



## *Pilaf Rice with Brussel Sprouts, Mushrooms, Shallots, & Pine Nuts*

Preparation Time: 10 mins    Cooking Time: 20-25 minutes

Serves: 6

Difficulty: Easy

### INGREDIENTS

1 cup Basmati rice  
1 ½ cup chicken broth  
12 Brussel sprouts – pull apart sprout in leaves off each sprout  
1 shallot finely sliced  
¼ cup pine nuts  
2 cups Shitake mushrooms sliced  
6 tblspns butter  
Olive oil  
Sea salt and freshly ground pepper

### Variations

Pilaf rice approach does not change.  
1 cup of rice to 1 ½ cups of broth.

Sweet, savory or spicy – you can vary the ingredients.

Example: Beef dish – add cardamon spice, chopped dates, red/yellow peppers/capsicum and finely chopped sweet potato.

Shitake mushrooms can be switched out for another mushrooms.

### DIRECTIONS

1. Preheat oven to 350F/180f.
2. In a Dutch oven or heavy casserole oven proof pot turn to medium-high heat, sauté the shallots in 2 tablespoons butter until almost crispy. Add pine nuts and quickly toast for 30 seconds. Remove shallots and pine nuts and set aside.
3. Add 2-3 tblspns butter and sauté mushrooms (make sure one layer so mushrooms don't sweat).
4. Sauté the Brussel sprout leaves in 1 tablespoon butter and a small amount of olive oil. Gently crisp up leaves then set aside.
5. Place a small amount of olive oil in the Dutch over, then add the rice. Constantly stir to ensure rice does not burn.
6. When rice turns a brighter white, add chicken broth, and bring to boil.
7. Put lid on and place in oven
8. Cook for 20 mins (sea level), 25-30 mins for altitude.
9. Add Brussel sprout leaves, mushrooms, shallots, and pine nuts to rice and mix through.
10. Add sea salt and pepper to taste.

### Note

Pilaf rice cook time is exacting, the goal is fluffy rice and no extra fluid. The rice to liquid amounts should be close to exact. For altitude a little more can be added.