

THE WINNING RECIPES!

USA RICE ON THE WORLD WIDE WEB

Everything you want to know about rice is just one click away, at www.usarice.com and www.usarice.co.uk you'll find up to date information, news and recipes about U.S. rice.

Recipes, tips and cooking demonstrations for chefs can also be found at www.menurice.com.

If you are interested in American rice and have any further questions, then please contact us. Staff at the USA Rice Federation are always available to answer questions on the various aspects of American rice.

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1st USA RICE COMPETITION



Sauce ingredients

Ketchup	100 ml
Orange juice	30 ml
Tabasco (hot sauce)	10-20 ml

Method:

Cook the rice in boiling water (wild rice 45 minutes, American long grain rice 30 minutes). Blend all the ingredients except for the wild rice. Heat the pan and pour the mixture in it; spread some of the wild rice over it. Cook it for 4 to 5 minutes.

Cook the minced beef for 10 minutes, then add the rest of the ingredients for the stuffing except for the rice. When it is cooked (5 minutes), add the rice to it and mix. Stuff into the pancake, use the egg yolk to paste together the edges of the pancakes and spread the rest of the egg yolk on top of the pancake. Bake for 10 minutes in the oven on 200 C. Serve hot along with the sauce on side. Garnish with spring onions, green red chili and dill leaves.

Serves 10 portions

Chef Houssam: "It was a really good experience to participate in the USA Rice Cooking Competition and I am looking forward to their next competition. I was pleased to be among the finalists and share experience with them."



Foreword by Chef Uwe Micheel,

President Emirates Culinary Guild

In June 2007, the USA Rice Federation launched the 1st USA Rice Cooking Competition to identify and reward leading chefs in the Middle East Area and promote creative ways of using American rice in all kinds of dishes.

American rice is a very versatile and high quality product, which can be used in innovative ways in many different cuisines, creating exciting and healthy dishes. We have received a high number of quality entries from all over the region, demonstrating the talent and creativity of many chefs.

In December 2007, five finalists were selected to participate in a live cook off in Dubai, UAE, for the US\$5,000 cash prize. The winner was selected by a panel of three judges including Chef Massimiliano Venturelli, Chef John Redding and myself. The winner was selected thanks to his attention to skills and working methods, hygiene, taste and presentation and creativity.

I am happy to announce that the winner of the 2007 USA Rice Cooking Competition is Chef Antonio De Dominicis from La Moda Restaurant, Radisson SAS Hotel, Dubai Deira Creek, UAE.

This booklet includes the recipes of the five finalists for your enjoyment.

We hope that they inspire you to create delicious dishes with American rice in your kitchen.

Culinary regards,

Chef Uwe Micheel

President, Emirates Culinary Guild



Chef Houssam Ibrahim

American Rice Pancakes

Ingredients:

Main ingredients:

American wild rice	170 g
American white rice	500 g
Baking powder	1.5 tsp
Whole egg	5
Milk	170 ml
Flour	50 g
Salt	to taste

Stuffing ingredients:

Egg yolk	2
Minced beef	170 g
Garlic clove	15 g
Finely chopped onion	30 g
Finely chopped dill leaves	1.5 tsp
White rice (cooked)	80 g
Wild rice (cooked)	80 g
Black pepper	to taste
Finely chopped green red chili	15 g
Finely chopped celery	15 g
Extra virgin olive oil	30 ml



Chef Antonio De Dominicis

Risotto with Duck Breast and Black Truffle

Ingredients:

American Rice	300 g
Chopped Shallot	150 g
Butter	100 g
Salt and Pepper	to taste
Chicken Stock	1L
Duck Breast, Diced	500 g
Balsamic Vinegar	5 cl
Black Truffle Cream	40 g
Truffle Oil	10 tsp
Chopped Mix Herbs	10 tsp
Parmesan Cheese, Grated	250 g
Black Truffle Shavings and chives to garnish	

Method:

Sweat the rice and chopped shallot in butter. In the meantime marinate duck breast with salt and pepper, balsamic vinegar and mix herbs. Remove from balsamic vinegar after 2 minutes and sauté with remaining chopped shallot. When the rice is half cooked, add the cooked duck breast. Finish the cooking with the remaining chicken stock and mix in parmesan, fresh butter and truffle cream. Adjust seasoning with salt and pepper and scent with truffle oil. Garnish with the shaved truffle and chives, and drizzle with balsamic reduction. Serve immediately.

Serves 10 portions

Chef Antonio: "The USA Rice Cooking Competition has made my dreams come true, it was the most exciting competition I have ever done, thank you."





Presentation:

Using a cylinder round cutter, place:

- Spinach rice
- Red bell pepper
- Pumpkin rice
- Green bell pepper
- Mushroom rice
- Yellow bell pepper

On top put the sautéed Savoy cabbage and the fish triangles, garnish with the citrus zest on top and round the tower of rice. Put the sabayon rounding the tower and top up with the caviar. To finish, put the crispy rice stick at an angle over the tower.

