

Peruvian Green Rice

Serves 6 to 8 people

Preparation time from beginning to finish: 45 minutes

Cooking time: about 25 minutes

Ingredients:

- 2 cups Cilantro
- 4 large Garlic cloves
- 1 large Red Onion
- ¾ cup Yellow Corn
- 1 large Red Pepper sliced in “rings”
- 4 tablespoons virgin Olive Oil
- ¾ cup Green Peas
- ¾ cup small diced Carrots
- 3 cups white rice (works with Basmati and Jasmine rice with same cooking times)
- ½ teaspoon Black Pepper
- ½ teaspoon Cumin
- 3 teaspoons Sea Salt (large grain is best)
- 3 cups vegetable or chicken Broth (you may use water too)
- 3 tablespoons Cider Vinegar (in Peru they would use chicha, an alcoholic Inca beverage made from fermented corn. It was like the Inca beer.)



This is a dish typical to the central coast of Peru, especially common in Lima the capital. Most Peruvians will actually eat it with chicken, which is cooked directly on the rice, yet chicken plays only a supporting role because green rice is a main course all by itself. Arroz Verde focuses on the aromatic "green rice" blended with garlic, onions, cilantro and special Peruvian spices, which include Chicha. Yet this version does not include Chicha since you'll have to be more than lucky to find any in the USA.

First blend garlic with half the olive oil in blender. Set aside (don't wash the blender yet!). Now blend cilantro and 1 cup of liquid in blender. Put left over oil in pot and then add diced onion, peppers and all spices (not garlic yet) and sauté until onions are just starting to get translucent. Then add rice and sauté for a couple more minutes. Add garlic and stir just lightly to combine garlic (basically don't cook garlic this way!) then quickly add all remaining ingredients starting first with liquid. Stir all ingredients again, lower the fire and cook/steam for about 12/20 mins depending on rice. This will serve 8 people as an accompanying dish and 6 people as a main dish. One final word of advice, in the US rice cooking instructions on packages always direct you to use 2 cups of liquid for one of rice. If you like rice soup, by all means please use that amount of liquid. But if you like rice, just stick to one cup of rice for one cup of liquid. Sole exception of any brown rice where you must use 2 and ½ cups of liquid for each cup of rice. Unless you like to eat iron pellets...

If you have any difficulty understanding these directions, don't be shy, man, woman or child and just call me for clarification. I mean it: Freddy 413-549-9155.