

Flavors of Mexico



ENTREES / BOTANAS

ARROZ ROJO

By Carne Fritas



This flexible dish is one of the most popular dishes next to “frijoles” (beans) in the basic Mexican cuisine.

Sometimes you will find it served with either a fried egg on top or with fried plattains (a type of banana, originally a Cuban dish that has become part of the culture in Veracruz and the rest of Mexico).



Ingredients:

1/4 cup oil
1 1/2 cup long-grain white rice
1/2 medium onion
2 - 3 plum tomatoes
2 cloves of garlic
3 1/4 cup water or chicken stock
1 cup frozen peas, carrots, corn or
a mixture of all of these (optional)
Salt to taste

Preparation:

Clean rice, removing any stones or bad grains, place in a bowl and cover with hot water. Set aside until cooled to room temperature, approximately 20 minutes.

Meanwhile, core a tomato, cut it into large chunks and place in a blender or food processor along with the garlic and onion, blend until smooth and set aside.

Rinse the rice under cold water until the water runs clear, then drain well.

Heat the oil in a 2 quart saucepan, add the rice stirring to coat each grain. Sauté the rice until the rice is golden (about 5 minutes). Drain any excess oil, add the tomato mixture and cook for a further 5 minutes or until the tomato mixture is absorbed. Add water or stock and adjust seasonings.

Bring to a boil and simmer uncovered until almost all the liquid has been absorbed, then add the frozen peas, lower the flame, cover and cook for an additional 5 minutes. Remove from the heat and allow to sit, (covered) for 20 minutes.

Fluff with a fork before serving.



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