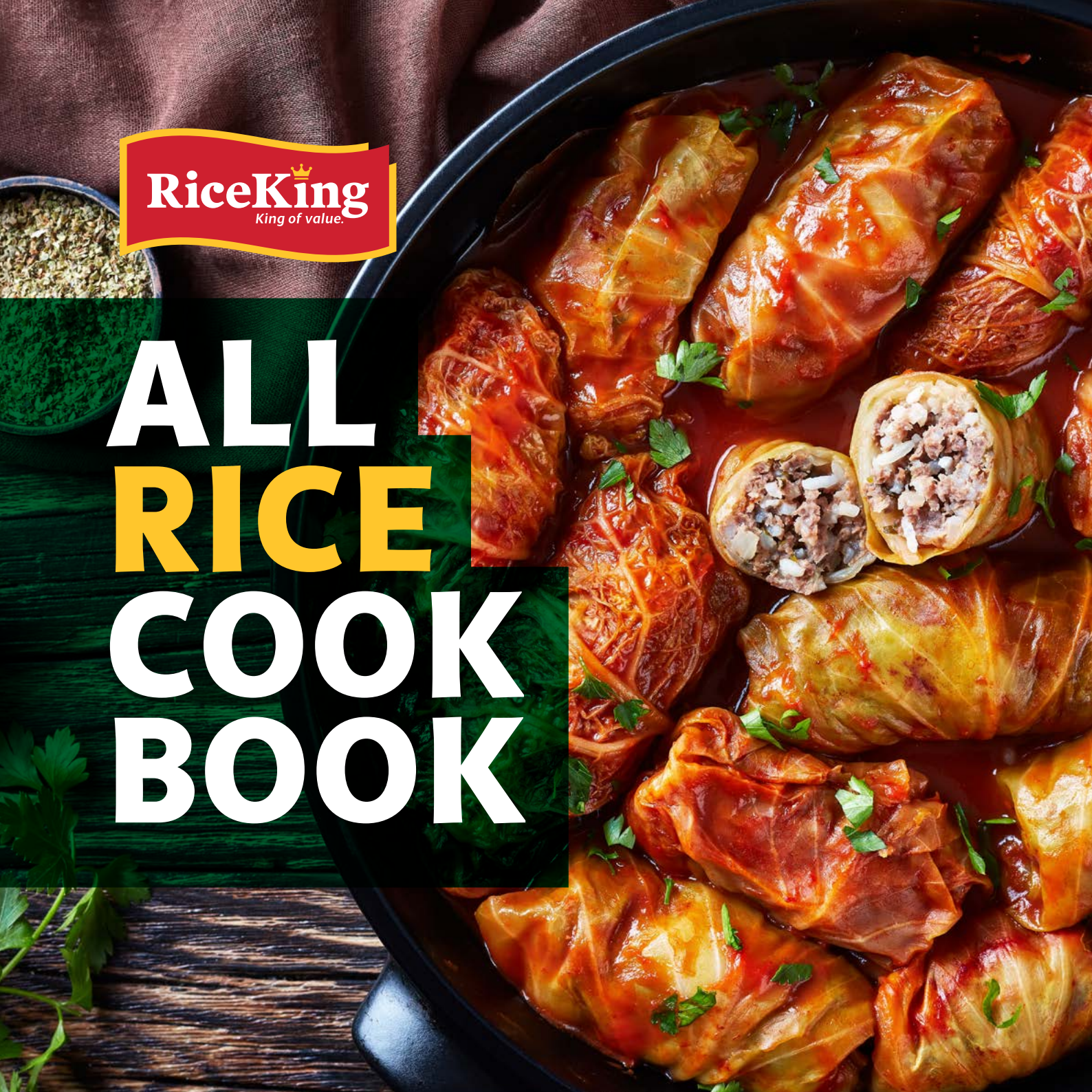




RiceKing
King of value.



