

06/10/10 - Brown Rice Pilaf With Anaheim Chili

In the spirit of health conscious eating, I am serving more brown rice dishes. Brown rice has a nutty, satisfying taste to it that is great with meat, fish, or fowl. This recipe takes it a step further with the addition of fragrant curry powder, zippy green Anaheim chili



- 1 and ½ cups of brown rice or
- 1 and ½ cups of brown and wild rice blend (Lundberg's)
- 1 bright green Anaheim chili pepper (a low heat chili)
- ½ of a large Spanish onion
- 1 tablespoon safflower oil
- 1 teaspoon sea salt or to taste
- 2 teaspoons curry powder or Balti spice blend
- ½ cup of Sultana raisins (golden color)
- 3 cups of water

Dice the Spanish onion into a small dice after peeling it. Cut the top off of the chili and then slice the sides off leaving the seed core intact to throw away. Slice the chili into long thin strips and then dice it very small. Heat a heavy bottom sauce pan with a tight fitting lid. Add the safflower oil to the heated pan and then immediately add the diced onion and chili. Sauté the onion and chili in the pot on medium low heat until the onion is translucent and becoming a little gold. Season the onion and chili with salt and curry powder or Balti. Then, add the rice and stir to combine. Lastly, add the raisins. Pour the water in the pot and cover with a tight fitting lid. Turn up the heat. The moment the rice comes to a boil, turn the heat down to the lowest setting and let it cook for about 40 minutes or until all the moisture is evaporated. Wild and brown rice takes longer to cook than white rice. When the rice is done cooking, fluff it with a fork, replace the lid, and keep it covered until it is time to serve it.

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