

TARGETWOMAN

Rice Recipes for Dinner

A large, shallow metal bowl filled with fluffy white rice. The rice is the central focus of the image, with its texture clearly visible. The bowl's rim is visible at the top and bottom edges.

Healthy Rice Recipes

Healthy Rice Recipes



Timeless classical Rice chicken recipes collected from across the World - from fiery East Indian Chicken Biryani to the moderate to the palate Spanish Chicken Paella - we have them all here.

Foreword

Rice forms a staple food in many cultures, especially those in Asia like the Japanese, Chinese, Indians, Thai and Koreans. On the basis of yield, rice crops produce more food energy and protein supply per hectare than wheat and maize. Rich in vital minerals, vitamins and roughage, rice is used along with pulses, vegetables or meat.

Though rice has low protein content when as compared to other grains, rice is superior in lysine content and meets daily carbohydrate needs. In recent times, rice has come in for flak from many weight loss plans but it has still not lost its pride of place in many home-cooked meals.

Grown in amazing varieties around the world, each region has its own specialty. From the long-grained Basmati to the sticky black rice, from the medium-grained Arborio to the mildly fragrant Jasmine rice, you can use rice in interesting healthy ways. Rice can be boiled or steamed so that it is cooked right through, leaving it fluffy. You can use sticky rice to mould into shapes for sushi. Rice powder or flakes also have their role in some recipes. Porridge, breakfast cereal, infant food and rice bran oil are made out of rice. You can even make wine or liqueur out of rice.

Rice is generally classified by the size of the grain.

The long grain rice is slender and should stay fluffy. E.g.: Basmati rice from Asia has typical aroma while Carolina rice is bland. Hybrid rice varieties like Wild Pecan rice from Americas have nutty flavor.

Medium Grain Rice: Has shorter grains. Generally used for making Paella and Risotto. Italian rice like Carnaroli and Arborio are highly recommended for Risotto.

Short Grain Rice: They are also known as Pearl Rice. This rice is the choice for making Sushi or Rice Pudding.

Here, in this ebook on Rice Dishes, we have brought you a variety of rice dishes that are easy to make and healthy too. We have chosen rice dishes from various culinary styles and regions. All of them are rich in flavor and taste. While some of them can be used as one-dish meals, some others can be accompanied with pulse, vegetable, meat or seafood. You can try some of the rice meal recipes with leftover rice too. Introduce your friends and family to the bountiful goodness of rice dishes from around the world.

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Chicken Biryani

Biryani has many flavors depending on the region



Derived from the Persian word 'beryan' - roasted, Biryani has many exquisite flavors depending upon the region.

This rice dish is closely related to Rice Pilaf - but more heavily spiced. Mounds of finely chopped large onions roasted in clarified butter - ghee as it is called in India, are ground along with roasted spices for Moghal Biryani.

Awadhi Biryani was the choice of food for the Moghal emperors who laced the rice with Saffron and used Yoghurt to marinate and soften the lamb. It is said that the Moghul Armies marched and fought day long after eating just Biryani as it gave them extra sustained energy for the whole day.

Ingredients

8 boneless, chicken thighs or fleshy Chicken breast

2 cups Basmati rice

1 onion thinly sliced and browned

1 grated ginger

4 tablespoons yogurt

Few cardamom pods and cloves

1/2 teaspoon turmeric

1/2 teaspoon ground cardamom

1 teaspoon cinnamon powder

1/2 teaspoon chili

1 teaspoon saffron (dissolved in milk)

Vegetable oil

Clarified butter (*ghee*) 3 tablespoon

Mint leaves

Salt

Method

Heat oil and add the chicken, some cardamom pods, cloves, salt, chili pepper, cinnamon and turmeric. Add yogurt to the mix. Then mix the onion slices, mint leaves and ginger. Keep aside some of the browned onions. Stir well for nearly 15 minutes till the chicken is cooked through. Boil the rice in a separate pot with salt till par-cooked. Drain the rice, keeping the boiled water for later use.

