

A STUDY IN GREY

So let's see.... I have done 4, I think, of these studies in color now? Well, here is number 5! I'm not sure what to say about this one other than it is tasty and is another great one for meal prep.

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
3	TBSP	Kikkoman Less Sodium Soy Sauce
3/4	TSP	Kikkoman Less Sodium Soy Sauce
2	Packs	Dehydrated Portabellas (See "Dehydrated Portabella Mushrooms")
1	Pack	Dehydrated Sweet Onion (See "Dehydrated Onions")
175	ml	Basmati
1	15 oz. Can	Black Beans
2	6.5 oz. Cans	Sliced Mushrooms
1 (+extra)	Cup	Pinot Grigio
3	Cups	Distilled Water
1	TBSP	Butter

If you don't have the Kikkoman Less Sodium Soy Sauce or something comparable, you may wish to cut back on the amount. Otherwise, it may be too salty

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

I really don't know much about wine, but I do like cooking with Pinot Grigio. I am not sure how other wines would work in this application. They (you know, THEM) say cook with what you like to drink and I kinda agree with that, but I don't think you have to go overboard

Distilled water... If your tap water is not funky, you probably don't need this. It is also one of those hit and miss items at the grocery store these days

Insert standard blurb about salted vs unsalted butter here

SPECIAL TOOLS

- NONE!

PREPARATION

- 1) Add the 3 cups of distilled water to a sauce pot and heat to a boil
- 2) While the water is heating, dice the dehydrated mushrooms and onions
- 3) When the water reaches a boil, add the mushrooms and onions
- 4) Reduce heat to a lowish simmer and cook for 20 minutes
- 5) 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
- 6) Drain the can of black beans through a metal strainer into a 1 quart measuring cup and cover with a saucer
- 7) Drain the cans of mushrooms through a metal strainer into a 1 quart measuring cup and cover with a saucer
- 8) Drain the mushroom onion broth metal strainer over a 1 quart measuring cup
- 9) Add the Pinot Grigio to the liquid, weigh and record the weight
- 10) Return the broth and solids to the pot and cook for 10 minutes
- 11) Drain the mushroom onion broth metal strainer over a 1 quart measuring cup
- 12) Weigh and record the weight of the broth
- 13) Return the broth and solids to the pot and cook for 10 minutes
- 14) Repeat steps 11 – 13 until you have 310g of broth. If you go under, add Pinot Grigio to make up the difference
- 15) Add the rice to the rice cooker pot and cover with the broth
- 16) Set the rice cooker to normal/regular
- 17) When the rice cooker is done, add the butter and close the lid
- 18) Let the butter melt (a minute or two)
- 19) Gently fluff / stir the rice with a wood spoon or silicon spatula until the butter is well incorporated
- 20) Gently stir in the Soy Sauce until well incorporated
- 21) Gently stir in the solids from the broth, the black beans, and mushrooms into the rice until well incorporated
- 22) Let sit in rice cooker on warm for 10 minutes
- 23) Plate [ii]
- 24) ENJOY!!!

CLOSING THOUGHTS

No closing thoughts other than I have one more of these I need to write up. These have been a fun challenge. Now I will always been thinking about colors to make!

NOTES

- 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. ½ cup ramekins can be used to make a nice pilaf presentation

PICTURES

None. I REALLY need to start taking pictures again