

# **Rice is Nice**

## **Hmmmm!**



**A Selection of Easy to Cook  
Rice Dishes**

**Eddie Martin**

**Rice is Nice ...Hmmmm!**

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of  
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## Introduction

Welcome to my book of exotic rice dishes. The name '**Rice is Nice ...Hmmm!**' aptly describes what you should expect from cooking any of these rice dishes. You will find the look of the dish, the smell of the dish and most of all the taste of the dish will want to make you go 'Hmmm! I want more'. However, before you go 'Hmmm! I want more', we first have to cook the dishes.

This book was written to present you with different types of rice dishes that are truly exotic and from around the world. I grew up in Guyana, South America, and many of their colloquial dishes use rice and pulses. In fact, most countries in that part of the world, where rice is the staple diet, have similar colloquial dishes. These form the basis of many of my dishes, which I would like to share with you.

Before we begin to cook, there are a few basics you should know:

- a) Cooking is flexible. Many people may not like some of the ingredients in the dishes. My view is 'Do not put anything in the dish that you do not like, why spoil it for you'. Quite a broad statement that, but remember, any ingredient you leave out of a dish will change the flavour that I had intended the dish to have. It is entirely up to you.
- b) All the dishes are based on using different pulses, which add to the flavour of the dishes. The pulse is also used to name the dish. There is one exception, **Plain Boiled Rice**, which I have included as an extra recipe. You would be surprised how many people cannot cook plain boiled rice.
- c) The word '**Meats**' is used as a generic term for **Beef, Chicken, Sausages, Gammon, Lamb, Pork** and **Prawns**.
- d) **Vegetarians** – Every ingredient used except for the meats are non-animal extracts. Simply leave out the 'meat' when cooking. The dishes will still have the dominant taste of the pulses.
- e) **Meat Eaters** – The recipe for the dishes include meat. You may wish to substitute any of the meats mentioned, if you desire. That's the beauty about cooking, a different meat will give a different flavour, why not try it.
- f) **Rice** - I always use **Basmati Rice** or **Long Grain Rice** as they are most appropriate to my recipes. There is a chapter on the different types of rice and you may like to try some of the others mentioned.
- g) **Onions** and **Garlic** – These two ingredients are always used in the dishes. In my opinion they are essential to any cooking and will add to the basic taste of the dish.

Enough of rules.

I have included a short chapter on each of the following. They describe the ingredients to make you aware of what you will be using in the dishes. The chapters on 'Rice' and 'Pulses' show you pictures of what the rice or pulse look like, a description of the item, cooking times and other information on the item.

Rice – the different varieties  
Pulses – different types and how to cook them  
Onions – types of onions  
Garlic – types and forms of garlic  
Spices – the various spices used  
Meats – the various meats used  
Vegetables – a variety used in the recipes  
Other Ingredients – other ingredients used in the recipes

The remaining pages of the book are dedicated to the recipes and describe ‘Cooking the Dishes’. Each recipe is on a separate page and is based on cooking for 4 people. On some of the facing pages are photographs of the cooked dishes, so you can see what they look like. The recipes refer to other parts of the book for relevant information, e.g. Rice, Pulses.

Enjoy cooking.



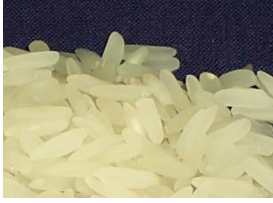

Eddie Martin

## A Selection of Rice

There are many varieties of rice from around the world and they come in different shapes and colours. Rice is the most important crop in many countries providing the main economy as well as forming the basic stable diet. Rice can be made into different forms, e.g. cream of rice, pounded or flaked rice, noodles, flour, paper, milk and puffed rice. Not only is rice used in a variety of ways for varied cuisines but it is also involved in the culture of a country.

