

XCentric Ideas



A river originates from drips of water and a basket of rice contains grains of it.

Do not underestimate your own ability and do not refrain from doing a good deed thinking that it is trifle –
Chinese proverb

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Recipes & Ideas from the Internet
All photos my own

Interesting facts and figures regarding rice...

The Chinese Word for Rice is the same as their word for food.

Rice is the main food for half the people in the world.

There are more than 40,000 different varieties of rice.

Of the 40,000 varieties more than 100 grow world-wide, but only around 10% are marketed and sold.

Rice is a symbol of life and fertility, which is why it was a tradition to throw it at weddings, confetti has now replaced rice.

To see how many children a newlywed couple will have the Finns count the number of grains of rice in the brides hair.

Grains of rice in a salt cellar will help to keep the salt free flowing.

There are over 29,000 grains of rice in one pound of long grain rice.

The average person in the UK eats approximately 4.4kg of rice each year.

On cooking, rice swells to give at least three times its original weight.

96% of the worlds rice is eaten in the area in which it is grown.

Blue cheese and walnut spread

125 ml cooked rice
250 g smooth cottage cheese
1 clove garlic, crushed
150 g blue cheese, crumbled
1 ml black pepper
60 g chopped walnuts
25 ml port
pinch salt

Process the rice, cottage cheese and garlic in a food processor until smooth. Add the blue cheese, pepper, nuts, port and salt and mix well. Spoon into a serving bowl, cover and chill until just before serving. Serve with a selection of fresh fruit and biscuits.

Although it had a bit of a purple tinge, owing to the port, it was quite lovely.



Jalapeno & Feta Cheese Rice

I've just added all this together
one day and absolutely LOVE
it to bits!



250 ml Jasmine rice, uncooked
Feta cheese, crumbled
Jalapeno slices (preserved ones)
Salt & Pepper, to taste

Cook the Jasmine rice per
instructions. Then while still
hot, add the feta cheese and
Jalapeno slices.

Season to taste. Enjoy hot.

Peach rice salad

2 cups cooked rice
2 cups peaches drained and chopped
1 cup thinly sliced celery
1 finely chopped red or green pepper
1 finely chopped onion
 $\frac{3}{4}$ cup sunflower oil
2 tbsp wine vinegar
1 tbsp curry powder
1 tbsp chutney
2 tbsp soy sauce
 $\frac{1}{2}$ tbsp salt
 $\frac{1}{2}$ tbsp black pepper
1 dessertspoon sugar

Mix together the oil, vinegar, curry powder, chutney, soy sauce, salt, pepper and sugar well together. Mix the peaches, rice, celery, onion and red or green pepper. Add all the ingredients together and place in a bowl. Cover and refrigerate for few hours. Stir well and spoon into a bowl lined with lettuce leaves to serve.

This is a lovely salad with a braai. Make it a day in advance, so that the flavours can bond.



Tuna & Rice Bake

A nice dish to use left-over rice. Although it looks a bit bland, serving it with a good salad will 'cheer' it up.



4 cups cooked rice
2 tins shredded tuna in water
3 eggs
25ml milk
seasoning to taste

Preheat oven to 180°.

Mix cooked rice and tuna together in ovenproof dish, then season to taste.

Whisk eggs and milk and pour egg mixture over rice mixture.

Bake in oven for approximately 15 minutes until egg set.

Serve with Worcestershire Sauce and green salad.

Baked Granadilla Cheesecake

(photo next page)

1/2 packet Marie, Tennis or digestive biscuits, crumbled
50 g butter/margarine, melted

30 ml (2 tbsp) brown sugar

2/3 cup uncooked Tastic Rice
1/2 tsp vanilla essence
185 ml cream beaten
185 g cream cheese

750 ml (3 cups) milk
6 tbsp sugar
3 eggs

3 x 115 g cans granadilla pulp

15-20 ml corn flour (3-4 tsp)

Crust:

Place the biscuit crumbs in a bowl. Add the brown sugar, butter or margarine and mix together. Press into the base of a 23 cm cake pan.

Filling:

Prepare the Tastic Rice according to the directions on the packet. Add the milk, vanilla essence and sugar to the rice. Simmer for 30-40 minutes until the mixture is thick and the milk has been absorbed.


Remove from heat and allow to cool. Fold in the cream, eggs and cream cheese. Pour mixture over the biscuits base. Bake at 150°C for 1 -1 1/2 hours or until set.

Topping:

Place the granadilla pulp in a saucepan and bring to the boil. Mix the corn flour with a little water to a smooth paste. Add to the sauce pan, stir until the pulp is thickened. Allow to cool for a few minutes before spooning over the cheesecake.

Yes, yes, I know it's not my usual 'short & sweet' recipe. But although it was time-consuming, it really tasted soooo nice. You couldn't really taste the rice and everything just went together so well!





Uncooked rice in a pretty bowl, with tea lights nestled in-between, makes a perfect centrepiece.

You can also use pretty shooter or brandy glasses.

Decorate with tiny fresh chillies, fresh flowers, shells, beads, etc.