In a separate small pot, heat 1 tablespoon of *ghee* and add some of the boiling water. Add the remaining ghee to the dissolved saffron and keep aside. In an ovenproof dish, put some of the rice, then the chicken along with a little ground cardamom and chili. Add another layer of rice and pour some saffron liquid then another layer of rice and browned onions. Cover the dish with foil and a heavy lid and then place in oven on medium heat for 20-30 minutes. Serve hot.

Tips

Dry roast the spices before you grind them or add them. Dry roasting releases the strong aroma. Making a biryani is a laborious time-consuming process, from marinating to layering and the *dum pukht* method. But it is worth the effort! The *dum* cooking method involves cooking the rice dish on a low heat. The pan is sealed with sticky dough. Add *kewra* for a rich flavor.

Click Here to check out authentic [Indian curry Recipes](#)

Khao Phat Fried Rice

Khao pad - literally 'Fried Rice' in Thai Language



Khao Phat (Pad) is made with long grained aromatic Jasmine rice and like most food from Thailand is spiced with fish sauce called as 'Nam Plaa'.

Nam Prik is fish sauce mixed with ground roasted chilies. Thai food has imbibed some elements of cuisine from the ethnic minorities - Chinese and Vietnamese.

A bowl of Khao phat is sometimes served with chili-vinegar sauce, dried chili flakes, lime slices, chopped peanuts, sugar, bean sprouts, and sliced cucumbers.

Ingredients

3 tablespoons vegetable oil
1 cup finely diced chicken
2 eggs
2 cups cooked rice
1 tomato chopped
1 chopped green onion
1 tablespoon crushed garlic
Small cucumber finely diced
2 teaspoon soy sauce
1 teaspoon Thai fish sauce
1 teaspoon sugar
1 teaspoon ground white pepper

Method

Heat oil in a pan and stir fry the chicken and garlic for a minute. Add the onion and cook for another minute. Add the eggs and the pre-cooked rice. Stir well while adding the remaining ingredients. Cook for another 4 minutes. Garnish with cucumber and spring onions.

Tips

You can make your own version of Thai Fried Rice by tossing rice and savory tidbits in a wok. Thai Fried Rice can also be made with leftover rice. Play around with the meat you have on hand and try your own unique recipe.

Click Here for more [Thai Food Recipes](#)

Rice Pudding

This timeless creamy treat is called *Riz au lait* in France



Simple Rice Pudding

Most cultures have their own version of a rice pudding. With simple ingredients like rice, milk, sugar and cinnamon, whipping up a rice pudding is not so difficult.

A rice pudding can be thickened with eggs and baked too. This wholesome rice dessert can be prepared in advance for parties and family gatherings.

Ingredients

3 cups white rice, cooked

3 cups milk

2/3 cup sugar

2 tablespoons butter

1/2 cup raisins and almond slivers

1 teaspoon vanilla extract

1 teaspoon cinnamon

Method

Combine cooked rice, milk, sugar and butter in a medium -sized saucepan. Add raisins and vanilla. Cook for 25 minutes until most of the liquid is absorbed. Mix in cinnamon. Spoon the pudding into a serving dish and dust with a hint of cinnamon and slivered almonds. Serve chilled.

Tips

This thick creamy treat never fails to comfort, whether it's eaten piping hot or chilled. With about 320 calories in a bowl, rice pudding is a rich dessert, what with the nuts and raisins thrown in. If you have some leftover rice, rustle up some rice pudding for the next meal. You can try variations with flavors like caramel, coconut or coffee.

Click Here to check out [Delicious Meal Time Recipes](#)

Cajun Shrimp Rice

Garlic is called as the 'Pope'



Shrimp Rice with the Holy Trinity

The Catholic population of Cajuns uses primarily 3 vegetables they call as 'Holy Trinity' as a token of their importance - Onions, Celery and Bell peppers.

