

## **Green Herb Pilaf (Raymond Ford)**

This recipe is adapted from Stephanie Alexander's "The Cooks Companion".

**Serves 4 people**

### **Ingredients**

- 1 tablespoons olive oil
- 2 tablespoons butter
- ½ cup of finely chopped fresh parsley
- 2 tablespoons of finely chopped fresh coriander leaves
- 1 cup finely chopped spring onions including the green parts
- 150 g washed & finely chopped spinach leaves or baby silver beet leaves,
- 50 g of dried shiitake mushrooms.
- 400 g precooked cannellini beans (1 tin)
- 400 g arborio or long grained rice
- 2 chicken or vegetable stock cubes or 1 "Continental stock pot"
- Salt & pepper to taste
- Approx 50 gm of grated parmesan cheese ( more if you like stronger flavour)
- 100gm pesto ( small plastic containers)

### **Method**

#### **Before the tramp**

- Remove the stalks from the shiitake mushrooms, and slice or break the mushrooms into small pieces.
- If using the tinned Cannellini beans, rinse the beans and carry them in sealed plastic bag

#### **On the tramp**

1. Cover the shiitake mushrooms in hot water and soak them for about 30 minutes until they are soft.
2. Dissolve the stock cubes or stock pot in 1½ cups of hot water
3. Heat the olive oil and one tablespoon of the butter in a billy
4. Add the spring onions and cook for a few minutes then add the rest of the greens and cook for a few more minutes stirring.
- 5 Add the rice and cook, stirring until the rice and greens are well mixed, i.e. green flecks are mixed through the rice
- 6 Add the stock, shiitake mushrooms, cannellini beans and mix.
- 7 Bring to a simmer over a moderate heat, then turn heat to very low, cover and cook undisturbed for about 20 minutes.
- 8 When the rice is ready, stir in remaining butter, pesto and most of parmesan cheese ( keep some in reserve) . Season with black pepper
- 9 Sprinkle the reserved parmesan cheese on the top of each dish .

## Variations

- The type and quantity of green ingredients can be varied depending on what is in the garden at the time. The stalks should be removed from the parsley and coriander, or alternatively chop the herbs very finely.

## Chef's Notes

- The ratio of stock to rice is the important bit. Vegetable stock could be substituted for chicken stock
- The shiitake mushrooms weigh next to nothing and add a nice flavour to the dish.
- The parmesan cheese and pesto is added at the end for flavouring

Number of people	Two	Four	Six	Eight	Ten
Olive oil	½ tablespoon	1 tablespoon	1 ½ tablespoons	2 tablespoons	2 ½ tablespoons
Butter	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons	5 tablespoons
Parsley	¼ cup	½ cup	½ -¾ cup	1 cup	1 ½ cups
Coriander	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons	5 tablespoons
Spring onions	½ cup	1 cup	¾ cup	1 cup	1 ½ cups
Spinach / silver beet	75	150g	225g	300g	375g
Shiitake mushrooms	25g	50g	75g	100g	125g
Cannellini beans	200g ( ½ tin)	400 g ( 1 tin)	400g ( 1 tin)	800g ( 2 tins)	800g ( 2 tins)
Rice	200g	400g	600g	800g	1000g
Stock cubes ("stockpot")	1	1	1- 2	2	2
Water for stock	¾ cup	1 ½ cups	2 ¼ cups	3 cups	3 ¾ cups
Parmesan cheese	25g	50g	75g	100g	125g
Pesto	50g	100g	150g	200g	250g