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Cooking with Lundberg Family Farms Rice

Buffalo Filet on Lundberg Family Farms Grilled Risotto Cake with Bleu Oyster Mushrooms

Recipe by John Kane,
Executive Chef University Club of San Francisco

Serves 4

- 4 3oz Buffalo Filet
- Salt and Pepper
- 3 Olive Oil
- 1 C Lundberg Family Farms Arbono Rice (Risotto)
- 5 C Chicken Stock
- 1/4 C diced White Onion
- 6 T cold butter
- 1 Pinch Pinch of Saffron Threads
- 1/4 C Grated Parmesan
- 2 C Bleu Oyster Mushrooms
- 1 C Apricot Sauce - See Recipe
- 1 C Beef Demi (Glace De Kobe Boeuf) Culinarte - See Recipe
- 2 C Mixed Baby Vegetables Blanched

Method:

- Melt 2 T butter in sauce pan add diced onion over medium heat, cook until translucent.
- Add Arbono rice (risotto), 1 C chicken stock, saffron and cooked until liquid is absorbed, add 1 C chicken stock and continue stirring until stock is absorbed.
- Continue until all stock is used and risotto is al-dente.
- Stir in 2 T cold butter and Parmesan cheese.
- Take off fire, cool on sheet pan and refrigerate for 1 hour.
- Using 4 inch cake ring, divide risotto into 4 mini cakes and hold.

For Assembly:

In hot skillet - 2 T olive oil, salt and pepper buffalo filets, place in skillet to sear. Finish cooking process in 375° oven for 8 minutes. Set aside in hot skillet add 1 T olive oil and oyster mushroom, salt and pepper, sauté until just wilted 2-3 minutes. Set aside. Simple syrup recipe 1/4 C water, 1/4 sugar, put in small sauce pan heat until sugar is dissolved, set aside to cool. In blender place 3 peeled and seeded apricots. Add 1/4 C simple syrup and blend. Strain through fine sieve. Place in squeeze bottle. In sauce pan add 1 C glace de kobe boeuf to simmer, salt and pepper, stir in 2 T cold butter set aside. Sauté vegetable in 1 T butter, salt and pepper. Set aside.

To Assemble:

Heat risotto cakes in 375° oven for 5 minutes. Remove and place in center of plate. Top risotto with buffalo filet and sauce with beef demi around buffalo, alternate baby vegetable and sautéed oyster mushrooms. Drizzle apricot sauce around.





Lundberg Family Farms Lobster Mushroom Risotto with fresh pumpkin

Recipe by Gary Roth, Executive Chef Los Altos Country Club

For the Pumpkins

Pre heat oven to 350 degrees fahrenheit. Cut the top off the pumpkins leaving 90% below and the stem intact. Scoop out the seeds. You may rinse the seeds in cold water, salt and toast in the oven for an additional garnish. Brush the top and bottom surfaces of the pumpkin and roast in oven until tender and lightly caramelized (about 25 minutes). Keep warm for final plating.

For the Risotto:

Sauté onion in 1/2 lb. butter until translucent. Add risotto rice and heat for 2 - 3 minutes until it whitens and becomes hot. Add wine and saffron and cook over medium heat until wine is absorbed while constantly stirring. Add hot chicken stock one cup at a time and continue stirring until the rice is nearly cooked through, but not mushy. Look for creamy liquid between the grains. In a separate pan, sauté lobster mushrooms in the 1 TBL butter for 4 minutes. Dice 2 artichoke hearts and add to risotto. Fold in butternut squash. Add Parmesan Cheese. Adjust texture of risotto by possibly adding additional chicken stock or water. Adjust for salt, as risotto will need more than you might think. Season with a small amount of white pepper. Keep warm.

Assembly:

Heat risotto to serving temperature and fill pumpkins which have been warmed in the oven. Garnish with fresh rosemary. Serve as a main course, or as a side.

	8	Mini Pumpkins, 3 - 4 inches across
	10	Large Artichoke Hearts
	1C	Butternut Squash, diced and blanched
	2C	Lundberg Family Farms Arborio Rice
1/2lb	+2 TB	Butter
	1/2	Fine Diced Yellow Onion
	1/2	Bottle White Wine
	1/4T	Saffron
	3 TB	Parmesan Cheese
	4C	Hot Chicken Stock
1/2lb		Fine Diced Lobster Mushrooms
2 TBL		Extra Virgin Olive Oil
TT		Salt and Ground White Pepper
		Fresh Rosemary Sprig

Golden Chanterelle and Shiitake Mushrooms with Tofu Stir Fry on Lundberg Family Farms Organic Jasmine Rice, sweet red chili sauce, cilantro oil and sweet soy

Recipe by John Kane, Executive Chef University Club of San Francisco

Serves 4

1 C	Golden Chanterelles
1/2 C	Shitake Mushrooms, Sliced
1/2 C	Firm Tofu cut into 1/2 in. cubes
1/2 C	liquid from tofu package
1/3 C	Pea Sprouts
1 Tsp	Chopped Garlic
1/4 C	Plum Sauce (Asian section of grocery store)
2 C	Cooked Lundberg Family Farms Jasmine Rice
3 T	Olive Oil
	Cilantro oil - see recipe
	Sweet Soy Purchase from store
	Chile Sauce purchase Mae - Ploy brand from Store - purchase from store

Method:

- Place tofu, tofu water and plum sauce together, marinate well and refrigerate for 30 minutes. Sauté chanterelle and shitake in 1 1/2 T olive oil until just cooked. Set aside.
- In hot skillet put 1 1/2 T olive oil add garlic and brown - add pea sprouts and sauté until sprout start to wilt. Remove from heat. Sauté tofu and marinade in hot skillet for 4 minutes until hot.