ALL RICE COOK BOOK

Goes with
everything

Nutritious
& filling

Value for
money

Easy to
cook



500 g

1 kg

2 kg

5 kg

10 kg

CONTENTS

RICE PUDDING	5
CHRISTMAS SALAD	7
CHEESE RICE & SAUSAGE	9
VEGETABLE RICE SOUP	11
CREAMY CHEESE RICE	13
PESTO RICE	15
BLACK-EYED PEAS & RICE	17
REAL GOOD CHICKEN & RICE	19
BLACK BEAN CHICKEN & RICE	21
BREAKFAST FRIED RICE	23
CABBAGE ROLLS & RICE	25
CHICKEN & RICE WRAP	27
CHEESY RICE BALLS	29
7-COLOUR RICE	31
MEXICAN STYLED RICE	33
TUNA RICE SALAD	35
SOUTHWESTERN RICE	37
CHICKEN PAELLA & RICE	39
RICE PIE	41
CHEESY TEX-MEX & RICE	43
RICE CAKES	45
RICE RICOTTA PIE	47

RICE KING

RICE PUDDING



Results not typical. Individual results may vary.

RICE KING
RICE PUDDING

INGREDIENTS

- 1 cup uncooked Rice King
- 5 cups full cream milk
- 1/4 cup Sugar King
- 1/4 cup raisins
- 1 tablespoon butter or margarine
- 1/2 teaspoon vanilla flavoring
- 1/4 teaspoon cinnamon
- Whipped cream, optional

INSTRUCTIONS

1. Heat milk in a large saucepan on low heat.
2. When warm, stir in rice, sugar, raisins, butter, vanilla, and cinnamon.
3. Stir until sugar is dissolved.
4. Cover with tight-fitting lid to prevent steam from escaping.
5. Cook until mixture starts to boil, stirring occasionally to prevent sticking to pan.
6. When mixture starts to boil, begin timing and simmer 25 minutes. Remove from heat.
7. Let stand in pan, covered 5 minutes.
8. Pour into a serving dish to prevent any further cooking.
9. Pudding will thicken as it cools.
10. When thoroughly cooled, place in refrigerator to chill.
11. Serve topped with whipped cream, if desired.

RICE KING

CHRISTMAS RICE SALAD



A proud product of Namib Mills

Results not typical. Individual results may vary.

RICE KING
CHRISTMAS SALAD

INGREDIENTS

- 1 cup of Rice King
- 3 courgettes
- 1 red pepper
- 3 cups baby spinach leaves
- 1 pomegranate, optional
- 1/4 cup mayonnaise
- 1 tablespoon spiced fruit chutney
- 1 tablespoon lemon juice
- Salt and pepper

DIRECTIONS

1. Put a large pot of salted water onto boil
2. Once boiling add your long grain rice, rapid boil for 10-15 mins until tender
3. Drain and rinse with cold water to bring down the temperature quickly. (If you are not preparing the salad straight away, refrigerate
4. Grate courgette
5. Finely slice red pepper
6. Finely slice baby spinach leaves
7. Remove seeds from the pomegranate
8. Mix mayonnaise, chutney and lemon juice together
9. In a large bowl mix this with the cooled rice.
10. Season the rice with salt and pepper to taste
11. Add all of the prepared vegetables and 3/4 of the pomegranate (optional) seeds to the rice and mix
12. Spoon onto a serving dish and sprinkle with the remaining pomegranate seeds.

RICE KING

CHEESE RICE & SAUSAGES



Results not typical. Individual results may vary.

RICE KING

CHEESE RICE & SAUSAGES

INGREDIENTS

- 85g cooked Rice King
- 1/2 tablespoon cooking oil
- 1/2 tablespoon butter
- 250g smoked sausage sliced 2cm thick
- 1/2 small onion chopped
- 1/2 small red bell pepper seeded and chopped
- 1 cup broccoli florets
- 1/2 tablespoon garlic powder
- 1/2 tablespoon salt
- 75g shredded cheddar cheese

DIRECTIONS

1. Heat a large pan over medium-high heat. Add butter and oil till butter sizzles.
2. Add the slice smoked sausage and onions. Cook for about 5 minutes until onion is tender and sausage begins to brown.
3. Add the red bell pepper and broccoli. Cover, reduce heat and cook about 5 minutes.
4. Add the cooked rice, garlic powder and salt. Combine well, cover and heat until rice is hot.
5. Add the shredded cheese and remove from heat. Stir in cheese until it's melted.



