



Brown Rice Fritters

Similar to the Italian rice balls called arancini (which are usually made with risotto), these rice fritters have a creamy center and a slightly crisp exterior. Combine 2 cups cooked short-grain brown rice (see page 72 for a recipe), $\frac{1}{2}$ cup grated parmesan-reggiano, $\frac{1}{2}$ tbsp. chopped fresh oregano, $\frac{1}{2}$ tsp. kosher salt, $\frac{1}{4}$ tsp. freshly ground black pepper, and 1 beaten egg. Form rice mixture into eight 2" round cakes. Transfer cakes to a sheet tray and refrigerate for 30 minutes to allow them to firm up. Put $\frac{1}{2}$ cup flour on a plate; dredge cakes in flour. Heat $\frac{1}{4}$ cup olive oil and 3 tbsp. butter in a 10" skillet over medium-high heat. Working in 2 batches, fry cakes, turning once, until golden brown, about 4 minutes per side. Garnish each cake with a thin slice of softened butter and sprinkle with finely chopped flat-leaf parsley leaves. Serves 4.

Brown Rice, Lentil, and Spinach Soup

Brown rice and lentils, simmered with aromatic vegetables, cumin, and thyme, meld to make a delicious, full-bodied soup. Remove $\frac{1}{2}$ lb. sweet Italian sausage from its casings. Heat $\frac{1}{4}$ cup extra-virgin olive oil in a 5-quart pot over medium-high heat; add sausage and cook, stirring and breaking it up into small pieces, until browned, about 6 minutes. Using a slotted spoon, transfer sausage to a plate. Add 2 finely chopped carrots, 2 finely chopped ribs celery, and 1 large finely chopped yellow onion, along with 1 tsp. cumin seeds, $\frac{1}{2}$ tsp. dried thyme, and 1 dried chile de árbol. Cook, stirring, until lightly browned, 10–15 minutes. Add reserved sausage, 12 cups chicken broth, 1 cup rinsed long-grain brown rice, and $\frac{3}{4}$ cup rinsed brown lentils and season with kosher salt and freshly ground black pepper to taste. Bring to a boil, lower the heat to medium-low, and cook, partially covered, stirring occasionally, until rice and lentils are soft, about 45 minutes. Stir in $\frac{1}{2}$ lb. coarsely chopped spinach and cook until wilted, about 1 minute. Serves 6–8.