

Forbidden Rice with Winter Squash

Ingredients

- 2 cups Forbidden rice or black rice
- ¼ Yellow onion
- 2 T Butter
- ¼ cup Pernod or Pastis
- 5 cups Vegetable stock
- 2 Bay leaves
- 1 Small butternut squash, peeled, seeded and cut in 1/4 inch squares
- 2 cups Crimini mushrooms, cut into 4-6 pieces

Preparation

Place onions and butter in sauce pan over low heat. Season with kosher salt to draw out flavor. Cook for four minutes and add rice and toast on low heat. Add some more salt and pernod and simmer until pernod is almost gone. Add the vegetable stock and bay leaf, cover and simmer until rice is tender, approximately 45 minutes.

Add the butternut squash to an oiled sauté pan and season with salt and pepper. Cook until it's tender and lightly browned, about 10 minutes. Add the cubed mushrooms and cook for an additional 3-5 minutes. Fold the squash and mushroom mixture into the forbidden rice.

Horseradish Nage (optional)

Forbidden Rice

- 1 tsp Horseradish in a Jar
- 2 T Horseradish fresh root, finely shaved
- 1 cup Vegetable stock
- 2 T Butter
- 1 cup Dry white wine (we used our 2016 Chardonnay)
- Kosher salt & black pepper

Preparation

Heat vegetable stock with horseradish, white wine and butter. Season with salt and pepper.

Integrating the Components

Preparation

To plate, place a heaping spoonful of forbidden rice mixture in the center of the plate. Neatly place a short rib on top of the rice. Gently pour a spoon of braising jus over the beef. With a hand blender, froth the horseradish nage until foamy and spoon foam around the rice. Top short ribs with a sprinkle of chopped Italian parsley.

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