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## **From Summit to Table: Mountain Red Blend**

*Indian Harvest's latest innovation on the plate features Fair Trade-grown grains and lentils to yield a flavorful, colorful and sustainable blend.*

BEMIDJI, MINN., October 8, 2009 – Indian Harvest, Inc., announces the release of its newest grain-blend innovation for foodservice: Mountain Red Blend.

Mountain Red Blend is a mélange of Fair Trade-grown red and white heirloom rices, black quinoa and green lentils, for a variety of colors, textures and flavors reflecting a diversity of cultures—blended in exacting proportions to maximize the guest experience. In keeping with Indian Harvest's philosophy of responsible sourcing, Mountain Red Blend represents dedication to Fair Trade principles, which advocate payment of a fair price as well as social and environmental standards, focusing particularly on exports from developing countries.

The “star” of Mountain Red Blend is Eighth Wonder Ulikan Red Rice, a short-grain variety from the famed Luzon Rice Terraces of the Philippines, speckled with red and with a slightly sweet flavor note that hints of caramelized onion. Eighth Wonder, Inc., working in tandem with Indian Harvest, preserves heirloom rice production and the culture of rice-farming communities in Ifugao, Kalinga and Mountain Provinces. Eighth Wonder Ulikan Red is one of many examples of Indian Harvest's dedication to sourcing rare, hard-to-find menu solutions for U.S. foodservice.

Indian Harvest's Mountain Red Blend also features Himalayan Red Rice, with an al-dente bite and the deep rich color the name implies. Bright green Eston lentils from China retain their color while delivering comforting, almost buttery flavor notes, and black quinoa from South America contributes contrasting color, a slight crunch and additional nutrition. (Quinoa is a “supergrain” containing all eight essential amino acids required for optimum health.) Traditional long-grain white rice balances all elements of the blend to yield a tantalizing, satisfying finish.

Chris Bybee, executive chef and owner of Sublime Catering in Longmont, Colo., features his Moroccan Chicken with Apricots & Green Olives, a best-seller on his menu, atop cooked Mountain Red Blend. (See following recipe.) Mountain Red Blend is easy to prepare, as all ingredients are specially processed to yield a perfectly cooked multi-grain dish.

Case size of Indian Harvest Mountain Red Blend is 6/2-lb. sleeves. Qualified purchasers may sample Mountain Red Blend free. Simply e-mail to [sales@indianharvest.com](mailto:sales@indianharvest.com) or call (800) 346-7032.

*(more)*

### **About Indian Harvest, Inc.**

Indian Harvest, Inc., headquartered in northern Minnesota, is a foremost U.S. producer and procurer of some of the world's most distinctive varieties of grains, beans and legumes for foodservice. The company's dedication to discovering and promoting lesser-known, heirloom grains and seeds is deep-rooted in its 31-year heritage of providing chef-driven menu inspiration and solutions to an evolving restaurant industry. For more information, visit [www.indianharvest.com](http://www.indianharvest.com).

## **Moroccan Chicken with Apricots & Green Olives**

Chris Bybee, executive chef/owner, Sublime Catering, Longmont, Colo.  
[www.sublime-catering.com](http://www.sublime-catering.com)

**Yield:** 8 portions

½ c. olive oil  
8 chicken thighs, bone in, skin on  
4 c. chicken stock  
2 c. Indian Harvest Mountain Red Blend  
2 medium yellow onions, diced  
2 bay leaves  
½ lb. dried apricots, cut in half  
4 cloves garlic, minced  
1 c. Spanish Queen or Manzanilla olives, drained and pitted  
1 T. cinnamon  
1 c. honey  
½ c. sesame seeds  
½ c. sliced almonds  
¼ c. fresh parsley, rough chopped  
20 to 25 fresh mint, rough chopped (about 4 sprigs)  
Salt and pepper, to taste



### **Method:**

1. In large saucepan, heat olive oil. Add chicken thighs and fry until light golden. Transfer chicken to oven-safe pan, cover and bake at 350°F until cooked through. Reserve the large saucepan and olive oil for later use.
2. In separate pot, add Indian Harvest Mountain Red Blend to boiling chicken stock and simmer, covered, for 15 minutes. Remove from heat and reserve.
3. In reserved saucepan with olive oil, sauté onion with bay leaves until onion is soft, about 6 minutes.
4. Add apricots, garlic, olives, cinnamon and honey. Add cooked chicken to pan and lightly simmer for about 15 minutes.
5. Remove from heat and discard bay leaves. Blend in sesame seeds, almonds, parsley and mint. Salt and pepper to taste.
6. Serve family style over Indian Harvest Mountain Red Blend.

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