RICE KING

VEGETABLE RICE SOUP



Results not typical. Individual results may vary.

RICE KING
VEGETABLE RICE SOUP

INGREDIENTS

- 1/2 cup Rice King
- 1 tablespoon cooking oil
- 1 medium onion, diced
- 4 carrots, chopped
- 4 stalks celery, chopped
- 4 cups chicken stock
- 4 cups water
- 1 tablespoon dried parsley

DIRECTIONS

1. In a large pot heat cooking oil over medium-high heat until hot and shimmering. Add onion, carrots, and celery. Cook 3-4 minutes stirring occasionally until tender and translucent.
2. Add chicken stock and water, bring to a boil.
3. At a roiling boil add the rice and parsley. Cover, reduce to medium heat and cook for 20 minutes or until the rice is tender. Serve immediately.

RICE KING

CREAMY CHEESE RICE



A proud product of Namib Mills

Results not typical. Individual results may vary.

RICE KING
CREAMY CHEESE RICE

INGREDIENTS

- 1/2 cup uncooked Rice King
- 1 cup water
- 1/4 teaspoon salt
- 1/4 cup cubed cheese
- 1 tablespoon minced fresh parsley, optional
- Cooked mushrooms, optional

DIRECTIONS

1. In a small saucepan, bring the water, rice and salt to a boil. Reduce heat; simmer with lid tilted for 20-25 minutes until liquid is absorbed.
2. Remove from the heat; stir in cheese and parsley if desired. Cover and let stand for 2 minutes or until cheese is melted. Stir until blended.

RICE KING

PESTO RICE



Results not typical. Individual results may vary.

RICE KING
PESTO RICE

INGREDIENTS

- 1 cup Rice King
- 1/2 cup cherry tomatoes, quartered, peas optional
- 1/2 cup basil pesto (store-bought). Alternatively see below how you can make your own basil pesto.

DIRECTIONS

1. Cook stove top adding 2 cups water to all ingredients.
2. Bring to the boil. Reduce heat and simmer with lid tilted for 20-25 minutes until all water has been absorbed.
3. Fluff with fork and enjoy.
4. Garnish with pine nuts and basil, optional.

HOW TO MAKE BASIL PESTO

- 2 cups packed fresh basil leaves (2 large bunches)
 - 1/4 cup grated Parmesan cheese
 - 1 tablespoon lemon juice
 - 2 cloves garlic, roughly chopped
 - 1/2 teaspoon fine sea salt
 - 1/2 cup olive oil
1. To make the pesto, combine the basil, Parmesan, lemon juice, garlic and salt in a food processor or blender. With the machine running, slowly drizzle in the oil. Continue processing until the mixture is well blended but still has

some texture, pausing to scrape down the sides as necessary.

2. Taste, and adjust if necessary. Add a pinch of salt if the basil tastes too bitter or the pesto needs more zing. Add more Parmesan if you'd like a creamier/cheesier pesto. If desired, you can thin out the pesto with more olive oil.
3. Store leftover pesto in the refrigerator, covered, for up to 1 week. You can also freeze pesto.

RICE KING

BLACK EYED PEAS & RICE



Results not typical. Individual results may vary.

RICE KING

BLACK-EYED PEAS & RICE

INGREDIENTS

- 2 cups cooked Rice King
- 2/3 cup dried black-eyed peas
- 2 teaspoons cooking oil
- 1/2 cup and 1 tablespoon lean diced ham
- 1/2 onion, chopped
- 1/3 cup chopped green bell pepper
- 1/2 clove garlic, minced
- 1-1/3 cups water
- 1-1/4 bay leaves
- 1-1/4 pinches paprika, or more to taste
- Salt and ground black pepper to taste

DIRECTIONS

1. Place black-eyed peas into a large container and cover with several inches of cool water; let stand 8 hours to overnight. Drain and rinse.
2. Heat oil in a pot over medium heat; cook and stir ham until browned, about 5 minutes. Add onion, green bell pepper, and garlic; sauté until onion is tender, about 10 minutes. Add black-eyed peas, water, bay leaves, paprika, salt, and black pepper; cover pot with a lid and simmer until peas are tender, 40 to 50 minutes.
3. Remove bay leaves from black-eyed peas mixture and stir in rice. Simmer until all the liquid is evaporated, 5 to 10 more minutes.



