

Spiced Golden Rice

(Serves 6)



This recipe is designed for use with a Le Creuset 22cm round cocotte. The cast iron retains heat so well that the dish can continue to cook, even when the cocotte has been removed from the heat source.

Ingredients:

2 tbsp extra virgin olive oil
1 medium sized onion, finely chopped
1 yellow pepper, de-seeded and chopped
350g (1 ¾ cups) easy cook, long grain rice
½ tsp ground turmeric
½ tsp ground cumin
2 tbsp freshly chopped parsley
1 x 200g can sweetcorn kernels, drained
750ml (3 cups) hot chicken stock
1 tsp salt
Freshly ground black pepper

- Heat the oil in the cocotte over a medium heat. Add the onion and pepper and fry gently without colouring for 2 – 3 minutes.
- Stir in the rice and cook until all the oil is absorbed then add the remaining ingredients.
- Bring to slow boil, cover with the lid and reduce the heat to low simmer for two minutes.
- Remove the cocotte from the heat and leave it to stand for 20 minutes. Do not remove the lid during the standing time.
- Stir well before serving.

Alternatively:

- To serve cold as a salad, allow the rice to cool slightly, then stir in 3 tablespoons of French vinaigrette dressing. Cool completely before serving.