

Chef Todd Mohr's Web **Cooking** Classes.com

Week 22 & 23—Rice and Grains

Applying the correct cooking method to vegetables, grains and legumes is more difficult than protein products like chicken or beef because of the wide variety of vegetables and grains that require different care. A chicken breast is a chicken breast, but a vegetable can be a tough carrot or a tender mushroom. The one thing essential to great taste in vegetarian cooking is correct cooking method.

Quinoa ("Keen-wah")

Hailed as the "supergrain of the future," quinoa contains more protein than any other grain. It's considered a complete protein because it contains all eight essential amino acids. Quinoa is also higher in unsaturated fats and lower in carbohydrates than most grains, and it provides a rich and balanced source of vital nutrients. Tiny and bead-shaped, the ivory-colored quinoa cooks like rice (taking half the time of regular rice) and expands to four times its original volume.

Rice

Regular Milled White Rice

- Milled to remove outer bran coating.
- Removes some vitamins and minerals
- Creates a white, lighter textured product

Enriched rice - Receives a coating of vitamins

- Short-grain - Small, round kernels that become sticky
- Long-grain - Long, slender grains that stay separate

Parboiled or converted rice

- Specially processed long-grain rice
- Partially cooked under steam pressure, redried, milled
- Results in a higher vitamin and mineral content

Instant rice

- Precooked and dried for quick preparation
- Does not hold well, grains loose shape, become mushy

Brown Rice

- Bran layer left on, brown color, coarse crunchy texture
- Available as short, medium, or long grain
- Takes twice as long to cook because of bran

Specialty Rices

Used in international cuisines

- Arborio rice - Short grain, risotto
- Basmati rice - Long grain, Indian foods
- Jasmine rice - long grain from Thailand

More fragrant and delicate than Basmati