RICE KING

**REAL
GOOD
CHICKEN
& RICE**

Results not typical. Individual results may vary.

RICE KING

REAL GOOD CHICKEN & RICE

INGREDIENTS

- 1/2 cup Rice King
- 8 chicken drumsticks
- 2 1/2 teaspoon salt
- 1 teaspoon ground black pepper
- 3 tablespoon cooking oil
- 1 onion, finely chopped
- 1 teaspoon ground cinnamon or cumin
- 1 teaspoon ground turmeric, curry powder, or ground coriander
- 1 can chickpeas, white beans, black beans, or other beans, drained, rinsed
- 1/2 cup dried fruit, such as currants, raisins, cherries, or cranberries, optional
- 1/2 teaspoon crushed red pepper flakes, optional
- 1/4 cup coarsely chopped tender herbs, such as parsley, mint, basil, and/or dill

DIRECTIONS

1. Season drumsticks on all sides with 2 teaspoon. salt and 1 teaspoon black pepper.
2. Heat oil in a large saucepan over medium-high. Add chicken and cook, turning once halfway through, until skin is golden brown, about 10 minutes total. Transfer to a plate.
3. Add onion, cinnamon, and turmeric to a deep pan and cook over medium-high heat, stirring constantly, until fragrant, about 1 minute. Add rice and stir to coat. Add 1 1/4 cups hot water, scraping up browned bits from pan, then stir

in chickpeas, dried fruit (if using), red pepper (if using), and remaining 1/2 tablespoon of salt. Nestle chicken back into pan and bring liquid to a boil. Immediately reduce heat to low, cover, and cook until rice is tender and chicken is cooked through, 20–25 minutes.

4. Remove from heat and let sit 5 minutes. Fluff rice with a fork, then scatter herbs over.

RICE KING

BLACK BEAN CHICKEN & RICE



Results not typical. Individual results may vary.

RICE KING

BLACK BEAN CHICKEN & RICE

INGREDIENTS

- 2 cups cooked Rice King
- 3 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon pepper
- 1/4 teaspoon salt
- 4 Real Good Chicken breast halves, or drum sticks
- 2 teaspoons canola oil
- 1 can black beans, rinsed and drained
- 1 cup frozen corn
- 1 cup salsa

DIRECTIONS

1. In a small bowl, mix seasonings; sprinkle over both sides of chicken. In a large nonstick pan, heat oil over medium heat. Brown chicken on both sides.
2. Add beans, corn and salsa to pan; cook, covered, 10-15 minutes. Remove chicken from pan; cut into slices. Serve with bean mixture and rice.

RICE KING

BREAKFAST FRIED RICE



Results not typical. Individual results may vary.

RICE KING

BREAKFAST FRIED RICE

INGREDIENTS

- 5 cups cooked Rice King, preferably cold
- 2 tablespoons vegetable oil, divided
- 3 large eggs, lightly beaten
- 30g uncooked breakfast sausage, casings removed
- 1/2 medium onion, finely diced
- 2 tablespoons tamari or soy sauce
- 1/2 teaspoon salt
- Ground black pepper
- 1/2 cup shredded cheddar cheese
- 1/2 cup frozen peas
- 1 tablespoon coarsely chopped fresh parsley leaves

DIRECTIONS

1. Heat the 1 tablespoon of oil in a frying pan over medium-high heat until shimmering. Add the eggs and gently scramble with a rubber spatula until just softly set, 1 to 2 minutes. Transfer to a bowl or plate and set aside.
2. Add the remaining 1 tablespoon oil, sausage, and onion to the pan and cook, breaking up the meat with a wooden spoon into small pieces, until the sausage is cooked through and the onion is tender, about 5 minutes. Add the rice and stir-fry until heated through, about 3 minutes. Use your wooden spoon to flatten out and break up any clumps.
3. Add the tamari or soy sauce and salt, season with pepper, and cook for 1 minute more. Add

the scrambled eggs, cheese, and peas to the pan and gently fold to combine until the cheese is melted. Taste and season with salt or soy sauce as needed. Sprinkle with the parsley and serve. Serve the fried rice with the eggs on top.