Cilantro oil recipe:

2 C	Packed fresh cilantro - Blanched
3 T	Water
3 T	Grapeseed Oil
1 T	Olive oil

Drain cilantro well - remove all water. Place in blender with oil for 5 minutes or until blended well. Strain through fine sieve and refrigerate.

To Assemble:

Place hot jasmine rice in center of plate using 4" cake ring. Place mushrooms, pea sprouts, tofu on top and remove cake ring. Drizzle hot sweet chili sauce around plate. Drizzle cilantro oil and sweet soy around plate. Serve.

Rice Varietals from Lundberg Family Farms

Nutra-Farmed Rice

Nutra-Farmed Short Grain Brown Rice
Nutra-Farmed Long Grain Brown Rice
Nutra-Farmed Sweet Brown Rice
Nutra-Farmed California Basmati Brown Rice
Nutra-Farmed California Basmati Rice
Nutra-Farmed California Jasmine White Rice
Nutra-Farmed California Arborio White Rice
Nutra-Farmed White Long Grain Rice

Organic Rice

Organic Short Grain Brown Rice
Organic Sushi, Short Grain White Rice
Organic Long Grain Brown Rice
Organic Sweet Brown Rice
Organic California Basmati Brown Rice
Organic California Basmati White Rice
Organic Golden Rose, medium Grain Brown Rice
Organic California Jasmine Brown Rice
Organic California Jasmine White Rice
Organic Wild Rice
Organic White Long Grain Rice
Organic California Arborio White Rice

Organic Gourmet Natural Brown Rices and Blends

Organic Wehani, Aromatic Gourmet Natural Brown Rice
Organic Black Japonica Rice Blend, Gourmet Natural Brown Rice Blend
Organic Wild Rice Blend, Gourmet Natural Brown Rice Blend

Nutra-Farmed Gourmet Natural Brown Rices and Blends

Wehani, Aromatic Gourmet Natural Brown Rice
Royal California Basmati, Aromatic Gourmet Natural Brown Rice
Country Wild, Gourmet Natural Brown Rice Blend
Jubilee, Gourmet Natural Brown Rice Blend
Wild Blend, Gourmet Natural Brown Rice Blend
Black Japonica Field Blend, Gourmet Natural Brown Rice Blend
Olde World Pilaf, Gourmet Natural Brown Rice and Lentil Blend
Christmas Rice, Gourmet Natural Brown Rice Blend

Organic Wild Rice

Organic Wild and White Basmati
Organic Wild and Wehani Rice
Organic Quick Wild Rice

Value Added Products Made from Rice

Rice Chips

Original Seal Salt • Pico De Gallo
Sesame Seaweed • Santa Fe Barbecue

Nutra-Farmed Rice Cakes

Nutra-Farmed Rice Cakes, Unsalted
Nutra-Farmed Brown Rice Cake
Nutra-Farmed Mochi Sweet Rice Cake
Nutra-Farmed Wild Rice Cake

Nutra-Farmed Savory Rice Cakes

Nutra-Farmed Toasted Sesame Rice Cake
Nutra-Farmed Sesame Tamari Rice Cake

Nutra-Farmed Sweet Rice Cakes

Nutra-Farmed Buttery Caramel Rice Cake
Nutra-Farmed Apple Cinnamon Rice Cake
Nutra-Farmed Honey Nut Rice Cake



Organic Rice Cakes

Organic Brown Rice Cakes, Unsalted
Organic Brown Rice Cake
Organic Mochi Sweet Rice Cake
Organic Wild Rice Cake
Organic Popcorn Rice Cake

Organic Flavored Rice Cakes

Organic Tamari with Seaweed Rice Cake
Organic Sesame Tamari Rice Cake
Organic Koku Sesame Rice Cake
Organic Koku Seaweed Rice Cake

Hot Cereals

Purely Organic Hot Brown Rice Cereal
Cinnamon Raisin Hot Brown Rice Cereal
Sweet Almond Hot Brown Rice Cereal

Risotto

Creamy Parmesan • Tomato Basil
Italian Herb • Garlic Primavera

Organic Risotto

Organic Milano
Organic Tuscan-(Vegan)
Organic Alfredo
Organic Florentine

Organic Brown Rice Pasta

Penne • Rotini • Spaghetti

Quick Brown Rice (Made with Organic Brown Rice)

Hearty Harvest Mushroom • Savory Vegetarian Chicken
Exotic Wild & Mushroom • Picante Spanish Fiesta
Roasted Garlic Pesto

Sweet Dreams, Brown Rice Syrup

Organic Sweet Dreams Brown Rice Syrup
Nutra-Farmed Sweet Dreams, Brown Rice Syrup

Elegant Rice Pudding

Elegant Honey Almond Rice Pudding
Elegant Cinnamon Raisin Rice Pudding

Brown Rice and Lentil One-Step Entrees

One-Step Curry Entrée
One-Step Garlic Basil Entrée
One-Step Chili Entrée

Rice Flour

Organic Brown Rice Flour
Nutra-Farmed Brown Rice Flour

Rice Drink

Original Drink Rice
Vanilla Drink Rice

Product may be ordered on line in the Lundberg Rice Shoppe at www.fbworld.com.

For personal assistance, call FBWORLD at 707.568.5960 or call Lundberg Family Farms at 530.882.4551