

PREPARATION FOR PRACTICAL

Hygiene – Aprons, Hair, Hands, Surfaces

Equipment – Large frying pan, colander, plate, measuring jug, wooden spoon, paring knife, brown chopping board, teaspoon, tablespoon, fork, garlic crusher, grater, lemon juicer, scrap bowl, tin opener

Ingredients

- 1 tsp vegetable oil
- ½ large brown onion, diced
- 1 spring onion, finely sliced
- 2 garlic cloves, crushed
- 1cm cubed fresh root ginger, peeled/ finely sliced
- ¼ Scotch bonnet chilli, seeds removed/ finely sliced
- 1 tbsp ground turmeric
- ½ carrot, grated
- 200g ½ tin chopped tomatoes
- 100g ¼ tin coconut milk
- 200g ½ tin black beans, drained and rinsed
- 200g ½ tin kidney beans, drained and rinsed
- ½ tsp sea salt flakes
- ½ tsp freshly ground black pepper
- 200g white or brown rice, rinsed
- 2 fresh thyme sprigs
- ½ tbsp butter
- fresh flatleaf parsley, finely chopped, to garnish
- ½ lemon/ 1 tbsp – squeeze juice to serve



Caribbean Rice and Beans

This recipe uses the most popular beans in a Caribbean kitchen (black beans and kidney beans), all cooked up in a turmeric paste which adds extra flavour to the soft fluffy rice.



Ingredients

- 1 tsp vegetable oil
- ½ large brown onion, diced
- 1 spring onion, finely sliced
- 2 garlic cloves, crushed
- 1cm cubed fresh root ginger, peeled/ finely sliced
- ¼ Scotch bonnet chilli, seeds removed/ finely sliced
- 1 tbsp ground turmeric
- ½ carrot, grated
- 200g ½ tin chopped tomatoes
- 100g ¼ tin coconut milk
- 200g ½ tin black beans, drained and rinsed
- 200g ½ tin kidney beans, drained and rinsed
- ½ tsp sea salt flakes
- ½ tsp freshly ground black pepper
- 200g white or brown rice, rinsed
- 2 fresh thyme sprigs
- ½ tsp butter
- fresh flatleaf parsley, finely chopped, to garnish
- ½ lemon/ 1 tbsp – squeeze juice to serve

Method

1. Prepare ingredients – dice onion, slice spring onion, crush garlic, finely slice ginger and chilli, grate carrot, finely chop parsley, juice lemon and rinse rice.
2. Put 1 tsp of oil into large frying pan, add the onion, spring onions, garlic, ginger, chilli and ground turmeric. Fry for 3 minutes on a medium heat, until the onion and garlic are softened.
3. Add the carrot, tomatoes, coconut milk, black beans, kidney beans, salt and pepper and bring to the boil.
4. Add the rice, mix and, if necessary, add more water so the liquid level is just above the rice.
5. Add the thyme and butter and bring to the boil.
6. Reduce the heat to low and simmer for 25 minutes, or until the water is fully absorbed and the rice cooked through.
7. Serve with a garnish of parsley and lemon juice.