

Flavors of Rochester at the Market

A sampling series hosted by the City of Rochester Public Market, Friends of the Public Market, and Democrat and Chronicle. Saturdays, May through September 10 a.m. to 12 p.m.
www.cityofrochester.gov/marketflavors; www.democratandchronicle.com/rocflavors

Guest Chef for May 14, 2016:

Tracy Schuhmacher, Democrat & Chronicle Food Writer

www.democratandchronicle.com/rocflavors

RECIPE: Brown Rice & Veggie Bowl with Warm Peanut Dressing

- 1 cup brown rice (such as two boil-in-bags); enough to make 4 cups
- 2 Serrano or Thai chiles, chopped (use gloves)
- 1 garlic clove, chopped
- 1 cup creamy peanut butter
- 3/4 cup unsweetened coconut milk
- 2 Tablespoons light or dark brown sugar
- 2 Tablespoons fresh lime juice (about 1 lime)
- 2 Tablespoons soy sauce
- 2 teaspoons fish sauce
- Hot sauce, such as Sriracha or Tabasco, optional

- 2 packages (12 ounces) Asian slaw
- 3 scallions, thinly sliced
- 1 small handful precut matchstick carrots
- 1 cucumber, preferably Persian, halved lengthwise, thinly sliced crosswise
- 1 large handful bean sprouts
- 3/4 cup chopped cilantro
- 1/4 cup torn mint leaves
- 1/3 cup unsalted peanuts, chopped
- Salt

Prepare brown rice according to package directions; set aside and keep warm.

Dressing: Place chiles, garlic, peanut butter, coconut milk, brown sugar, lime juice, soy sauce and fish sauce in a blender; blend until smooth. Transfer to a small saucepan and add 1/4 cup water (if too thick, add more water, one teaspoon at a time, as needed). Cook over medium-low heat, whisking often, until smooth and hot. (Because it is thick and contains sugar, it will burn easily, so watch it carefully.) Taste and season with salt and hot sauce as needed/desired. This may be made up to three days ahead. Refrigerate and rewarm before serving.

Toss together the vegetables and season with salt.

Place warm rice in a bowl, top with veggies and drizzle with the peanut dressing. Or, for an attractive look, place ingredients separately in a large bowl before tossing. Garnish with peanuts.