The origins of rice may never be known but it is widely believed that it originated in the Far East, possibly between China and Thailand and is now grown all over the world. It is also believed that more people have used rice as a food source than any other crop in history.

Rice is normally classified by the size of the grain and as you will see from the table below, rice also has a variety of shapes and textures.

Photos	Types of Rice
	<b>Basmati Rice</b> - An aromatic, <b>Long Grain Rice</b> . The grains swell almost three times lengthwise when cooked and are firm, dry, separate and fluffy. It has a unique flavour and aroma. Basmati Rice is available as <b>White Rice</b> or <b>Brown Rice</b> . Brown Basmati Rice has more fibre and a stronger flavour, and takes twice as long to cook.
	<b>Brown Rice</b> – Also known as <b>Whole Grain Rice</b> . The name and colour of the rice is due to the bran and germ layers, which surrounds the kernel. It is rich in minerals and vitamins and has a chewier and nuttier flavour than <b>White Rice</b> . It takes twice as long to cook than White Rice.
	<b>Jasmine Rice</b> – Also known as <b>Thai Basmati Rice</b> or <b>Thai Jasmine Rice</b> . A <b>Long Grain Rice</b> that has an aromatic aroma and flavour of popcorn or nuts. It has a soft, moist texture that sticks together when cooked. The rice swells and one cup of dried rice will yield three cups of cooked rice. Jasmine Rice is available as <b>White Rice</b> or <b>Brown Rice</b> .
	<b>Long Grain Rice</b> - Long slender kernels that stay separate and fluffy when cooked. The length is four to five times longer than the width. There are several varieties of Long Grain Rice and it is the most common type of rice consumed in the world.

## The Variety of Pulses

Use about 40gms of beans per person. However, you can use more or less as desired.

Dried pulses must be soaked in water before conventional cooking, i.e. not using a pressure cooker.




Use about three times the amount of water as the pulse for soaking.

Long cold soak – All pulses, except for lentils, should be soaked in cold water for about 12 hours.

A quicker soaking method is to add three times the amount of water as the pulse, bring to the boil for a few minutes, remove from the heat and stand the pulse for an hour.

When cooking, either conventionally or by pressure cooker, add enough water to cover the beans by about 4cms or 1.5 inches. Always discard the water that the beans were cooked in. It is important for beans to be cooked until they are soft.

Use tinned beans if cooking the beans is not an option.

Photos	Pulse	Approx. size incr.	Conv. cooking time (mins.)	Pressure cooker (15psi) time (mins.)
	<b>Aduki Beans</b> – Also known as Adzuki or Azuki Beans. A small sweet flavoured red-brown bean from the adzuki plant. Used mainly in Asian cooking and in vegetarian dishes. The word ‘Adzuki’ originates from the Japanese ‘azuki’ meaning ‘red bean’.	2-3	60	15
	<b>Alubia Beans</b> – Also known as White Kidney Beans or Cannellini Beans. It has a nutty flavour and buttery texture.	2-3	60	15
	<b>Black Beans</b> – Also known as Turtle, Black Turtle, Mexican Black or Spanish Black Beans. A pea sized, black in colour bean with an earthy flavour used in Latin American, Chinese and Japanese dishes.	2-3	60	15

## Types of Onions

Onions have two classifications. **Spring Onions**, which are fresh and used in salads and lightly cooked dishes, and **Conventional Onions** which can be stored for a longer period of time and are the ones used in most cooked dishes.

Conventional Onions are available in yellow, red or white. The yellow type onion makes up the greatest percentage of onions used in the world and will be used in the recipes. All onions have multiple outer layers of papery skin. Most have a strong pungent smell and flavour, and are ideal for savoury rice dishes.

Onions vary in size from 2cm to more than 9cm in diameter. The most common sizes of onions are medium (4 to 6 cm in diameter) and large (6 to 8 cm in diameter).

**Yellow Onions** have a strong-flavour, and turn brown when fried. **Red Onions** are ideal for fresh cooking and salads because of its colour. **White Onions** have a sweet flavour and turn a golden colour when fried.

