

OLD MAN'S MEXICAN RICE???

A buddy of mine from work was telling me about Mexican Rice. Just some blend some tomatoes and onions and add them to your rice along with water to get the recommend amount of liquid. Cook and done. He said it was stupid simple, quick, and REALLY good. I said I guarantee you I can turn this into something complex that will take me at least two hours to make.

Guess what? 2 ½ hours BUT it was not that complicated, it just took awhile. 43 minutes of that time was cooking in the rcie cooker. I was going to do it with Roma's, but I did not have any ice to put the tomatoes in for peeling. I decided @\$@# it! I'll make this a pantry meal. And I did!

By the way, I have NO idea how close to authentic Mexican this is after I got through with it. Hence the 3 question marks in the title

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
1	15oz Can	Diced Tomatoes with No Salt Added
1	2 oz Tin	Anchovies
1	-----	Good Sized Shallot
1	-----	Large Clove Garlic
1/8	TSP	Smoked Ground Habanero Pepper
1/4	TSP	Ground Cumin
1	Cup	Uncooked Basmati
AR	-----	Green Onions

Yes, anchovies. Don't worry, it does not make it fishy, but gives it that extra something

No smoked Habanero Pepper (I make my own)? Cayenne should work!

I think any medium or long grain white rice should work, but I really like Basmati

The green onions are optional

SPECIAL TOOLS

- Blender [i]

PREPARATION

- 1) Rinse the shallot and remove the outer paper
- 2) Cut off the root and stem tips then dice. The dice does not have to be fine as the shallot is going in the blender

- 3) Break off one large clove of garlic from a head. Remove the skin and tips and mince. Like the shallot, this does not have to be fine as it is going in the blender
- 4) Place the anchovies in a single layer on a strainer over a 1 quart measuring cup
- 5) Allow the anchovies to drain for about 5 minutes, but do not pat dry
- 6) Chop the anchovies
- 7) Open the can of diced tomatoes and dump the entire contents into the blender
- 8) Add the diced shallot, minced garlic, and chopped anchovies
- 9) Add the cumin and ground smoked habanero
- 10) Pulse the blender a few times to get it started, the blend on highest setting until you get a nice, smooth mixture
- 11) Pour the mixture into a bowl or 1 quart measuring cup. Cover and set aside
- 12) Measure out 1 cup of uncooked rice
- 13) Rinse the rice [ii]
 - a. Cover the rice to at least twice its height with water in a 3 or 4 quart pot
 - b. Swirl around and massage with your hand
 - c. Drain the water
 - d. Repeat until the water runs clear or 5 times, whichever comes first
- 14) Add rice to rice cooker pot
- 15) Add the blended tomato to the rice cooker pot and stir with a wood spoon until well incorporated
- 16) Set to “regular” or whatever corresponds to regular white rice on your rice cooker [iii]
- 17) If you opted for the green onions, rinse them and slice off and brown, wilted, or otherwise funky bits along with the stringy roots
- 18) Thin slice and set aside
- 19) Plate. If you are feeling fancy, use a small ramekin to make that pilaf mound.
- 20) Garnish with the sliced green onions
- 21) ENJOY!!!

CLOSING THOUGHTS

WOW! I was really surprised by this one. And you know what I realized? I did not use any salt or butter! Sure it took 2 ½ hours (I still can't figure out how I take so long to make things), but it was worth it. AND I think I am going to use it as a base for a one bowl dish by adding chicken and corn

NOTES

- i. Yes, I am calling this a special tool. I really don't use mine all that often and I don't know how many people have them
- ii. There are many different ways of doing this, so do what works for you! Some will argue that this does not do anything significant, but it works for me
- iii. This takes 43 minutes for my rice cooker

PICTURES







