



<b>Chilean Rice</b>
---------------------

<b>Makes</b>	30 tastes in the classroom	<b>From the garden:</b>	Spring onions, carrots, coriander, red capsicum
--------------	----------------------------	-------------------------	---

<b>Equipment</b>	<b>Ingredients</b>
------------------	--------------------

<ul style="list-style-type: none"> <li>▪</li> </ul>	<ul style="list-style-type: none"> <li>▪ 3 cups long grain rice</li> <li>▪ 3 tablespoons butter/lard</li> <li>▪ 1/2 cup chopped spring onions</li> <li>▪ ¼ cup finely diced red capsicum</li> <li>▪ ¼ cup finely diced carrots</li> <li>▪ 4 ½ cups vegetable broth</li> <li>▪ 1 teaspoon salt</li> <li>▪ 4 tablespoons chopped coriander</li> </ul>
---	---

<b>What to do</b>
-------------------

- |  |
|--|
| <ol style="list-style-type: none"> <li>1. Rinse rice several times under cold water in a sieve and drain well.</li> <li>2. In a large frypan cook the onion, carrot and red capsicum in butter for 2 minutes.</li> <li>3. Add the rice and cook for another minute, allowing the rice to be coated with the butter.</li> <li>4. Add the vegetable broth, salt and bring to the boil.</li> <li>5. Reduce heat and simmer 15-20 minutes on low heat, until the liquid is absorbed and the rice is tender (do not stir while cooking)</li> <li>6. Fluff rice with a fork and garnish with chopped coriander.</li> <li>7. Serve hot</li> </ol> |
|--|

<b>Bottom Drawer</b>	<i>Did you know?</i> Today we cooked the rice using the absorption method . Rice when cooked this way retains more flavour and nutrients.
----------------------	---