There is not one known source where the onion originated. It is believed that wild onions have been grown for a very long time and that cultivation may have started about 5000 years ago.

## Types of Garlic

There are many varieties of garlic in the world and they vary in colour from white to a dark wine colour. Garlic is a member of the lilies, **Onions**, leeks and **Chives** plant family and has been cultivated for thousands of years for its culinary and medicinal attributes.

The garlic plant can grow up to 50 cm and have flat green leaves. The plant has slender stalks, which produce edible flowers when in bloom. The skin of the garlic bulb encloses a number of cloves, which are used in cooking.

Garlic has been grown for about 5000 years and is one of the oldest known cultivated crops. There are other plants known as wild garlic. These are not necessary garlic itself but other species of the garlic family.

Garlic is available in different forms:-

**Garlic bulbs and cloves** – The fresh garlic normally bought.

**Granulated Garlic** - This provides the flavour but not the texture of fresh garlic and dissolves well in liquids.

**Garlic flakes** – These are dried pieces of garlic, which when mixed with a liquid provide the flavour and texture of fresh garlic.

**Garlic powder** – This provides the flavour of garlic but not the texture. It dissolves in liquids.

**Garlic salt** – A mixture of garlic powder and salt.

**Garlic juice** - Strained juice from minced or pressed garlic.

**Garlic greens** – The sprouts from a garlic bulb.

**Garlic oil** – Garlic cloves and **Olive Oil** heated together. The cloves are then taken out.

**Elephant Garlic** – This is milder than ordinary garlic. It is more a member of the leek plant family but looks like a very large garlic bulb.

## Aduki Bean Rice



## Aduki Bean Rice

Serves 4 - (Time to prepare and cook = 1 hour)

160gms **Aduki Beans** – soaked and cooked

80gms or half a cup of **Basmati Rice** per person

1 large **Onion** – chopped

4 cloves of **Garlic** – chopped

1 litre of hot water

150gms **Green Beans** – cut into small pieces

150gms tinned **Sweet Corn**

400ml can **Coconut Milk**, or grate, soak and squeeze the milk from one coconut

150gms red **Capsicum Pepper** – cut into small pieces

600gms **Chicken** – cut into cubes

3 teaspoons **Marjoram**

3 teaspoons **Chives**

2 teaspoons of **Salt**

6 tablespoons **Corn Oil**

1 teaspoon of **Black Pepper**

Soak the Aduki Beans overnight in three times the amount of water to the volume of beans when cooking them by conventional cooking, i.e. not using a pressure cooker.

Select a large pot for cooking that will be sufficient for all the ingredients, including the swollen rice when cooked. A 4-5 litre pot will be ample.

Cook the Aduki Beans as indicated in the ‘Pulses’ chapter. The cooking time depends on whether a pot and lid (conventional) or a pressure cooker is used. The beans are cooked when they can be squashed between two fingers without them being too hard or too soft. Discard the water and transfer the beans into a suitable container for later use.

Heat the oil and fry the onion for about 3 minutes, stirring occasionally. Add the garlic and fry for another minute, stirring occasionally.

Add the Marjoram, Chives, salt, black pepper and fry for another minute to let the flavour of the spices infuse into the oil. Stir occasionally.

Add the chicken and continue to fry until the chicken is cooked. Stir occasionally to ensure the chicken is cooked all over.

Add the water, rice, cooked beans, green beans and coconut milk. Bring to the boil, reduce the heat and simmer for about 8 minutes, stirring occasionally.

Add the sweet corn, red pepper and simmer on a very low heat until the rice is cooked, stirring occasionally. The rice will soak up the water and coconut milk. If the water has evaporated before the rice is cooked, add small amounts of water to ensure the rice is cooked. Occasionally pinch the rice between two fingers to test if it is ready. It needs to be firm but soft, i.e. not gritty on the inside.

