

GLEN

Cook Book



Recipes to get started with Glen Rice Cooker



RECIPES





Rice Cooker

Experience a new cooking convenience with the Glen Rice Cooker. Glen Rice cookers are smart little devices designed to give you delicious rice at the push of button. Nutrition is the most important element for keeping healthy. With a fine control and precise temperature control, they keep the freshness and nutrition better preserved.

Available in a choice of 1.8 and 2.8 litre models to suit your individual or family needs. With a cool touch body and sleek handle they are most convenient and easy to carry. The non-stick cooking pan makes cleaning fast and convenient. These smart cookers can also be used for steaming vegetables or to keep food warm.



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Crunchy Carrot and Peanut Rice

This is a versatile rice dish: it works as a meal-in-one, as part of a meal with other dishes and even as a late afternoon after-school snack. It's an ideal recipe to fall back on when you're wondering what to cook.

Ingredients

- 1 cup long-grain rice or basmati rice (rinsed)
- 2 cups water
- ¼ cup roasted peanuts
- 1 tablespoon butter
- 1 onion, sliced thinly
- 1 teaspoon ginger root, minced
- ¾ cup grated carrot
- Salt to taste
- Red chilli powder to taste
- Fresh coriander, to garnish (optional)

Method

- Combine rice and water in the Glen Rice Cooker pot.
- While the rice cooks, crush the peanuts coarsely in a grinder and set aside.
- Melt the butter in a large skillet over medium-high heat.
- Sauté onion until golden brown.
- Stir in ginger, carrots, and salt to taste.
- Stir over the heat just long enough to retain crunch.
- Switch off heat and stir in red chilli powder and crushed peanuts.
- When the rice is done, add it to the skillet and stir gently to combine with the ingredients in the skillet.
- Garnish with chopped fresh coriander and serve hot.



Serves



Preparation Time



Cooking



Crunchy Carrot and Peanut Rice

Rosemary Rice

This flavourful rice dish is very easy to prepare and requires just a few ingredients; it gives the palate something different. Best served on its own or with a salad, or with something that does not have overpowering spices.

Ingredients

- 1 tablespoon olive oil
- ¼ cup onion, chopped
- 1 garlic clove, minced
- 2 cups vegetable broth
- 1 cup long grain rice, rinsed
- 1 tablespoon fresh rosemary, minced or 1 teaspoon dried rosemary, crushed
- ¼ teaspoon Cayenne pepper or paprika
- ¼ cup parmesan cheese, shredded

Method

- Sauté the onion and garlic in oil until soft in a saucepan over medium heat.
- Put the broth into the Glen Rice Cooker pot and stir in the rice, rosemary, pepper or paprika and the sautéed onion and garlic.
- Cook until rice is tender.
- Stir in the Parmesan and serve hot.



Serves

Preparation
Time

Cooking



Rosemary Rice

Jamaican Jamboree

An international dish adds variety and just makes a meal more appealing! With an interesting mix of ingredients, this Caribbean style rice dish is easy to make in a Glen Rice Cooker and suits the Indian palate and accompaniments well.

Ingredients

- 1 cup white rice (rinsed)
- 1 teaspoon ground Jamaican Jerk spice or Jamaican Jerk Seasoning
- ¼ cup coriander or ¼ cup parsley
- 1 sprig thyme, stem discarded
- 1 garlic clove, minced
- 1 teaspoon grated fresh ginger
- 2 green onions, sliced
- ¾ cup finely diced sweet potato
- ½ cup toasted coconut
- ½ cup raisins
- ½ cup diced red pepper
- 1 cup chicken broth or 1 cup vegetable broth, to cover rice
- Lime slices, to garnish

Method

- Put aside 1 tablespoon of the sliced green onion and 1 teaspoon coconut for garnishing.
- Place the rest of the ingredients in the Glen rice cooker pot. Pour broth up to ¾ inch above the level of the rice.
- Press the COOK button.
- When done fluff with a fork and remove to a serving dish.
- Garnish with the reserved coconut and green onions and place lime slices on top as garnish and to squeeze the juice as wanted.



