

Caribbean Rice

Author: From *Secrets from a Caterer's Kitchen* by Nicole Aloni



Description: A great rice side dish to accompany any number of types of entrees, including vegetarian curry.

1 1/2 cups brown rice
 2 tablespoons peanut oil
 2 tablespoons unsalted butter
 1 teaspoon ground cinnamon
 1 teaspoon curry powder
 1/4 teaspoon saffron threads
 2 tablespoons fresh ginger, slivered
 1 1/2 cups red onions, finely sliced
 1 teaspoon serrano pepper, minced
 1 1/2 cups bananas, green ripe, diced
 kosher salt and freshly ground black pepper to taste
 1/2 cup roasted peanuts
 3 tablespoons fresh cilantro, minced (more if you like)

1. Prepare the rice according to package instructions, about 20 minutes (with a ratio of 1.5 cups of water per 1 cup of rice). Set rice aside.
2. Meanwhile, heat the oil and butter in a large saute pan over medium heat. Add the cinnamon, curry powder, saffron, cardamom and ginger, and cook for about 2 minutes. Add the onions and saute until the onions are softened. Add the chiles. Add the bananas and saute just until heated through; do not overcook the bananas or they will fall apart. Season with salt and pepper and set aside.
3. Toss the rice with the banana mixture. Taste for salt and pepper. This can be prepared a day ahead and refrigerated. Reheat, covered, in a low oven for about 30 minutes. Sprinkle the top with peanuts and cilantro.

Serving Ideas: Try this with grilled meat - not with American barbecue sauce, but something with an Asian or eastern European flavor.

Per Serving (excluding unknown items): 292 Calories; 12g Fat (36.0% calories from fat); 6g Protein; 42g Carbohydrate; 3g Dietary Fiber; 8mg Cholesterol; 78mg Sodium.
 Exchanges: 2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 2 Fat.

Carolyn T's Tasting Spoons blog:
<http://tastingspoons.com>