Garlic which is affectionately called as 'the Pope' plays a major role in their cuisine too. Finely chopped green onions are used for the main garnish.

Ingredients

2 cups long grain rice
2 tablespoons olive oil
1 cup peeled and de veined large shrimp
1 tablespoon Cajun seasoning
1 tablespoon minced garlic
1 cup chopped bell pepper
1 cup chopped Celery
1/4 cup chopped spring onions
1/4 teaspoon dried thyme
1/2 cup canned tomatoes
1/2 teaspoon salt
1 teaspoon black pepper freshly ground

Method

Cook the rice till it is done and keep aside. Coat the shrimps with Cajun seasoning and keep for a while. Sauté it in a pan with little oil. Take oil in another pan, add garlic and sauté. Add bell pepper, spring onions and thyme. Stir fry till tender. Add cooked rice, shrimps, tomatoes, salt and pepper and toss for a minute. Serve hot.

Tips

Shrimps are an excellent source of selenium and unusually low-fat, low-calorie protein. But they are high in cholesterol. Deveining shrimps correctly is essential. Cooking shrimps too much would result in becoming dry and rubbery. Typically a portion of Cajun shrimp rice is about 350 calories.

Click Here for more [Cajun Food Recipes](#)

Spanish Paella

Paella takes its name from Paellera - a flat round pan



Spanish Rice Paella

This dish hails from Valencia, a Spanish Province and takes its name from the Paellera - a flat round pan.

Slow cooking of meats and sea food over a low fire seasoned with herbs makes this incredibly delicious and healthy.

The dish should not be stirred as it cooks, but the rice is left to absorb the liquid slowly. The best part is the crispy layer that is found at the bottom of the pan. Use shrimp, clams, spicy chorizo and chicken. Rabbits and snails can also be used. Typically fish is not used in Paella.

Ingredients

2 1/2 cups rice

5 boneless chicken breasts

10 Shrimp

350 gms of Squids cut as rings

All purpose flour for dusting

100 g chorizo, sliced

6 slices pancetta (streaky bacon)

1 finely chopped onion

4 cloves finely minced garlic

2 liters chicken stock

1 pinch saffron

1 tsp smoked paprika

Chopped parsley

1 cup peas

Salt to taste

Freshly ground pepper

Olive oil

Method

Dust chicken pieces in flour after seasoning. Fry them until golden brown. Keep aside. Heat oil in a pan. Sauté sliced chorizo and bacon till crisp brown. Add onion and garlic and continue to sauté. Cook the rice in half the stock infused with smoked paprika and saffron till nearly done. Then add the remaining stock, shrimp and peas and sautéed ingredients and cook.

Add the chicken and garnish with chopped parsley. Serve with a wedge of lime.

Tips

The Spanish Paella also has a version that works well with vegetarians; healthy veggies and artichoke hearts, and generously spiced with paprika and turmeric. The Paella originally began as hearty fare for laborers. It was cooked on open wooden fires and eaten off the pan.

Click Here for [Spanish Food Recipes](#)

Risotto

Risotto With Chicken Mushroom and Broccoli



Rice Risotto

Rice was introduced to Italy by the Arabs. The short-grained Italian rice varieties like Arborio, Carnaroli, Vialone, Nano, and Baldo are commonly used in dishes like risottos.

The short-grained rice has a high gluten content and results in a stickier texture. Always ensure that you add hot water or stock to cook such rice varieties. Else you will end up with a hard uncooked kernel in the center of the grain.