Serves 10 portions

Chef Priyantha: "I was very happy to participate and to be chosen as a finalist in the USA Rice Cooking Competition. I want to make sure I will be the winner next time!"



Method:

Cook 350 grams of the rice in salted water till tender, drain, cool and divide into 3 equal separate amounts. Season and sauté the Portobello mushrooms and process until smooth. Season and sauté the spinach and process until smooth. Season and boil the pumpkin and process until smooth. Mix each one of these flavors with the three separate rice portions and separate.

Roast the three bell peppers until tender, remove the skin and cut with a round cutter.

Cut the snapper and sea bass fillets into triangular shape, season, pan fry and separate.

Cut the savoy cabbage into julienne, season, sauté and separate.

Peel all the citrus fruits with a zester, season and deep fry.

To prepare the orange and saffron sabayon, divide the egg yolk into two and separate. Mix the first half with cream, orange juice, saffron and season. Pour the mix in a metal bowl and start whisking over a Bain Marie until thick and separate.

To prepare the crispy rice sticks, process the rest of the rice until powder. Mix the rice powder with the rest of the egg yolk, grated parmesan, corn flour, season, and mix into dough. Roll the dough into very thin sticks and deep fry.

Chef Renju Maliakkal

Saffron Iranian Rice with Chicken**Saffron Iranian Rice****Ingredients:**

American Rice	500 g
Carrots Julienne	25 g
Pistachio Slice	5 g
Orange Zest	2.5 g
Saffron	a pinch
Rose Water	10 g
Sugar	10 g
Water	1 L

Method:

Melt the butter and sauté the carrot juliennes. Add required amount of water followed by saffron, rose water and sugar. Bring to the boil, add the American rice together with the orange zest. Lower heat and cook for at least 7-10 minutes. Serve hot and garnish with peanuts and even fried onions.

Iranian Chicken

Ingredients:

Chicken cubes	1250 g
Chilli powder	2.5 g
Turmeric powder	10 g
Saffron	1g
Chopped red onion	60 g
Cardamom powder	6 g
Lemon juice	10-15 g
Salt	10-15 g
Oil	10-15 g

Method:

Marinate the chicken cubes with chopped red onions, turmeric powder, lemon juice, salt, cardamom powder, chili powder, saffron and a little melted butter. Set the marinated chicken aside for a while, then pan fry until cooked. Serve hot.

Chef Priyantha Kumara

Trio of flavored American rice

accompanied by red snapper and sea bass bites, served with orange and saffron sabayon with caviar and garnished with crispy rice sticks and citrus zests.

Ingredients:

American Long grain rice	550 g
Spinach	150 g
Pumpkin	150 g
Portobello mushroom	150 g
Red bell pepper	300 g
Green bell pepper	300 g
Yellow bell pepper	300 g
Sea Bass fillet	300 g
Red Snapper fillet	300 g
Savoy cabbage	150 g
Lemon	1
Orange	2-3
Lime	1
Grapefruit	1
Eggs	10
Saffron	3 g
Cream	100 ml
Butter	100 g
Avruga Caviar	50 g
Salt and Pepper	to taste
Extra virgin olive oil	100 ml
Parmesan cheese	100 g
Corn flour	50 g



Saffron Sauce

Ingredients:

Butter	80 g
Lemon juice	75 g
Saffron	1 g
Chicken Stock	10 g
White pepper	0.8 g
Sugar	20 g
Salt	5 g
Cream	300 g
Turmeric powder	1 g

Method:

Melt the butter and sauté the turmeric powder. Add the required quantity of water, and the saffron, chicken stock and sugar. Add salt and white pepper, and mix well. Add lemon juice for flavor. Switch off the flame and add cream, mix until a slightly thick consistency is achieved. Pour over the chicken while presenting the dish.

Serves 10 portions

Chef Renju: "The USA Rice Cooking Competition was a great experience. It was my first competition. I enjoyed cooking American Rice with other professional chefs"





Chef Diyan De Silva

Quail Biryani Served On Papad

Ingredients:

American Rice	650 g
Quail	10 pcs
Mint	30 g
Coriander	30 g
Green Chili	80 g
Onion	300 g
Garlic	160 g
Ghee	65 g
Corn Oil	120 ml
Rose Water	65 ml
Chicken Stock	1.5 L
Salt	to taste

Spices:

Chili Powder	30 g
Coriander Powder	30 g
Turmeric Powder	30 g
Kasthuri Methi	30 g
Cardamom	15 g
Cloves	15 g

Method:

Sauté the onion, garlic and green chili in a pan, add the boneless quail. Combine all the spices, allow to temper in the oil, add USA rice and cook. Next add the mint, coriander, ghee and rose water, and then pour in the chicken stock. Cover with lid and allow cooking for 25 to 30 minutes in an oven at 200°C.

Serves 10 portions

Chef Diyan: "The USA Rice Cooking Competition was a great experience for me. It provided me with the opportunity to present creative culinary ideas and I am looking forward to the next competition"