RICE KING

CABBAGE ROLLS & RICE



A proud product of Namib Mills

Results not typical. Individual results may vary.

RICE KING

CABBAGE ROLLS & RICE

INGREDIENTS

- 1/3 cup uncooked Rice King
- 2/3 cup water
- 8 cabbage leaves
- 450g lean ground beef
- 1/4 cup chopped onion
- 1 egg, slightly beaten
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 can condensed tomato soup

DIRECTIONS

1. In a medium saucepan, bring water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes.
2. Bring a large, wide saucepan of lightly salted water to a boil. Add cabbage leaves and cook for 2 to 4 minutes or until softened; drain.
3. In a medium mixing bowl, combine the ground beef, 1 cup cooked rice, onion, egg, salt and pepper, along with 2 tablespoons of tomato soup. Mix thoroughly.
4. Divide the beef mixture evenly among the cabbage leaves. Roll and secure them with toothpicks or string.
5. In a large pan over medium heat, place the cabbage rolls and pour the remaining tomato soup over the top. Cover and bring to a boil. Reduce heat to low and simmer for about 40 minutes, stirring and basting with the liquid often.

RICE KING

CHICKEN & RICE WRAP



Results not typical. Individual results may vary.

RICE KING
CHICKEN & RICE WRAP

INGREDIENTS

- 250g cooked Rice King
- Real Good Chicken breasts, cut into strips
- 2 cups water
- 1/2 cup salad dressing
- 1 cup shredded lettuce
- 8-12 flour tortillas (warmed on stove OR stacked covered with plastic wrap and microwaved on HIGH 40 sec)

DIRECTIONS

1. Add a drizzle of cooking oil to pan.
2. Add chicken, cook over medium-high heat 10-12 minutes till lightly browned on both sides Add water, rice and any preferred seasonings, bring to a boil.
3. Cover and reduce heat, simmer 10 minutes until chicken is no longer pink in the center and water is absorbed.
4. Stir in salad dressing.
5. Spoon rice mixture evenly down the center of each tortilla; top with lettuce.
6. Fold in both sides of tortilla; roll up tortilla tightly from the bottom, keeping filling firmly packed.

RICE KING

CHEESY RICE BALLS



Results not typical. Individual results may vary.

CHEESY RICE BALLS

INGREDIENTS

- 370g cooked Rice King
- 2 tablespoons cooking oil
- 2 tablespoons unsalted butter
- 1 medium onion finely diced
- 140g ham finely diced
- 240ml Chardonnay (dry white wine)
- 1.18 l chicken broth or stock (hot)
- 1 teaspoon salt
- 145g frozen peas fully thawed
- 20g parsley finely chopped
- 100g Parmesan cheese shredded
- 120g mozzarella cheese cut into 24 cubes
- 125g all-purpose flour
- 3 large eggs beaten with a fork
- 160g bread crumbs
- Oil for frying vegetable oil

DIRECTIONS

1. Using a cooking pot or heavy-bottomed pot with tight fitting lid, over medium/high heat, add 2 tablespoons cooking oil and 2 tablespoons butter. When hot, stir in diced onion and sauté until soft and golden (4-5 min). Add finely diced ham and cook another 2 min or until golden. Add rice and stir to coat with oil.
2. Pour in 1 cup white wine and cook until mostly evaporated (2 min). Add 5 cups hot chicken stock and 1 tablespoon salt then cover and simmer until liquid has been absorbed by the rice (about 15-17 min). Stir in the peas in, then cover with a tight fitting lid and finish cooking (2

min). Rice should be soft and the liquid mostly absorbed. Spread rice mixture onto a large tray to cool.

3. Once rice is at room temperature, stir in 1/3 cup finely chopped parsley and 1 cup Parmesan cheese. Form rice balls with wet hands. Stuff each rice ball with a cube of mozzarella cheese and form a tight ball with the rice mixture to enclose the cheese.
4. Set up 3 bowls, the first one to have 1 cup flour, the second with 3 beaten eggs, the third with 1 1/2 cups bread crumbs. Dredge each rice ball in flour, shaking off the excess, then dip one-by-one in the beaten egg allowing excess egg to drip back into the bowl. Finally, roll balls in breadcrumbs until evenly coated. It's best to roll and bread all of the rice balls before beginning frying since the frying is quick.
5. Add an inch of cooking oil into a deep pot over medium heat. Once oil is hot, add the breaded rice balls in batches without crowding the pot and cook about 3 min total per batch, turning to get all sides golden brown. Transfer to paper towels, sprinkle right away with salt and serve with preferred sauces.