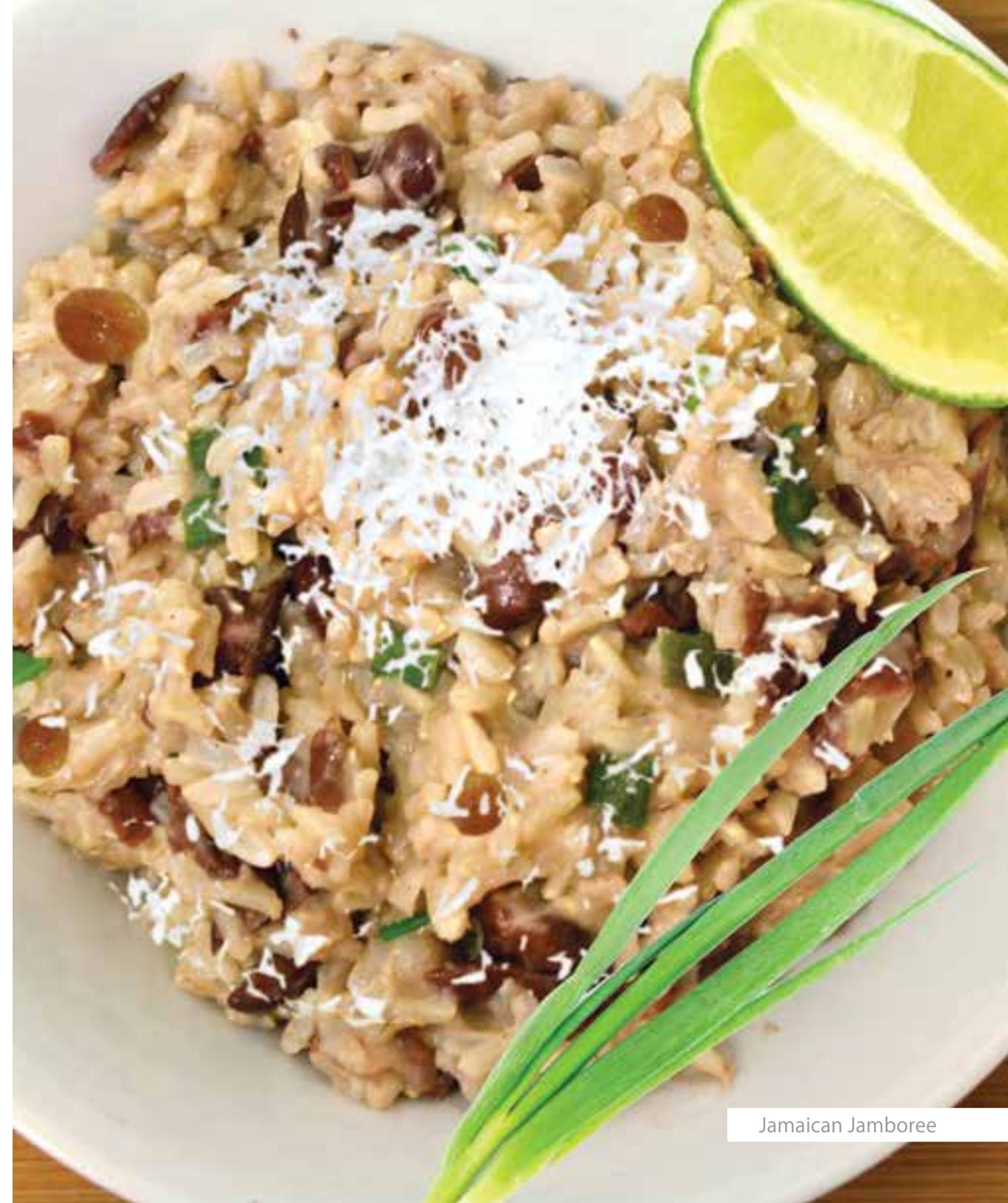
Serves



Preparation Time



Cooking



Jamaican Jamboree

Rice Rang Birangi

You could call this dish 'Vitamin Rice', but that might put the children off! So, serve this multi-coloured and tasty rice dish knowing that you're also serving the family a healthy meal. It is a great option for those who want a gluten-free option.

Ingredients

- 2 tablespoons oil
- 3 mushrooms, sliced
- ⅔ cup long grain rice
- 2 teaspoons vegetable stock powder
- 1 cup tomato juice or 1 cup vegetable juice
- 1 cup water
- ½ cup sliced carrot
- ½ cup cut-up green beans or long beans
- ½ cup broccoli florets
- ½ cup cauliflower florets
- ¼ cup sliced red bell pepper
- 3 shallots, chopped
- ¼ cup toasted almonds

Method

- Put oil and mushrooms in the Glen rice cooker pot.
- Set to COOK and cook for 3 minutes.
- Stir in the rice mixture, stock powder, tomato juice, water, sliced carrots, beans, broccoli and cauliflower.
- Cover and cook until unit switches to WARM/OFF.
- Stir in red bell pepper, shallots and toasted almonds.



Serves



Preparation Time



Cooking



Rice Rang Birangi

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