

Forbidden Rice in Kabocha Squash

(Sept 29)

1	kabocha squash, about 2 lbs
1	Chinese liver sausage, thinly sliced
2 tablespoons	dried shrimp, soaked to soften
1-1/2 cups	cooked multi-grain rice*
2 tablespoons	goji berries, rinsed
1/4 cup	corn kernels
2 tablespoons	thawed green peas
1-1/2 tablespoons	vegetable oil
2 teaspoons	minced ginger
1 tablespoon	chopped green onion
1 tablespoon	Chinese rice wine
1 tablespoon	oyster-flavored sauce
1 teaspoon	sesame oil

Cut off top of kabocha squash, scoop out seeds and a portion of the insides to make room for the rice. Steam squash for about 15 minutes.

Slightly saute sausage and shrimp. Combine with cooked rice, goji berries, corn and peas in a bowl; mix well. Place rice mixture in squash and continue to steam until squash is done and rice mixture is heated through, 10 – 15 minutes.

Heat a saucepan over medium-high heat until hot. Add oil, ginger and green onion; cook until fragrant, about 15 seconds. Add rice wine, oyster-flavored sauce and sesame oil; mix well. Drizzle sauce over rice and kabocha squash.

*Note: Most Asian markets will stock multi-grain rice mixes. The blend typically includes brown rice, red rice, black rice, barley, millet, etc.