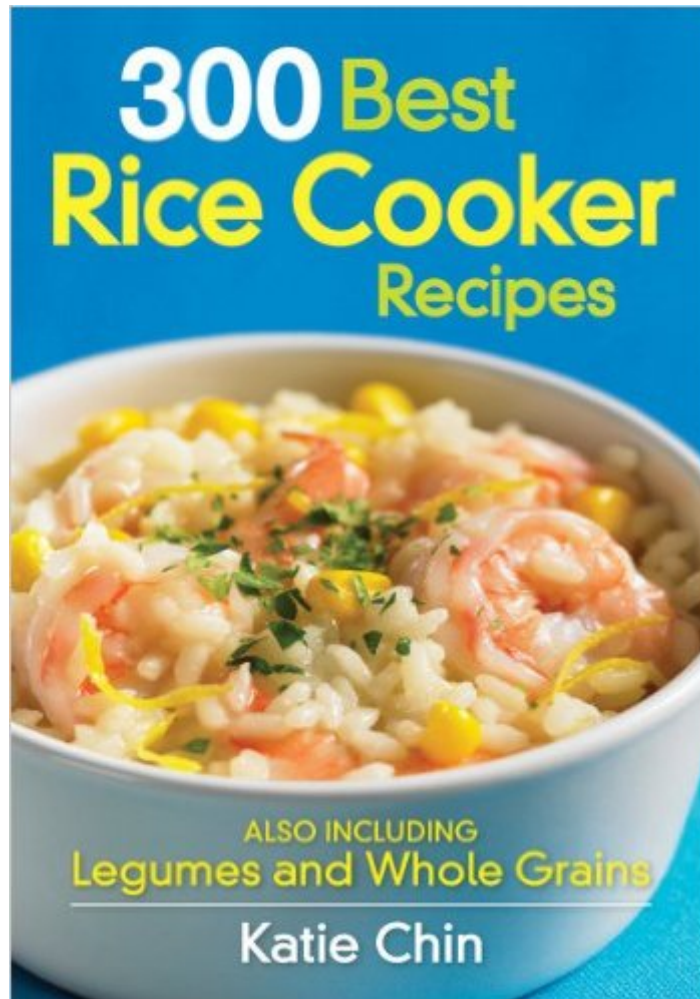


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300 Best Rice Cooker Recipes: Also Including Legumes And Whole Grains



Synopsis

The rice cooker is an amazingly versatile appliance. When is a rice cooker not only a rice cooker? When it becomes one of the most versatile and useful tools in any contemporary cook's kitchen. Of course we all know that you can make perfect rice in a rice cooker, but did you know that whole grains and beans are also perfectly suited to this appliance? These wonderful recipes -- created specifically to be used in a rice cooker -- are inspired by flavors from around the corner and around the world. Virtually every type of meal can be prepared in a rice cooker, from appetizers, soups and salads to main dishes, one pot meals and side dishes. Home cooks in the mood for a hearty stew, paella, a heavenly risotto or some authentic homemade dim sum need look no further than their rice cooker and these recipes for perfect results every time. The delicious and time-saving recipes, perfect for the busy working family and experienced gourmet cooks alike, include: Arroz con pollo Italian sausage and portobello mushroom risotto Grits jambalaya Roasted corn and quinoa salad Chocolate banana oatmeal Pancetta and pea risotto Caribbean pilaf with red quinoa Barley cioppino White chipotle turkey chili Black-eyed pea, turkey and Swiss chard stew Lemony risotto with shrimp.

The author also includes valuable information on rice cooker features, the background, USDA charts and descriptions of rice, beans and grains as well as cooking time charts for perfecting rice, beans and grains in a rice cooker. Packed with great meal ideas, easy-to-master techniques and wonderful serving suggestions, chef Katie Chin has created a book every home cook will use over and over again.

Book Information

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Customer Reviews

I just bought my first-ever rice cooker (a very nice Zojirushi model). Since some of the reviews of this cookbook have been negative and completely without reasonable basis (giving it one star because so many others gave it five stars--what is the logic to that?!?!), I decided to wait to review it until I had time to study the informative portions of the book and could try a few recipes. My first three efforts included a risotto, a pilaf and a polenta. First, Lemony Risotto with Shrimp, pictured on the front of the book. I figured if it made the cover, it had to be good, and it was! Just the right hint of lemon along with a delicious, creamy risotto and perfectly cooked shrimp, all without the constant stirring usually required when making risotto. Next was Orange Pistachio Pilaf, made with plain old white rice. An easy and delicious side dish! Last was Polenta Primavera, a little more work, but a wonderful vegetarian entrée. Pros: The beginning pages of this book are worth the price alone. The author starts with a discussion of rice cookers in general. There follow pages of descriptions of various rices (I had no idea there were so many different kinds of rice!), grains, and legumes that can be cooked in your rice cooker. Along the way, she educates about the proper way to prepare these foods. For example, she states that all rices should be rinsed before cooking, except Arborio and Carnaroli, and she explains why. The index is very detailed and accurate. There are 2 small sections with color photographs tucked inside the book. There are recipes for breakfasts, desserts, and everything in between. Some of the recipes require a large-capacity rice cooker, and some require a unit that features fuzzy-logic.

I recently got on the rice cooker bandwagon having bought an expensive fuzzy-logic machine, so I'm well aware of the wide variety of foods that a rice cooker can make, especially the fuzzy-logic kind. So I was expecting a book purporting to have 300 recipes for rice cookers to expand my horizons on what I can do with my machine. I was impressed by the variety and different flavors of cuisine represented in the book (Japanese, Thai, Italian, Indian, Southern American, Mexican, etc.) and by the styles of dishes (the book is sectioned into: breakfasts; appetizers, snacks, and sushi; salads; soups; stews and chilis; main dishes and one-pot meals; risottos and pilafs; side dishes; steam cuisine; desserts). As one would expect, there are a plethora of very interesting and creativity-inspiring dishes involving various rice and grains and rice cookers which made the book worth a buy for me. However, I am perplexed at what some of the recipes have to do with rice cookers, especially since in the "How to Use This Book" section the author says "All of the recipes in this book can be made using an electronic rice cooker." Well, that's stretching the truth to say the least. Many recipes just take something that you are to previously have made presumably in the rice cooker, like cooked rice or chickpeas or lentils, and then are just a regular non-rice cooker recipe

sometimes requiring various other equipment like skillets, food processors, ovens, broiling pan, etc. For example, recipes like quiche, pancakes, pate, bean dip, garlic steak...none of which have anything to do with a ricecooker.

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