

Newsletter - November 2015

Products

Rice Bran Oil

Rice Bran Oil has a mild flavor, long shelf life and a very high smoke point ~450 °F so it can work for high-temperature cooking. It is refined and stabilized so I would use it only for sautéing and stir-frying. Keep using extra virgin olive oil for salads and splashing over cooked vegetables.

[California Rice Bran Oil](#)



Recipe of the Month

Can be made to be low in Amines/Salicylates/Benzoates

Roasted Winter Vegetables

Ingredients:

- 2 tablespoons butter, melted
- 2 tablespoons rice bran oil
- 1 pound red skin potatoes, cut into thick wedges
- 1 tablespoon chopped fresh thyme, decrease to 1 teaspoon for low salicylate
- 4 large shallots, peeled, halved
- 2 large golden beets, peeled, each cut into 6 wedges, omit for low salicylate
- 1 acorn squash (about 2 ¾ pounds total), unpeeled, halved, seeded, each half cut into 6 wedges

- 1 large parsnip, peeled, cut crosswise into 6 pieces
- 6 garlic cloves, peeled
- Salt
- Pepper, omit for low salicylate

Directions:

1. Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 375°F. Combine all vegetables, thyme, garlic, butter and rice bran oil in a large bowl. Sprinkle generously with salt and pepper and toss to coat. Divide vegetable mixture between two rimmed baking sheets.
2. Roast vegetables 30 minutes. Reverse baking sheets and continue to roast until all vegetables are tender, stirring occasionally, about 45 minutes longer. (Can be prepared 4 hours ahead. Let stand at room temperature. Rewarm in 350°F oven about 20 minutes.)
3. Transfer to platter and serve.

Thoughts

Rice bran oil is the oil extracted from the germ and inner husk of brown rice. It has a mild flavor and a long shelf life (about a year).

It has a high smoke point ~450 °F so you can cook at higher temperatures without it starting to smoke and break down.

Rice bran oil is not cold pressed and some may be chemically extracted using solvents e.g. petroleum-derived hexane and high heat. This creates a refined and stabilized oil, so it is not perfect.

Rice bran oil contains the antioxidant γ -oryzanol and components of vitamin E, Tocotrienols, also found in palm oil, barley and oats. Studies suggest rice bran oil improves blood cholesterol by reducing total plasma cholesterol and triglycerides, perhaps because of the antioxidants.

It is made from non GMO rice and Chipotle recently announced that the restaurant chain is now using Rice Bran Oil instead of GMO soy oil.

Rice bran oil is a good oil to buy for stir-frying and sautéing at high heat, reserve your extra virgin olive oil for salad and splashing over cooked vegetables.
