

Brown Rice with Parmesan, Lemon, and Herbs

Conversion Factor

Original Yield

Desired Yield

desired yield

----- = conversion factor

original yield

2-3

Original Yield x Conversion Factor = Desired Yield

butter

½ oz.

small onion, minced

½

long-grain, medium-grain or short-grain brown rice

¾ c.

Chicken stock

1 c. + 2 ¾ T.

salt

Pinch (tt)

ground black pepper

Pinch (tt)

fresh parsley leaves

2 T.

fresh basil, chopped **(Please use dry basil)**

2 t.

Parmesan cheese, grated

¼ c.

lemon juice

¼ t.

1. Melt butter in sauté pan over medium heat until foaming; add onion and cook until translucent, Set onion aside.
2. Heat convection oven to 325 degrees. OR Heat conventional oven to 375 degrees.
3. Spread rice in bread pan.
4. Bring stock to a boil; once boiling, immediately stir in salt and pour stock over rice.
5. Stir in onion mixture and basil: cover bread pan tightly with foil.
6. Bake rice in convection oven for 20 minutes until tender.
7. Remove bread pan from oven and uncover.
8. Stir in ground black pepper, parsley, Parmesan, lemon zest, and lemon juice.
9. Cover dish with foil; let rice stand 5 minutes.
10. Uncover and let rice stand 5 minutes longer; serve immediately.

Note: If you use fresh basil for this recipe, please use 2 T.