Ingredients

2 cooked chicken legs

1 cup short grained Italian rice

1 white onion

1 cup dry white wine

2 cups chicken stock

10 white button mushrooms, quartered

1 cup broccoli florets, blanched in hot water and cooled

2 tablespoon olive oil

1 tablespoon garlic, finely chopped

1 cup Parmesan, freshly grated

Fresh ground pepper, to taste

Method

Heat the oil in a pan. Stir fry the garlic, onion and rice. Add wine and chicken stock. After it comes to a boil, lower the heat. Let it simmer. Ensure that the rice doesn't stick to the bottom of the pan. Cook till the rice is cooked soft and appears creamy. In another pan, stir fry mushrooms for a couple of minutes.

Add the mushrooms, broccoli and chicken pieces to the risotto. Add the Parmesan and stir till it melts. Season with freshly ground black pepper.

Tips

A risotto is a creamy rice dish. Short and medium-grained rice is used for risotto as it is stickier. Though a cup of risotto is about 280 calories, the mushroom, chicken and broccoli offer plenty of nutritional benefits.

Click Here for [Italian Food Recipes](#)

Curried Lamb Rice

Indian Curries can be mild or hot and extremely Spicy



Curried Lamb Rice

Curry Powder has no universally accepted standard of ingredients. It varies - from coriander, red chilies, cumin, fenugreek, cinnamon, asafetida, fennel seed, star aniseed, black pepper, nutmeg, clove, cardamom and dried ginger in combination and in their proportion.

It may be mild or extremely spicy and hot. Lean lamb can go well with mildly spiced curry powder.

Ingredients

5 lamb chops

1 onion, finely chopped

1 cup long grained rice

2 carrots, grated

1 tsp. black pepper

1 tbsp. salt

1/2 tsp. curry powder (add more as per your taste)

2 tbsp. slivered almonds

1 1/2 cups chicken broth

2 cups water

Method

Cut lamb into 1/2 inch cubes. Heat oil in large pan. Add onions and fry till soft. Add lamb and stir fry for 5 minutes. Add grated carrots, cover pan and simmer another 15 minutes. Add rice, stir until well and add other seasonings. Simmer another 5 minutes. Add stock and water and bring to a boil.

Lower the flame and cook approximately 20 minutes more until rice is done. Garnish with almond slivers.

Tips

Lamb curry rice is ideal on a cold winter day; providing warmth and comfort. A cup of curried lamb rice is nearly 275 calories. Adding coconut milk is a variation that makes for a tasty lamb curry. You can choose to make a rich lamb *Korma* and serve it with steamed basmati rice or even saffron rice.

Click Here for [Indian Kabab Recipes](#)

Red bean Rice

Traditional dish of Louisiana Creole cuisine



Creole Red Bean Rice

This is a traditional dish of Louisiana Creole cuisine. Creole food is a sophisticated, rich mélange of Spanish, French, Italian, and African foods.

You will find red beans, bell peppers, onions and celery cooked along with meat, ham or sausages in a pot and served with rice.

Nutrition - One half a cup of Red beans provides about 100-150 kcal of energy, 5-10 gm of protein and 5 gm of fiber.

Ingredients

1 cup long-grain rice
2 slices bacon
2 cups cooked red beans
1 chopped onion
2 stalks celery, sliced
1 chopped green pepper
2 pods garlic, minced
2 tsp thyme
1/4 tsp cayenne pepper sauce
2 tsp Cajun seasoning
Clutch of cilantro for garnish
Salt to taste

Method

Cook rice till done. Keep aside. In a pan, cook bacon till brown. Place on paper towels to drain. To the same pan, add onion, celery, green pepper, garlic, thyme and garlic. Cook till it is tender. Add the beans along with the cooking water. Mix in the bacon, cayenne pepper sauce and season with salt. Cook for about 5 minutes. Serve this mixture over the cooked rice. Garnish with cilantro leaves.

Tips

A portion of red bean rice is about 280 calories. Red beans are a source of high-quality, low-fat protein. Besides they offer the digestive benefits of cholesterol-reducing fiber. Including different types of beans about 4 times a week into your diet reduces your heart attack risk. You can try this recipe with black beans, garbanzo beans or kidney beans.