RICE KING

7-COLOUR RICE



A proud product of Namib Mills

Results not typical. Individual results may vary.

RICE KING
7-COLOUR RICE

INGREDIENTS

- 400g cooked Rice King
- 1 tablespoon cooking oil
- 1 onion, finely chopped
- 2 cloves garlic, chopped
- 250g smoked bacon, chopped
- 1 red pepper, diced
- 1 green pepper, diced
- 1 yellow pepper, diced
- 1 tablespoon, heaped, mild curry powder
- 2 tbsp fresh thyme, removed from stem, chopped
- Salt and freshly ground black pepper

DIRECTIONS

1. Heat the oil in a large pan and sauté the onion and garlic for 2 minutes until slightly soft.
2. Add the bacon and cook until slightly crispy.
3. Add the peppers and cook for another 2 minutes or until just starting to soften.
4. Add the curry powder and cook for a further 30 seconds or so.
5. Add the rice and thyme and stir until combined.
6. Season to taste and keep warm, cover with foil or a lid until serving time.

RICE KING

MEXICAN STYLED RICE



Results not typical. Individual results may vary.

RICE KING

MEXICAN STYLED RICE

INGREDIENTS

- 2 cups of Rice King
- 1 can whole peeled tomatoes
- 1 medium onion, peeled and coarsely chopped
- 2 cups chicken stock
- 1 1/2 teaspoons salt
- 1/2 teaspoon ground cumin
- 1/3 cup cooking oil
- 1 to 2 jalapeño or Serrano chili peppers, seeded and minced
- 4 to 5 cloves garlic, finely chopped
- 1/4 cup finely chopped fresh coriander
- Juice of 2 medium lemons, plus more wedges for serving

DIRECTIONS

1. Place the tomatoes and their juices and onion in a blender or food processor and purée until smooth. Transfer 2 cups of the tomato mixture to a medium saucepan. (Reserve any excess tomato mixture for another use, such as Tomato Sauce.) Stir in the chicken stock, salt, and cumin and bring to a boil over medium heat. Meanwhile, toast the rice.
2. Heat the oil in a cooking pot over medium heat until simmering. Add the rice stirring frequently, until lightly toasted and golden, about 5 minutes. Add the jalapeños and cook until softened, about 2 minutes, lowering the heat as needed. Add the garlic and cook for 30 seconds more.

3. Pour the boiling tomato mixture over the rice and stir to combine. Reduce the heat to low. Cover and cook until the liquid is absorbed and the rice is tender, about 15 minutes. Remove from the heat and gently fluff the rice with the fork. Cover again and set aside to steam for 10 minutes. Add the coriander and lime juice and fluff again to combine. Taste and season with more salt as needed. Serve with lime wedges.

RICE KING

TUNA RICE SALAD



Results not typical. Individual results may vary.

RICE KING

TUNA RICE SALAD

INGREDIENTS

- ± 900g cold cooked Rice King
- 400g tuna
- 200g frozen small green peas, defrosted
- 2 red peppers, peeled with a potato peeler, deseeded and diced
- 3 tomatoes, chopped into small chunks
- 5 spring onions, finely sliced
- Bunch flat-leaf parsley, chopped
- Large handful stoned green olives, roughly chopped (optional)
- 4 tablespoons mayonnaise
- Juice 1 lemon

DIRECTIONS

1. The cooked rice will have probably clumped together, so break it up in a large mixing bowl. Flake in the tuna, then mix in the peas, peppers, tomatoes, spring onions, parsley and olives, if you're using them.
2. Stir through the mayonnaise, lemon juice and season to taste. Cover the bowl with cling film or place in a large plastic container and let your household serve themselves whenever they are hungry.

RICE KING

SOUTH- WESTERN RICE



A proud product of Namik Mills

Results not typical. Individual results may vary.

