



Arbor Grain Bowls

A healthy way to make a supper

Ingredients:

4-6 cups cooked mixed grains (see how to prepare grains)

4 cups roasted vegetables – see recipe below

4 soft eggs – technique below

Fried sage leaves; fresh chopped parsley as desired

2 teaspoons chili oil – see recipe below

kosher or smoked salt – as needed

1 lemon, zested and juiced

Prepare about 3 different grains or reheat grains already prepared. (See attached directions)

Divide the grains among 4 bowls, top with pan roasted vegetables and one soft egg, garnish with fried sage leaves and fresh chopped parsley. Finish

the egg with a few drops of chili oil and a bit of smoked salt. Finish the whole bowl with a bowl with a bit of lemon zest. Cut off sides of lemon and finish each bowl with a squeeze of fresh juice. Yield: Serves 4

Pan Roasted Vegetables

2 Tablespoons olive oil
2 carrots – thinly sliced
1/2 head fennel – halved and sliced
1 shallot, minced
1 clove garlic, minced
1/2-pound assorted fresh mushrooms, sliced
1 teaspoon salt

Heat oil in a large skillet on med-high heat, add in carrots, fennel, shallot, and garlic. Toss and sauté for 2-3 minutes.
Add in mushrooms and toss or stir to combine, sprinkle with 1 tsp salt cook for 2 minutes more on high, tossing as needed, season with additional salt and toss, cook for a few more minutes, until tender.

Prepare Soft Eggs

4 large eggs – direct from refrigeration

In a medium sized, lidded saucepot (at least 4” deep) Bring 1/2” water to a rolling boil, carefully place 4 large eggs into the pot, cover and cook for 6 minutes 15 seconds. Remove from heat and rinse for 10-15 seconds in cool running water (just long enough to cool the eggs enough to handle them).

Peel the eggs immediately and reserve.

Note: after peeling these can be placed into ice water to chill for later use.

To reheat, place egg into 165 F degree water for 2 minutes.

Prepare Chili Oil

1 cup extra virgin olive oil (almost any oil can be substituted)
1 tbsp red chili flakes
1 jalapeno sliced

Place all ingredients into a small saucepan over medium heat. Heat until the mixture just starts to bubble. Remove from heat and allow the mixture to infuse for 20 minutes, strain through a coffee filter.

Recipe by: Chef Leonard Hollander from Arbor Restaurant on <https://wgntv.com/2018/01/02/lunchbreak-arbor/>

Cook's Note: I used four different grains that I prepared ahead. I liked the idea that I could freeze any leftover grains in small freezer bags to use for other dinners.

I also blanched carrots and snap peas and slant cut them to serve in the grain bowls. I added a light lemon dressing to the vegetables. The eggs were easy to peel and had nice soft meltaway yolks. I sprinkled smoked paprika over the eggs.

For my easy chili oil: I whisked some hot chili sauce with some oil.

About the Recipe: Grain bowls can be varied with the type of grains, variety of vegetables, and the sauce or dressing that you enjoy. The soft eggs added a tasty delicious accent to the dish. Do try making your own grain bowls for dinner. What a great way to serve a healthy supper!

Suggested Grains from Chef Leonard Hollander

Sorghum: 1 cup sorghum grain – use 4 cups water; 2 tsp. salt

Brown Rice: 1 cup brown rice – 2-1/4 cups water; 2 tsp. salt

Black Lentils: 1 cup beluga or green lentils – 1-3/4 cups water; 2 teaspoons salt

Directions: Cook grains individually in rice cooker per the ratios above, exact times will vary by the type of cooker you have. (consult the manufacturer's manual for your rice cooker) Alternatively, grains can be cooked on the stovetop using the same ratios. *Cook grains until tender, add more or less water to the rice cooker or pot if you would like your grains more or less tender.

When reheating, add water as needed and season accordingly. Stocks can be used in addition to water to push flavor in any desired direction.

These are the Grains I used:

From Bob’s Red Mill Sorghum package
Traditional Grain of India

Sorghum grain:

- 1 cup sorghum grain, rinsed
- 3 cups water or desired stock/broth
- 1 teaspoon salt as desired

Place ingredients in medium pot; bring to boiling; cover; reduce heat to simmer; cook covered for 50 to 60 minutes or until tender. Drain excess liquid. Yield: 2-1/2 cups Serves: 4

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Hinode Brand Black Rice

- 1 cup uncooked rice
- 1-3/4 cup water or broth
- Salt is optional

Place 1 cup rice in a saucepan; add 1-3/4 cup water; bring to a boil; stir; reduce heat and simmer covered 35 to 45 minutes. Remove from heat; and let stand covered for 6 minutes. Fluff with fork and serve. Serves 4

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Red Quinoa – 100% whole grain organic

- 1 cup uncooked red quinoa
- 2 cups water

Sort and rinse quinoa before cooking.

In 1.5-quart saucepan, add 1 cup red quinoa and 2 cups water; bring to a boil; reduce heat to simmer; cover. Simmer 15 to 20 minutes or until all water is absorbed. Fluff gently with a fork and serve. Makes about 3 cups cooked.

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Lentils (green) fat free food

1 cup uncooked lentils
3 cups hot water or broth

Rinse and sort lentils.

Place uncooked lentils and hot water in saucepan. Heat until boiling; reduce heat; simmer gently with lid tilted until tender about 15 to 20 minutes.

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