

Mexican Green Rice

Season: Autumn/Winter

Serves: 30 tastes in the classroom
or 8 at home

Fresh from the garden: coriander, capsicum, garlic, green chillis, onion, parsley

Equipment:

measuring cups, jug and
spoons
cook's knife
chopping board
food processor
heavy-based pot with lid
wooden spoon
tea towel
fork
serving platters
serving spoons

Ingredients:

2 lightly packed cups roughly chopped parsley
1 cup roughly chopped coriander
4 large poblano chillis or green capsicums, seeded and
roughly chopped / tatsoi lettuce
1 onion, chopped
2 garlic cloves, peeled and roughly chopped
2 deseeded green chillis
4½ cups chicken stock (or more depending on your rice*)
4 tbsp sunflower oil
3 cups long-grain white rice - basmati
salt to taste (if using homemade unsalted stock, add at least ½
tsp salt to the stock)



What to do:

1. Place the parsley, coriander, poblano chillis or capsicum, onion, garlic, green chillis and ½ cup of the chicken stock in the food processor. Pulse until smooth.
2. Heat the oil in the pot on high heat.
3. Add the rice and stir to coat all of the grains with oil. Spread out in an even layer. Let the rice lightly brown. When it starts to brown, stir it and spread it out in an even layer again so that more of the rice browns.
4. Scrape out the parsley puree from the food processor and mix it into the rice. Cook for a minute or two.
5. Add the rest of the chicken stock to the pot. Bring to a boil, then reduce the heat to a low simmer and cover the pot. Cook on a very low simmer for 15 minutes.
6. Remove the pot from heat.
7. Uncover the pot and place a clean tea towel over the pot, then recover with the lid. The towel will help absorb excess liquid as the rice continues to cook in its own steam. (If you don't have a clean tea towel, you can skip this step, just cover normally.)
8. Let it sit for 20 minutes. Fluff the rice with a fork and serve.

*Use the amount of stock that is the liquid requirement of your particular brand of rice. Long-grain rice typically ranges from 1½ cups of liquid per cup of rice to 2 cups of liquid per cup of rice.