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Brown Rice Pilaf

Sue and I were curious as to where rice pilaf originated, and a quick Web search revealed a long, complex history for this dish. (The short answer: the Middle East and Central and South Asia.) Prepare our brown rice pilaf with pine nuts (and a creamy sauce) and think about how many people before you have enjoyed a similar dish throughout history.

2 Tbs. olive oil
1/2 cup onion, chopped fine
1/2 tsp. garlic, minced
1 cup brown rice
1 14-oz. can vegetable broth plus water to equal 2 cups
1/4 cup white wine
1 cup chopped mushrooms
1/2 tsp. dried thyme
1/2 tsp. salt
1/4 cup pine nuts, toasted

In a small skillet, heat oil over medium heat. Add onion and garlic; cook, stirring, until onion is golden (about 5 minutes). Add rice and sauté for 1 minute.

Add broth, water, wine, mushrooms, thyme, and salt. Simmer until rice is tender and most of the liquid is absorbed (about 50-55 minutes). Check rice occasionally and add water if necessary.

Let stand for 5 minutes. Mix in pine nuts immediately before serving.