stir 4 to 5 minutes or until onions are tender. Add rice and pineapple; stir and heat thoroughly.

Serves 6

Rice and Lentil Pilaf

- 1/2 cup chopped onion
- 1 tablespoon vegetable oil
- 1 cup CAROLINA® or MAHATMA® white rice
- 2-1/2 cups chicken broth
- 1/4 teaspoon ground cinnamon
- 2 tablespoons tomato paste
- 1/4 cup dried lentils
- 1 can (5 ounce) chunk white chicken
- 1 can (5 ounce) sliced carrots, drained
- 1/2 cup unsalted sunflower seeds
- 1/2 cup raisins

In a medium skillet, sauté onions in vegetable oil until tender. Add rice and stir until rice is browned. Add chicken broth, cinnamon, tomato paste and lentils. Bring to a boil, cover. Reduce heat to simmer; simmer 20 minutes. Fold in chicken, carrots, sunflower seeds and raisins. Cover and simmer 7-10 minutes.

Serves 6



Oriental Rice Pilaf

- 1/2 cup chopped onion
- 1 clove minced garlic
- 1 tablespoon sesame oil
- 1 cup CAROLINA® or MAHATMA® white rice
- 2 cups beef broth
- 1 tablespoon reduced-sodium soy sauce
- 1/8 to 1/4 teaspoon red pepper flakes
- 1/3 cup thinly-sliced green onion
- 1/3 cup diced red pepper
- 2 tablespoons toasted sesame seeds

Cook onion and garlic in oil in a 2- to 3-quart saucepan over medium heat until onion is tender. Add rice and brown for 2 minutes. Add broth, soy sauce and pepper flakes. Bring to a boil; stir once or twice. Cover and simmer 15 minutes or until rice is tender and liquid is absorbed. Stir in green onions, red pepper and sesame seeds into cooked rice; cover and let stand 5 minutes. Fluff with fork.

Microwave Oven Instructions

Combine onion, garlic and oil in a 2- 3-quart deep microproof baking dish. Cover and cook on HIGH 2 minutes. Add broth, rice, soy sauce and red pepper flakes; stir. Cover and cook on HIGH 5 minutes. Reduce setting to MEDIUM and cook, uncovered, 15 minutes, or until rice is tender and liquid is absorbed. Stir in green onion, red pepper and sesame seeds into cooked rice; cover and let stand 5 minutes. Fluff with fork.

Serves 6



"The Perfect Rice"

Compliments of Carolina® and Mahatma® rice.
For additional recipes and information,
call 800-226-9522 or visit our websites at
carolinarice.com and mahatmarice.com

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