

## A STUDY IN GREEN

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Yet another entry in my study of colors, I think this one is the closest to the color ideal I had in my head. It is also another recipe where I use blanching. I still amazes me how well this works! Anyways, it has been a little while since I looked into it, but I think this forms a complete protein as well between the peas and rice

### INGREDIENTS

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<b>Qty.</b>	<b>Unit</b>	<b>Item</b>
175	ml	Basmati
327	g	No salt added chicken stock
3	-----	Small Shallots
2	-----	Large Cloves of Garlic
1	-----	Mediumish Green Bell Pepper
1 1/2	Cups	Frozen Peas
10	oz	Arugula
AR	-----	EVO of Choice
1/2	TBSP	Land o' Lakes Salted Butter
3/8	TSP	Mortons Kosher Salt
3/8	TSP	Accent
1	TBSP	Chopped Fresh Basil
AR	----	Fresh Ground Black Pepper
AR	----	Lime Wedges
AR	----	ICE ICE BABY!

I am pretty sure I have said this before, but shallots out by me can be hit and miss. Sometimes I find the jumbos, sometimes only the small ones in those mesh bags. This recipe, and the others as well, were developed around the small ones. It should work out to somewhere around 150g to 170g I think and yield about 1 cup of diced.

175 ml is the size of my rice cooker cup

If you don't have or like Basmati (HOW CAN YOU NOT LIKE BASMATI?!?!?!?), any medium to long grain white rice should work

327g seems like a weird number BUT it stems from me trying to figure out how much water corresponds to the fill line on my rice cooker. If you want this to be vegetarian or vegan, use vegetable stock (STILL NO SALT ADDED!!!)

Mediumish bell pepper is somewhere around 8 oz. If you want it a bit on the spicier side, use poblanos or jalapenos

I think frozen peas are key here. The canned are a bit too dull and don't have that snap that the frozen peas do. Frozen peas are also one of those instances where frozen is better unless you eat the peas right after they are picked

You might not be able to find the arugula. When I find it, it is in the produce section alongside the packaged spinach and the like. Baby spinach will also work, but lacks that little extra peppery thing

No fresh basil? They say (you know... THEM) that the ratio of fresh to dried herbs is 3 to 1. So if you don't have any fresh basil, 1 TSP dried should work

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## SPECIAL TOOLS

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- Rice cooker  
Well, I suppose you can make this via the stove top method, but I have become REALLY spoiled by my rice cooker

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## PREPARATION

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- 1) Rinse the rice [i]
  - a. Add rice to a pot and cover with 2 – 3 times its height with water
  - b. Swirl and gently massage the rice
  - c. Dump out water
  - d. Repeat steps 2 and 3 five times or until the water runs clear
  - e. Spread the rice in a metal strainer over a 1 quart measuring cup
- 2) Weigh then rinse the shallots [ii]
- 3) For each shallot
  - a. Remove the outer paper
  - b. Dice somewhere between a “regular” and “small” dice
- 4) You should wind up with about 1 cup of diced shallots. Set them aside
- 5) Weigh then rinse the green pepper and cut out the stem [ii]
- 6) Slice the green pepper in half and remove the seeds and white ribs with your hands
- 7) Dice the green pepper somewhere between a “regular” and “small” dice
- 8) You should wind up with about 1 ½ cup of diced green peppers. Set them aside
- 9) Heat a decent sized fry pan on medium lowish [iii]
- 10) Add enough EVO to pan to coat bottom
- 11) Heat until the oil is shimmering. If it is not shimmering, bump up heat a tad. If it is smoking, reduce the heat a tad
- 12) Add the shallots and pepper to the pan and cook, stirring occasionally, until translucent
- 13) While the shallots and peppers are cooking, measure out 1 ½ cups frozen peas and allow to thaw in a metal strainer over a 1 quart measuring cup
- 14) Remove the paper from the cloves of garlic
- 15) Mince the garlic and set aside
- 16) When the shallots are translucent, add the garlic and reduce the heat
- 17) Cook until fragrant [iv]
- 18) Turn up heat until it sizzles
- 19) Add the rice to the pan. Cook, stirring occasionally, until the rice takes on a little color [v]
- 20) While rice is toasting, weigh out 327g of the chicken stock into the rice cooker pot
- 21) Once the rice has taken on a little color, add to the rice cooker pot and give a stir with a wood spoon
- 22) Set the rice cooker to “normal” or “regular” and press start [vi]
- 23) While the rice is cooking, bring a large pot of water to a boil

- 24) Setup an ice water bath
- 25) Blanch the arugula a little bit a time for 1 minute
- 26) Immediately put the arugula in the ice bath
- 27) Fish out with a spider
- 28) Gently squeeze to get out excess water then put in a strainer over a 1 quart measuring cup
- 29) Repeat for the rest of the arugula
- 30) Put the arugula in a blender and pulse
- 31) Add approximately equal parts EVO and chicken stock a little bit at a time and pulse to achieve a consistency of thinnish pesto
- 32) When the rice cooker switches from cook to warm, add the butter and re-close the rice cooker
- 33) Let the butter totally melt [vii]
- 34) Stir the rice with a wood spoon
- 35) Stir in the salt and Accent a little bit at a time with a wood spoon
- 36) Stir in the blended arugula and the frozen peas with a wood spoon
- 37) Close the rice cooker and let sit on warm for 10 minutes
- 38) Portion the rice into ½ cup ramekins packing lightly
- 39) Overturn the ramekin onto your serving plates and jiggle lightly to get the rice out. It should keep its form
- 40) Add a light sprinkling of fresh ground black pepper
- 41) Serve with lime wedges and....
- 42) ENJOY!!!

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## CLOSING THOUGHTS

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I LIKE this one. Like I said above, it is the closest to the color ideal I had in my head. It really is surprisingly bright green. It freezes pretty well too. I think the last time I made this it made (5) 1-cup portions.

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## NOTES

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- i. You can skip this step if you are in a hurry. I think it makes a difference, but I don't know if I could tell the difference in a blind taste test
- ii. OK, so you don't really NEED to weigh the shallots or the green pepper, but I like to keep track of this type of thing in case it can help me down the road
- iii. I REALLY love my All Clad fry pan, but it was a bit on the pricey side
- iv. This should only be a few minutes
- v. Should be somewhere around 10 minutes, maybe a tad longer
- vi. Mine takes 43 minutes
- vii. About 2 minutes

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## PICTURES

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I really oughta start taking pictures of this stuff again