

## A STUDY IN REDDISH BROWN

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Well, my studies in color continue. I wasn't going to get to this one until later, but I had some tomatoes I had to use. The intention was to do a study in red, but it did not turn out quite like I expected. I do have another idea for "A Study in Red", but this was so tasty I decided to keep it.

This is turning out to be one deep rabbit hole

### INGREDIENTS

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<b>Qty.</b>	<b>Unit</b>	<b>Item</b>
175	ml	Basmati
327	g	No salt added chicken stock
170	g	Shallots
1	-----	Mediumish Red Pepper
2	-----	Large Cloves of Garlic
1	TSP	Cumin Seed
AR	-----	EVO of choice
1	lb	Roma Tomatoes
1	15 oz Can	Black Kidney Beans
½	TBSP	Land o' Lakes Salted Butter
3/8	TSP	Mortons Kosher Salt
3/8	TSP	Accent
¼	TSP	Cayenne Pepper
1	TSP	Dried Basil
AR	----	Fresh Ground Black Pepper
1	TBSP	Double Concentrate Tomato Paste

175 ml is the size of my rice cooker cup

If you don't have or 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!!!)

170g is about 6 oz. This should result in right around 1 cup diced shallots. The reason I am specifying this by weight instead of number of shallots is that shallots can be a mixed bag at the stores I shop. Sometimes I can get the jumbo shallots, sometimes only the small ones in the little mesh bags

Mediumish bell pepper is somewhere around 8 oz.

The kidney beans... If you want to cook your own... I SEEM to recall that (Qty. 1) 16oz bag dried beans after cooked and drained is about the same as (Qty. 2) 15 oz cans drained, but I need to check on that

Insert standard blurb about salted butter here. If you want this to be vegan, use EVO or the like in its place

The tomato paste... This is the first time I have used the tomato paste in a tube and it is FANTASTIC. You can squeeze out just the amount you need unlike those cans. I highly recommend giving this a try

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## SPECIAL TOOLS

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- 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) Rinse the Roma's
- 3) Cut the Roma's into quarters (length wise)
- 4) Cut out the stem parts
- 5) For each quarter
  - a. Lay skin side down on the cutting board
  - b. Slide a paring knife down the tomato from one point to the other just under the seeds and gunk, but not into the meat, to remove the seeds and gunk
  - c. Discard the seeds and gunk
- 6) Dice the tomato meat and set aside
- 7) Rinse the shallots
- 8) For each shallot
  - a. Remove the outer paper
  - b. Dice somewhere between a "regular" and "small" dice
- 9) You should wind up with about 1 cup of diced shallots. Set them aside
- 10) Rinse the red pepper and cut out the stem
- 11) Slice the red pepper in half and remove the seeds and white ribs with your hands
- 12) Dice the red pepper somewhere between a "regular" and "small" dice
- 13) You should wind up with about 1 ½ cup of diced red peppers. Set them aside
- 14) Remove the paper from the cloves of garlic
- 15) Mince the garlic and set aside
- 16) Heat a largish fry pan on medium-lowish
- 17) Add enough EVO to coat the bottom of the pan
- 18) 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

- 19) Add the shallots and peppers to the pan and cook, stirring occasionally, until translucent
- 20) Add the garlic and cumin seed to the pan and stir
- 21) Cook until fragrant [ii]
- 22) Add the rice to the pan. Cook, stirring occasionally, until the rice takes on a little color [iii]
- 23) While the rice is cooking, drain the kidney beans into a one quart measuring cup through a metal strainer
- 24) Weigh out 327g of the chicken stock into the rice cooker pot
- 25) Whisk in the basil, cayenne, and tomato paste until well incorporated [vi]
- 26) Once the rice has taken on a little color, add to the rice cooker pot and give a stir
- 27) Set the rice cooker to “normal” and press start [iv]
- 28) When the rice cooker switches from cook to warm, add the butter and re-close the rice cooker
- 29) Let the butter totally melt [v]
- 30) Stir the rice with a wood spoon
- 31) Stir in the salt and Accent a little bit at a time
- 32) Stir in the diced tomato and kidney beans until well incorporated
- 33) Close the rice cooker and let sit on warm for 10 minutes
- 34) Portion the rice into ½ cup ramekins packing lightly
- 35) Overturn the ramekin onto your serving plates and jiggle lightly to get the rice out. It should keep its form
- 36) Add a light sprinkling of fresh ground black pepper
- 37) ENJOY!!!

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## CLOSING THOUGHTS

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Well, not what I was shooting for, but still quite good! The tomatoes are a little bit of a PITA to degunk and dice, but it is a nice little fresh component and texture. I think that is something you can do in advance. I'm not sure how this will freeze, but I'll find out and let y'all know

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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. This should only be a few minutes
- iii. Should be a little longer than 10 minutes
- iv. Mine takes 43 minutes
- v. About 2 minutes
- vi. Make sure you use a Teflon whisk. Don't scratch the coating!

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## PICTURES

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Still no pictures. I should build a kitchen studio one of these days....