Click Here for more [Beans Recipes](#)

Rice Ham Casserole

Stewing meat over a slow fire



Rice cooked in a Casserole

A casserole indicates the method of slow cooking by mixing all ingredients together. The dish used is also called a casserole. What began as a process of stewing meat in earthen containers developed into the easy-to-prepare recipes that we are familiar with today.

The quick and simple process of a one-dish meal makes casseroles so popular. The casserole dishes are available in glass, vitrified china, earthenware, iron and aluminum.

Ingredients

2 cups fresh asparagus, chopped into 1-inch pieces

3 cups cooked rice

2 cups cubed cooked ham

1 cup celery chopped

1 cup chicken/vegetable broth

1 cup Parmesan grated

1 tbsp butter

1 can chicken soup

Freshly ground pepper

Lemon grass - cut 2 tablespoons

Method

Boil 1 cup water in a large saucepan. Add asparagus and cook till just done. Drain and keep aside. Mix with ham, celery, rice along with pepper and lemon grass. Grease a baking dish. Arrange the ham mixture in it. Cook canned soup and broth for a few minutes and add grated cheese into it. Pour this mixture over the baking dish contents. Bake at about 350° for about 40 minutes.

Tips

You can make a casserole in an ovenproof glass dish or high quality enamel dish. Ham is pork meat and it has about 18 g of protein. It is also an excellent source of vitamins and minerals. Asparagus has no fat, no cholesterol. It boasts of significant quantities of omega-3 fatty acids and antioxidants.

Click Here for [Stir-fry Cooking Recipes](#)

Wild Rice

Wild Rice is actually the seed of a native grass



Zinzania aquatica

Zinzania aquatica or Wild Rice is actually the seed of a native grass. It turns out fluffy and nearly three times its original size when cooked.

But when overcooked, wild rice becomes sticky. Wild Rice is native to North America, especially Minnesota.

Ingredients

2 cup wild rice

1/4 cup olive oil

2 cups chopped onions

2 tbsp finely minced garlic cloves

1 tablespoon tomato paste

1/3 cup toasted pine nuts

3 cups chicken broth

1 1/2 teaspoons ground cumin

1/4 cup minced fresh parsley

Freshly ground black pepper

2 tablespoons chopped fresh thyme

1/2 teaspoon mint leaves

Salt to taste

Fresh lemon juice

Method

Take oil in a pan and stir in some cumin, onion and garlic till soft. Add tomato paste and stir. Add thyme, mint, pepper and salt. Add rice and broth and bring it to a boil. Reduce the heat and let it cook on low heat. When the rice is nearly done, add the lemon juice. Add fresh parsley and pine nuts. Serve hot.

Tips

A serving of Wild Rice is about 166 calories. Wild rice is actually not a true rice variety but a grass. Wild rice is rich with B vitamins niacin, riboflavin and thiamine, as well as potassium and phosphorus. Wild Rice is always sold as dried whole grains. It is rich in protein, dietary fiber and amino acids. It is chewier than regular rice and needs to be cooked well.

Click Here to learn about the [benefits of Whole Grains](#)

Herb Rice

Herb Rice can be combined with fish, vegetables or meat.



Aromatic Herb Rice

Herb Rice can be combined with fish, vegetables or meat. For added flavor and protein, you can use vegetable broth of mushroom or beef. Herbs may include Oregano, cayenne, lemon grass, thyme, sage, parsley, coriander, cilantro, mint, basil, dill and rosemary.

Oriental spices like nutmeg, mace and cardamom can lend an exotic flavor to Herb rice recipe.

Ingredients

2 cups medium-grain white rice

Finely chopped leaves of fresh mint, cilantro and basil

2 cups water

Salt to taste

Method

Take a heavy bottomed saucepan and bring 2 cups of water to a boil. Add in the rice and salt to taste. On boiling, reduce the heat and let it cook on simmer till it is tender. Mix in the herbs. Serve hot.