RICE KING
SOUTHWESTERN RICE

INGREDIENTS

- 1 cup uncooked Rice King
- 1 tablespoon cooking oil
- 1 medium green pepper, diced
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1/2 teaspoon ground cumin
- 1/8 teaspoon ground turmeric
- 1 cup chicken stock
- 2 cups frozen corn, thawed
- 1 can black beans, rinsed and drained
- 1 can diced tomatoes and green chilies, undrained

DIRECTIONS

1. In a large pan, heat oil over medium-high heat; sauté pepper and onion 3 minutes. Add garlic; cook and stir 1 minute.
2. Stir in rice, spices and chicken stock; bring to a boil. Reduce heat and simmer with lid tilted for 20-25 minutes until rice is tender. Stir in remaining ingredients; cook, covered, until heated through.

RICE KING

CHICKEN PAELLA & RICE



Results not typical. Individual results may vary.

CHICKEN PAELLA & RICE

INGREDIENTS

- 1 1/2 cups uncooked Rice King
- 1 teaspoon grated lemon rind (lemon peel)
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon saffron threads, crushed
- 3 tablespoons cooking oil
- Skin-on, bone-in chicken, divided – Real Good Chicken
- 1 teaspoon black pepper
- 1 1/2 teaspoons salt
- 1 1/2 cups chopped yellow onion
- 1 1/2 tablespoons thyme
- 5 garlic cloves, minced
- 1/3 cup dry white wine
- 3 cups unsalted chicken stock
- 2 cups frozen green peas
- 1 red bell pepper, torn into pieces
- 3 tablespoons chopped fresh flat-leaf parsley
- Lemon wedges

DIRECTIONS

1. Stir together lemon rind, juice, and saffron in a small bowl, set aside.
2. Heat oil in pan with lid over medium-high. Sprinkle chicken with black pepper and 3/4 teaspoon salt. Add chicken to pan, cook, skin side down, until golden brown, about 6 minutes. Turn chicken over; cook until browned, about 3 minutes. Transfer chicken to a plate, repeat with remaining chicken. Add onion, thyme, and garlic to pan, cook, stirring often, 4 minutes. Add rice,

cook, stirring often, 2 minutes. Add wine, cook until reduced by about half, about 2 minutes. Stir in lemon juice mixture, stock, and remaining 3/4 teaspoon salt. Nestle chicken, skin side up, into rice. Cover and reduce heat to a medium, simmer until rice is cooked, about 20 minutes. Uncover pan.

3. Add peas and red pepper pieces. Increase heat to a medium-high, cook until rice begins to turn brown on the bottom and edges of pan, about 5 minutes. Remove from heat. Sprinkle parsley, serve with lemon wedges.

RICE KING

RICE PIE

RiceKing
King of value.

Results not typical. Individual results may vary.

RICE KING
RICE PIE

INGREDIENTS

- 1 cup cooked Rice King
- 9 eggs
- 1 1/2 cups Sugar King white sugar
- 900g ricotta cheese
- 1 teaspoon vanilla extract
- 2 cups heavy whipping cream
- 1 can crushed pineapple, drained

DIRECTIONS

1. Beat eggs in very large bowl. Add sugar, mixing well. Stir in cheese and vanilla until smooth and creamy. Add heavy cream and stir. Fold in cooked rice and crushed pineapple.
2. Pour into a large buttered pan.
3. Bake at 165°C for one hour. Check by inserting clean knife into center. If the pie is done, knife will come out clean. Top should be golden brown. Refrigerate until thoroughly cooled.

RICE KING

CHEESY TEX-MEX & RICE



A proud product of Namib Mills

Results not typical. Individual results may vary.

