



Italian Style Rice

Although it is called Italian Style Rice, very little of this particular variety is grown in Italy. It grows primarily in California U.S.A., and is called Calrose.

Mr. Goudas has always given credit to the Italians for two things: their soccer skills, and their methods and variations in the preparation of rice.

Many people have asked him why he does not include cooking instructions on his rice packages. He responded that it would be very unfair to summarize all the recipes into one. One can always ask his/her Italian friend for their specific recipe or family tradition.

One day Mr. Goudas came out of the



laboratory kitchen with a platter of rice which we all enjoyed.

When we asked him how he did it, he told us that he had prepared the rice as follows:

In a large frying pan, he sautéed a diced onion with 3 tablespoons of Mr. Goudas Extra Virgin Olive Oil. He believes that onions improve memory and always includes at least one onion in his dishes. Next, he added a can of Diced Tomatoes with Herbs



and Spice, and allowed this to simmer. He then added a can of Baby Clams carefully rinsed and drained.

Regardless of name brand, he believes that there may be a small residue of sand left in the clams. Additionally, three cloves of garlic, thinly sliced were added to the

mixture. Simultaneously, he boiled 1 cup of rice in 2 cups of Chicken Broth for 5 minutes (i.e. until partially cooked).

He then placed the rice including the broth into the frying pan containing the other ingredients. He gently stirred the mixture with a wooden spoon until the rice was completely cooked, and had absorbed all the tomato juice. The garlic flavour penetrated the rice along with the herbs and spice from the tomatoes. Mr. Goudas always adds one tablespoon of his most favorite pepper sauce to



his dishes, i.e. Mr. Goudas Trinidad Style Hot Sauce which contains crushed peppers, papaya, celery and parsley.

Needless to say, when we tried this recipe, it was superb, as always. (Privately, we thought, too bad for the office vegetarian. She was missing out on a wonderful treat).

While we were all sitting at the table enjoying this unique dish, one employee mentioned to Mr. Goudas that if onions improved his memory, he should consider eating them more often, because he certainly forgot the raise that was promised years ago!!

Arborio Rice

Mr. Goudas admits that Italians must be given credit for the following: their opera, the racing of cars, their wine making ability, and of course, the preparation of their Arborio rice.



This recipe was witnessed by Mr. Goudas himself, at the old Primavera Restaurant on Avenue Road and Lawrence, Toronto, Ontario, Canada (currently, The Slippery Boot).

He had requested that Mario Liviato, the owner, chef and a personal friend, prepare an Arborio Rice dish with baby clams so he could see how it was prepared.

The recipe required the following:

- 1 cup of Arborio rice
- 1/2 green pepper 1 large onion
- 1/3 cup Extra Virgin Olive Oil
- 1/2 can diced tomatoes with herbs
- 3 cloves garlic 2 green onions
- 1 can of baby clams Salt and pepper

Dice the onion, green onions, and green pepper into small pieces. Toss into frying pan and sauté in the olive oil until golden in colour.

Add 2-1/2 cups of water, the diced tomatoes, salt and pepper to taste. Chop the garlic into small pieces and add. Bring to a boil.

Add rice and stir occasionally. Cover the pan, and allow ingredients to simmer

for 10 to 15 minutes.

Add the can of baby clams.

Gently stir the mixture to blend in all the ingredients. Cover and continue to simmer until the rice is cooked and most of the liquid has evaporated.

This particular type of rice absorbs more water than any other rice and expands almost to twice its original size.

It is very important to monitor the amount of liquid, in the final stages of cooking.

Do not overcook. Allow for the rice to have a bit of a bite, i.e. not too soft.

Serve as a main dish with a Romaine Lettuce Salad and Italian Cheese.

Mr. Goudas himself tried to make this dish on a couple of occasions, and although it was very good, he was unable to achieve the same results as Mario Liviato at the restaurant.

He returned to the restaurant and brought his concern to his friend, who responded: "Peter, you are a great business man and a very, very good cook, but I am THE CHEF!"

Mario and Mr. Goudas have been friends for over 35 years.

We have given you one risotto recipe. There are, however, many variations.

Rice and Chicken Soup with Lemon and Egg

Should you happen to be feeling a little under the weather, this soup is delicious and nourishing, and happens to be an old favourite.

Ingredients:

- 2 chicken leg/thigh pieces
- 1 cup of parboiled Rice
- 2 Eggs 1 Fresh Lemon
- 2 tbsp. of Olive or Vegetable Oil
- Salt and Black Pepper to taste

Fill a medium casserole 1/2 full of water and bring to a boil. Cut chicken pieces in two, wash and add to boiling water, together with the oil. Cover and continue to boil until tender. Add 1 cup of Mr. Goudas Parboiled Rice, if you like your rice to be firm after cooking. Or 1 cup of Mamma Lucia Italian Style Rice, if you like your rice to be softer.

Add salt and black pepper to taste and continue cooking until rice is tender. Turn off the stove.



Break the 2 eggs into a big glass bowl, have the juice of 1 fresh lemon ready (remove the seeds). Whisk the eggs and slowly add lemon juice.

Continue whisking the eggs and lemon juice until it becomes bubbly. Without stopping, take a cup of juice from the casserole and slowly pour into the eggs/lemon mixture. Continue whisking. Add a second cup of juice from the casserole and continue whisking.

The next step will be to pour this mixture into the casserole. To do so, you have to be very careful and pour

the mixture into the casserole slowly, as you now begin beating the contents of the casserole.

When you are finished pouring, hold the handle of the casserole and gently shake it. It is important to follow the directions in the finishing stages correctly, because if you do not beat the eggs properly or do not pour slowly, the eggs will cook and the soup will have flakes of cooked eggs on the surface. This is not what we need.

The above recipe is a favourite of Mr. Goudas and he recommends it to people who are suffering from a cold and want to have a very light but nutritional soup.

Needless to say, that there is a song with the lyrics as follows:

*Goudas Rice is very nice.
Goudas Rice is very nice
It is good for pelau and
Chinese fried rice
So take my advice
and buy Goudas Rice.*

Bon Appetit and feel well.

RICE & GROUND BEEF

- 1 pound of ground beef
- 1 medium onion, diced
- 1 tbsp of chopped fresh parsley
- 1/2 cup of rice Calrose or Parboiled
- 1 teaspoon of salt
- 1/2 teaspoon of black pepper
- 1/2 cup of olive oil
- For the egg-lemon sauce
- 2 eggs 1 lemon



Mix all the ingredients together, and mould into round 1 inch/2.5 cm balls.

Put balls in a pot, add some water to cover the balls, add the oil and cover the pot. Let them cook for about 20 minutes.



In a separate bowl, beat the eggs with a mixer and slowly, while beating, add the lemon juice ensuring that the sauce does not curdle.

With a ladle, take some of the juice from the meatball pot, add to the sauce, while always mixing.

Keep doing this until all the juice has been mixed in the sauce.

Empty all the sauce on top of the meatballs and serve.

Warning for leftovers: rice balls with egg and lemon sauce should not be refrigerated for more than 2 days.

Spyros Peter Goudas