

A STUDY IN RED

Let's see now... I have done yellow, green, reddish-brown, brown. Red... red is my new White Whale. I think this is the closest I have gotten to the picture in my head. I'm still not sure about the texture and may cut back on additional water the next time I make this

You know, based on my Mexican??? Rice recipe, ditch the water, but keep it in mind if it does not work out next time

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
175	ml	Basmati
3	-----	Small Shallots
2	-----	Large Cloves of Garlic
1	-----	Mediumish Red Bell Pepper
1	15 oz. Can	Light Red Kidney Beans
1	15 oz. Can	No Salt Added Diced Tomatoes
1	Lb	Roma Tomatoes
150	g	Distilled Water
1	TBSP	Land o' Lakes Salted Butter
1	TBSP	Double Concentrated Tomato Paste
1/4	TSP	Paprika
1/8	TSP	Cayenne Pepper
3/8	TSP	Mortons Kosher Salt
3/8	TSP	Accent
AR	-----	Fresh Ground Black Pepper

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

My standard note about shallots... 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

For the color, the kidney beans have to be light red BUT, if you don't have them, can't find them, or just like something else better, it will still be VERY tasty

1 lb Roma's should work out to about 1 ½ cups degunked and diced

Tap water is fine in place of distilled water unless it is funky!

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... I love the tomato paste in a tube. It is FANTASTIC! You can squeeze out just the amount you need unlike those cans. I highly recommend giving this a try

Inset standard blurb about salt here

SPECIAL TOOLS

- Not really special, but make sure your vegetable peeler is nice and sharp
- Oh yeah... 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

DAY BEFORE, MORNING OF, RIGHT BEFORE YOU MAKE IT

This doesn't HAVE to be done the day before, but it is a little bit of a pain in the ass, so I find it easier that way.

- 1) Rinse the Roma's
- 2) Cut the Roma's into quarters (length wise)
- 3) Cut out the stem parts
- 4) 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
- 5) Dice the tomato meat and vac seal [i]
- 6) Store the tomatoes in fridge until needed [ii]

TIME OF

- 1) Pull the diced Roma's from the fridge and let sit out on the counter to warm to room temperature
- 2) Rinse the rice [iii]
 - 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
- 3) Drain the can of light red kidney beans through a metal strainer into a 1 quart measuring cup and cover with a saucer

- 4) Drain the can of diced tomatoes through a metal strainer into a 1 quart measuring cup and cover with a saucer
- 5) Weigh then rinse the shallots [iv]
- 6) For each shallot
 - a. Remove the outer paper
 - b. Dice somewhere between a “regular” and “small” dice
- 7) You should wind up with about 1 cup of diced shallots. Set them aside
- 8) Weigh then rinse the red pepper [iv]
- 9) Rinse and peel the red pepper with the SHARP vegetable peeler [v]
- 10) Deseed and de-rib the red pepper
- 11) Dice the red pepper and set aside
- 12) Mince the garlic and set aside
- 13) Add the shallots, red pepper, garlic, canned tomatoes and juice from the canned tomatoes to the blender [vi]
- 14) Start out low and increase speed to liquefy
- 15) Blend until liquefied
- 16) Add the rice to the rice cooker pot
- 17) Add the blended veggies to the rice cooker pot and stir with a wood spoon until well incorporated
- 18) Set rice cooker to normal / regular [vii]
- 19) When the rice cooker is done, add the butter. Close the lid and let the butter melt completely
- 20) Add the tomato paste and stir with a wood spoon until well incorporated
- 21) Whisk the salt, Accent, paprika, and cayenne in a small bowl until well incorporated
- 22) Mix the seasoning mix into the rice a little bit at a time with a wood spoon
- 23) Add the light red kidney beans and diced Roma’s to the pot and stir with a wood spoon until well incorporated
- 24) Close the rice cooker and let sit on warm for 10 minutes
- 25) Portion the rice into ½ cup ramekins packing lightly
- 26) Overturn the ramekin onto your serving plates and jiggle lightly to get the rice out. It should keep its form
- 27) Add a light sprinkling of fresh ground black pepper
- 28) ENJOY!!!

CLOSING THOUGHTS

Where do the studies in color end? Who knows? I have at least one more idea, well maybe two. But I really liked doing these because of the challenge and because they work great for meal prep.

NOTES

- i. Most of the way, but not to the point where it crushes the meat
- ii. It has recently come to my attention that tomatoes should not be refrigerated. Who knew? However, between the vac sealing and the limited amount of time in the fridge, I think it is OK. I have also seen someone say somewhere that tomatoes can actually be stored in the fridge, if you let them warm to room temperature

- iii. 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
- iv. OK, so you don't really NEED to weigh the shallots or the red pepper, but I like to keep track of this type of thing in case it can help me down the road
- v. If your peeler isn't sharp, you COULD skip this step, however I don't recommend it. If you leave the skins on, you are likely to get little stringy bits in the finished product
- vi. So, if we are just going to blend it all together? Well, I was interested in how much water was in it. Maybe I need to do an experiment on this
- vii. Mine takes about 43 minutes on this setting

PICTURES

I really, REALLY need to start taking pictures again