

Forbidden Black Rice with Quick 'Preserved' Lemon

A citrus burst of aroma and flavor creates a tantalizing, exotic rice dish with roasted nuttiness, sweetness and impressive ancient history of once being reserved for only the Chinese emperor

SERVES: 6-8 meal portions, 8-10 small plates

PREP TIME: Preserved' Lemon 2 minutes, Black Rice 5 minutes

COOKING TIME: 'Preserved' Lemon 28 minutes, Black Rice 50 minutes

TOTAL TIME: 'Preserved' Lemon 30 minutes, Black Rice 55 minutes

INGREDIENTS

QUICK 'PRESERVED' LEMON

¾ cup water

1 Tbsp. kosher salt

1 fresh lemon

FORBIDDEN BLACK RICE – Yield 4½ cups

2 Tbsp. grapeseed oil

1 Tbsp. unsalted butter

½ cup green onion, white part with some green, finely chopped, reserve green tops

1½ cups black rice

⅓ cup 2016 Pietro Family Cellars Chardonnay, Oak Knoll District of Napa Valley

1 Tbsp. 'preserved' lemon skin, finely chopped

2¾ cups chicken (or vegetable) broth, organic low sodium

1 tsp. GC Napa Valley Natural Lime Finishing Sea Salt

½ tsp. GC Napa Valley Natural Lemon Tellicherry Pepper

GC Napa Valley Natural Buttery Proprietary Blend Extra Virgin Olive Oil

Garnish: Green onion tops, sliced into thin rings

Garnish: ½ fresh lemon, sliced into ¼" rings, then halved



TO PREPARE

- Quick 'Preserved' Lemon: Wash and scrub lemon with a vegetable brush, then cut into quarters. Combine ingredients in a very small saucepan, lemon skin facing down. Bring to a gentle boil, cook 25 minutes until skin is tender. Drain and rinse lemon with cold water to remove excess salt. To use: Cut lemon flesh and white pith away from the skin and discard. Use the skin according to recipe. Store Quick 'Preserved' Lemon in refrigerator for 1 week to use in other dishes.
- Black Rice: Rinse rice in a sieve under cold running water until water runs clear to remove excess starch. Heat grapeseed oil and butter in a medium saucepan over medium-high heat. Add green onion and rice, stirring frequently until rice is lightly toasted, 4-5 minutes. Add Chardonnay and preserved lemon skin, simmer until liquid is reduced by half, 1-2 minutes. Add chicken broth, Lime Finishing Sea Salt, Lemon Tellicherry Pepper, bring to boil, cover saucepan, reduce heat to low, cook for 40 minutes or just until water is absorbed and rice is tender, but firm. Remove saucepan from heat with lid on and let steam for 10 minutes. Add 2 Tbsp. green onion tops, fluff rice with a fork and adjust salt and pepper seasonings.

TO SERVE

As a small plate, form rice using an ice cream scoop or serve in martini glasses or in small lettuce leaves (e.g. endive spears). Drizzle with Buttery Extra Virgin Olive Oil, add fresh halved lemon slice and green onion. As a meal portion, serve alongside entrée or on platter with garnishes. For a fancy appetizer, put rice in a white Chinese soup spoon, add a small Zesty Citrus Pickled Shrimp.

SHOPPING LIST

2 lemons
1 bunch green onions
8 oz. black rice
1 box 32 fl. oz. chicken (or vegetable) broth, organic low sodium

FROM YOUR PANTRY

1 bottle grapeseed oil
1 Tbsp. (0.5 oz.) unsalted butter

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