

## A STUDY IN YELLOW

---

I have kinda been gravitating to one bowls meals lately and, for some reason, one bowl meals that are meatless. Let's get one thing clear .... I am NOT a vegetarian. I LOVES me a good ribeye, but I see meatless dishes as a challenge and I became somewhat interested in the nutrition aspect (incomplete vs complete proteins and that type of thing). Then I went to visit my parents and they told me about and showed me a yellow rice that they like.

Well, cut to a few days later and I am once again pacing around my house mumbling and trying to figure out what I want to make for dinner and "A Study in Yellow" was born. In the interest of full disclosure, this is meatless, but NOT vegetarian. However, one substitution will make it vegetarian and a second full vegan. Stay tuned for "A Study in Green"

20211218 (Sunday): Two minor updates.

- 1) Switch to frozen corn. It is one of those things like peas that sometimes work better frozen unless you use it right after it is picked. I like the color and texture much better than canned too
- 2) Change the order of where I mince the garlic. These days I try to put that off as long as possible to as close as to when I need to use it

### INGREDIENTS

---

<b>Qty.</b>	<b>Unit</b>	<b>Item</b>
175	ml	Basmati
327	G	No salt added chicken stock
170	G	Shallots
1	-----	Mediumish Yellow Pepper
2	-----	Large Cloves of Garlic
1	TSP	Cumin Seed
AR	-----	EVO of choice
1 ½	Cup	FROZEN Yellow Corn
1	15 oz Can	Garbanzo Beans
1/2	TBSP	Land o' Lakes Salted Butter
3/8	TSP	Mortons Kosher Salt
3/8	TSP	Accent
1/4	TSP	Ground Turmeric
1/8	TSP	Saffron
1/8	TSP	Ground Cinnamon
AR	----	Fresh Ground Black Pepper
AR	----	Lemon Wedges

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!!!)

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 corn.... If you want fresh, 3 medium small to mediumish cobs should give you around 1 ½ cups of kernels which is about the same as (Qty. 1) 15 oz can of yellow corn drained

Garbanzo 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

Saffron is a little on the pricey side and should come in strands. 1/8 TSP should be a small pinch of strands or thereabouts. If you don't have it or want it, I think substituting 1/8 TSP of turmeric should work

Cinnamon... I have started using more of it, but I found I have to be careful with it. It can add a really nice taste BUT I find if I add too much, it can be overpowering. You may wish to experiment with this amount

---

## SPECIAL TOOLS

---

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

---

## PREPARATION

---

- 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 shallots
- 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) Rinse the yellow pepper and cut out the stem
  - 6) Slice the yellow pepper in half and remove the seeds and white ribs with your hands
  - 7) Dice the yellow pepper somewhere between a “regular” and “small” dice
  - 8) You should wind up with about 1 ½ cup of diced yellow peppers. Set them aside
  - 9) Heat a largish fry pan on medium-lowish
  - 10) Add enough EVO to coat the bottom of the pan
  - 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) Remove the paper from the cloves of garlic
  - 14) Mince the garlic and set aside
  - 15) Once the shallots and bell pepper are translucent, add the garlic and cumin seed to the pan and stir
  - 16) Cook until fragrant [ii]
  - 17) Add the rice to the pan. Cook, stirring occasionally, until the rice takes on a little color [iii]
  - 18) While the rice is cooking, drain the corn and garbanzo beans into two one quart measuring cups through metal strainers
  - 19) Weigh out 327g of the chicken stock into the rice cooker pot
  - 20) Whisk in the turmeric, saffron, and cinnamon until well incorporated [vi]
  - 21) Once the rice has taken on a little color, add to the rice cooker pot and give a stir
  - 22) Set the rice cooker to “normal” and press start [iv]
  - 23) When the rice cooker switches from cook to warm, add the butter and re-close the rice cooker
  - 24) Let the butter totally melt [v]
  - 25) Stir the rice with a wood spoon
  - 26) Stir in the salt and Accent a little bit at a time
  - 27) Stir in the corn and garbanzos until well incorporated
  - 28) Close the rice cooker and let sit on warm for 10 minutes
  - 29) Portion the rice into ½ cup ramekins packing lightly
  - 30) Overturn the ramekin onto your serving plates and jiggle lightly to get the rice out. It should keep its form
  - 31) Add a light sprinkling of fresh ground black pepper
  - 32) Serve with lemon wedges and....
  - 33) ENJOY!!!

## CLOSING THOUGHTS

---

I am really happy with this one. I think the taste is great on its own, but leaves enough room to season to taste. Doing things with a color theme is kinda neat challenge too. AND as far as I can tell, this is a complete meal assuming this is not the only thing you ever eat.

## 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. 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!

## PICTURES

---

Ugh... I really need to get back into the habit of taking pictures. Maybe when I retire, I'll circle back around, redo all my recipes, and take pictures