Tips

Herbs have been used in cooking for centuries, for their delicious, delicate flavors as well as their medicinal properties. Fresh herbs are antioxidants. Mint works as mouth freshener while basil offers cardiovascular benefits. Cilantro helps reduce LDL and increase HDL.

Click Here to know about the [curative properties of Herbs](#)

Rice Pilaf

Alexander the Great's armies introduced Pilaf to the West



Rice Pulao or Pilaf

Probably originated in Persia and Alexander the Great's armies introduced Pilaf to the West.

This dish of rice cooked with meat in a heavily seasoned and spiced broth is served on special occasions. It is also called as Pulao, Pulav or Pilav.

Ingredients

1 tbsp vegetable oil
2 cloves garlic, minced
1/2 cup medium size shrimp deveined
1 cup chopped carrots
1 cup long-grain rice
2 cups chicken stock
1 sweet red pepper, chopped
1/2 cup corn kernels
2 spring onions, thinly sliced
1/4 tsp salt
1/4 tsp pepper

Method

In a heavy saucepan, heat oil and stir fry garlic, shrimps, carrots, salt and pepper, stirring occasionally until soft. Add rice and stir. Add stock and red peppers. Reduce the heat and let it cook for another 15 minutes. Stir in corn and spring onions when the rice is ready.

Tips

The colorful mélange of red peppers, golden corn and orange carrots makes for a visual treat. The pilaf is also called the pulao and comes in many variations. You can add nuts for added crunch. Spicier versions of the rice pilaf can be tried, combining flavors that are seasonal or favorites.

Click Here for variations in [Rice Pilaf Recipes](#)

Units and their Equivalents: (all measures are US and metric units)

1 Tablespoon = 3 teaspoons

1 teaspoon = 5 ml

1 tablespoon = 15 ml

1/4 cup = 4 tablespoons

1 cup = 16 tablespoons

1 cup = 237 ml

1 fluid ounce = 2 tablespoons

1 quart = 4 cups

1 quart = 948 ml

1 quart = 2 pints

1 gallon = 4 quarts

1 liter = 2.12 pint

1 gallon = 3.79 liters

1 kg = 2.2 lb

1 kg = 35.27 oz

1 ounce = 28.35 gms

Rice Uses

Asia produces and consumes 90% of the world's rice. Here, rice has always been associated with abundance and fertility. Little wonder that it is used during weddings and festivals. In fact, eating rice is synonymous with eating a meal.

Rice is sodium free and fat free. It is easy to digest and contains about 103 calories per half cup of white rice and nearly 108 calories per half cup of brown rice. Though rice offers lesser protein than other cereals, it is rich in amino acid lysine. The glycemic index of rice ranges between 48 and 92. It depends on the type of rice.

Brown rice is rich in fiber, zinc, niacin, magnesium and thiamine. Though the outer hull is removed, brown rice has a distinctive chewy and nutty taste. It takes longer to cook. On the other hand, white rice has its hull, bran and germ removed. Parboiled rice is that which has been partially boiled. Precooked and dehydrated rice is available as instant rice.

The famous Basmati rice from the Gangetic Plains of India is fluffy and fragrant. Uncooked white rice has a long shelf life that extends to many years, when stored right. But brown rice has considerably shorter shelf life.

Other than cooking, did you know that rice could be put to many other interesting uses ? Make a warm poultice of rice to relieve those sore muscles. Warm up a handful of rice wrapped in muslin or an old sock. Use it on an aching back or stressed neck.

Clear out your clogged salt shaker by putting a few grains of rice in it. Clean out your coffee grinder by grinding a handful of rice in it. The water that is used to rinse rice or cook rice can be used to clean your face. This rice water is rich in Vitamin E.

If your mobile phone or electronic gadget just got caught in a spill, toss it in a canister of rice its the easiest way to extract most of the moisture. And of course, make your own DIY glue with soft boiled rice.