Crisp Rice-Crusted Mushroom Pie

4 substantial wedges, one-quarter of the pie per serving · Active 30 min · Total 1 hr 10 min

Skills: Moderate

Ingredients

• 2 cups plain cooked long-grain rice, promptly chilled and used within 24 hours (300 g)

• 1 large egg (50 g without shell), beaten

• 2 tablespoons neutral oil (30 ml), divided

• 1 tablespoon all-purpose flour (8 g), for the crust

• 10 1/2 oz mushrooms (300 g), thinly sliced

• 1 medium onion (150 g), finely diced

• 1 can white beans, 15 oz/425 g, drained and rinsed (240 g drained)

• 2 1/2 tablespoons all-purpose flour (20 g), for the filling

• 1 cup milk (240 ml)

• 1 teaspoon prepared mustard (5 g)

• 1/2 teaspoon fine salt (3 g), divided

• 1/4 teaspoon black pepper (0.5 g)

Set out

9-inch/23 cm shallow metal pie pan, Large skillet, Mixing bowl, Wooden spoon, Food thermometer, Oven mitts

Allergens

Egg, Milk, Wheat. Check labels and substitutions.

Make it

1. Heat the oven to 400°F/200°C. Brush the pie pan with 1 teaspoon/5 ml of the oil. Break up the cold rice and mix it with the egg, 8 g flour and half the salt. Press firmly over the bottom and about 1 inch/2.5 cm up the sides of the pan.

2. Brush the rice with another 1 teaspoon/5 ml oil. Bake for 20 minutes, until dry on top with lightly golden edges.

3. Meanwhile heat the remaining 4 teaspoons/20 ml oil in the skillet over medium-high heat. Cook the mushrooms for 8–10 minutes, stirring occasionally, until their liquid evaporates and they begin to brown. Add onion, lower to medium and cook for 5 minutes.

4. Stir in the 20 g flour for 1 minute. Gradually stir in milk, then add beans, mustard, remaining salt and pepper. Simmer gently for 4–5 minutes until thick enough to mound on a spoon.

5. Spoon the hot filling into the baked shell. Return to the oven for 20–25 minutes, until the shell is browned and the center of the filling and thickest crust reaches 165°F/74°C. Rest for 10 minutes before cutting into four wedges.

A measured filling prevents waste

Drain the beans before weighing. One typical 15 oz/425 g can provides about 240 g drained beans; buy and compare by the amount you can actually use, not only the liquid-filled can weight.

Ingredient labels

Prepared mustard may contain mustard seed; check its label and the bean label for additional allergens.

A useful detail

The base recipe starts with already cooked rice. Initial rice cooking and chilling are not included in the 70-minute total. If cooking rice for this dish, follow its packet, cool promptly in a shallow container and refrigerate; allow that preparation time separately.

Keep it well

Use only rice that was cooled promptly, kept at 40°F/4°C or below and cooked within the previous 24 hours. This bake reheats the rice once; eat the pie promptly and do not cool and reheat it again. Other prepared ingredients do not extend the rice storage window.