RICE KING

CHEESY TEX-MEX & RICE

INGREDIENTS

- 4 cups cooked and cooled Rice King
- 1 1/2 cups cheddar cheese
- 1 green pepper, diced small
- 1 can diced tomatoes and their juices
- 1 cup fresh or frozen corn
- 1 can black olives, minced (about 1/2 cup minced)
- 1 to 3 teaspoons chili powder, to taste
- 1 to 3 teaspoons salt, to taste

DIRECTIONS

1. Combine all the ingredients in a big bowl, starting with one teaspoon each of the chili powder and salt (you can adjust later to taste). Stir until everything is evenly mixed, squishing the tomatoes against the side of the bowl as you go.
2. Set a pan over medium heat. Add the rice mix and spread it evenly over the bottom of the pan. Cook for 30 to 40 minutes, stirring every five minutes. Be patient and don't be tempted to stir more frequently.
3. The cheese will melt and start to form a burnt-looking crust on the bottom of the pan. Every time you stir, scrape up this crust and mix it back into the rice. The whole dish will gradually pick up a deep, almost chocolate-like flavor from the seared cheese. (If you actually smell or see smoke, turn down the heat a little or scrape a little more frequently.) Taste it every so often

during cooking and stir in more salt or chili powder as needed.

4. Let the rice cool a little before serving. The flavors are really at their best when the dish is slightly warmer than room temperature, and it's even better the second day.

RICE KING

RICE CAKES



Results not typical. Individual results may vary.

RICE KING
RICE CAKES

INGREDIENTS

- 1 cup Rice King uncooked
- 1 1/2 cups water
- 2 eggs
- 2 tablespoons Bakpro Cake flour
- Flavourings of your choice: for savory use 2 teaspoon Parmesan cheese, 1 teaspoon salt and pepper. For sweet use Sugar King white and 1 teaspoon of cinnamon

DIRECTIONS

1. Preheat Oven to 170°C.
2. Place the uncooked rice in the food processor or blender and process until ground.
3. Place the rest of ingredients in a high-speed blender.
4. Pour the mixture into a greased donut pan, muffin tin or any other shaped pan (if using silicone, there's no need to grease).
5. Bake for 40-50 minutes or until they tops are brown and all sides are completely crispy.



RICE KING

RICE RICOTTA PIE

RiceKing
King of value.

Results not typical. Individual results may vary.

RICE KING
RICE RICOTTA PIE

INGREDIENTS

RICE

- 1 cup Rice King uncooked
- 2 cups of milk
- Pinch salt
- 1 vanilla bean split/seeds scraped
- 2-3 strips of lemon peel

BOTTOM LAYER CRUST (OPTIONAL)

- 2 eggs room temperature
- 1/2 teaspoon Sugar King white sugar
- 2 tablespoons cooking oil
- 1 teaspoon grated lemon zest
- 1/2 cup Bakpro Cake flour
- 1 teaspoon baking powder

FILLING

- 6 eggs room temperature
- 3/4 cup Sugar King white
- 450g ricotta
- 2 teaspoons lemon zest
- 2 teaspoons orange zest
- 1/2 teaspoon cinnamon

DIRECTIONS

TO COOK THE RICE

1. Combine milk and rice in a large saucepan over medium-high heat. Add salt, vanilla bean and lemon peel. Stir.
2. Once the milk begins to simmer, reduce heat to low, cover slightly and stir occasionally until the milk is absorbed; about 20-25 minutes. Stir

constantly toward the end of this time to prevent the milk from scorching.

3. The rice should be cooked but still firm as it will continue to cook in the oven.
4. Remove lemon peel and vanilla bean.
5. Set aside to cool.
6. Preheat the oven to 175°C. Position rack to middle.
7. Coat your pan with butter or oil. Set aside.

TO MAKE THE CRUST (OPTIONAL);

1. Beat eggs with hand held beater or whisk.
2. Add sugar, oil, lemon zest and whisk together.
3. Sift flour and baking powder together and add to egg mixture. Whisk together.
4. Spread mixture at the bottom of pan. Set aside.

TO MAKE THE FILLING

1. In a large mixing bowl, beat the eggs until light and frothy. Can also use a hand held blender or whisk.
2. Gradually whisk in the sugar. Beat for 1-2 minutes.
3. Add ricotta, zests and cinnamon. Whisk until incorporated (about 1 minute).
4. With a spoon, gently combine the rice mixture, breaking up any clumps of rice.
5. Pour into pie plate (over unbaked crust).
6. Bake for about 60 minutes or until golden and top bounces back when lightly touched.
7. Allow to cool completely.
8. Can be served warm or cold.
9. Dust with icing sugar before serving, optional.



A proud product of Namib Mills