## **Black Bean Rice**



## Black Bean Rice

Serves 4 - (Time to prepare and cook = 1 hour)

160gms **Black Beans** – soaked and cooked

80gms or half a cup of **Basmati Rice** per person

1 large **Onion** – chopped

4 cloves of **Garlic** – chopped

1.5 litres of hot water

150gms tinned **Sweet Corn**

150gms diced **Carrots**

150gms green **Capsicum Pepper** – cut into small pieces

600gms **Pork** – cut into cubes

3 teaspoons **Oregano**

3 teaspoons **Thyme**

2 teaspoons of **Salt**

6 tablespoons **Corn Oil**

1 teaspoon of **Black Pepper**

Soak the Black Beans overnight in three times the amount of water to the volume of beans when cooking them by conventional cooking, i.e. not using a pressure cooker.

Select a large pot for cooking that will be sufficient for all the ingredients, including the swollen rice when cooked. A 4-5 litre pot will be ample.

Cook the Black Beans as indicated in the ‘Pulses’ chapter. The cooking time depends on whether a pot and lid (conventional) or a pressure cooker is used. The beans are cooked when they can be squashed between two fingers without them being too hard or too soft. Discard the water and transfer the beans into a suitable container for later use.

Heat the oil and fry the onion for about 3 minutes, stirring occasionally. Add the garlic and fry for another minute, stirring occasionally.

Add the Oregano, Thyme, salt, black pepper and fry for another minute to let the flavour of the spices infuse into the oil. Stir occasionally.

Add the pork and continue to fry until the pork is cooked. Stir occasionally to ensure the pork is cooked all over.

Add the water, rice, cooked beans, carrots and bring to the boil. Reduce the heat on the cooker and simmer for about 8 minutes, stirring occasionally.

Add the sweet corn, green pepper and simmer on a very low heat until the rice is cooked, stirring occasionally. The rice will soak up the water. If the water has evaporated before the rice is cooked, add small amounts of water to ensure the rice is cooked. Occasionally pinch the rice between two fingers to test if it is ready. It needs to be firm but soft, i.e. not gritty on the inside.

## **Black Eye Bean Rice**



## Black Eye Bean Rice

Serves 4 - (Time to prepare and cook = 1.5 hours)

160gms **Black Eye Beans** – soaked and cooked

80gms or half a cup of **Basmati Rice** per person

1 large **Onion** – chopped

4 cloves of **Garlic** – chopped

1 litre of hot water

400gms chopped tinned **Tomatoes**

400ml can **Coconut Milk**, or grate, soak and squeeze the milk from one coconut

150gms red **Capsicum Pepper** – cut into small pieces

4 small **Chilli Peppers** – chopped or grounded

300gms smoked **Gammon**

300gms cooked **Prawns**

3 teaspoons **Marjoram**

3 teaspoons **Thyme**

6 tablespoons **Corn Oil**

2 teaspoons of **Salt**

1 teaspoon of **Black Pepper**

Soak the Black Eye Beans overnight in three times the amount of water to the volume of beans when cooking them by conventional cooking, i.e. not using a pressure cooker.

Select a large pot for cooking that will be sufficient for all the ingredients, including the swollen rice when cooked. A 4-5 litre pot will be ample.

Boil the gammon in water for about half an hour until cooked. Cool and cut the gammon into small cubes.

Cook the Black Eye Beans as indicated in the ‘Pulses’ chapter. The cooking time depends on whether a pot and lid (conventional) or a pressure cooker is used. The beans are cooked when they can be squashed between two fingers without them being too hard or too soft. Discard the water and transfer the beans into a suitable container for later use.

Heat the oil and fry the onion for about 3 minutes, stirring occasionally. Add the garlic and fry for another minute, stirring occasionally.

Add the Marjoram, Thyme, chilli peppers, salt, black pepper and fry for another minute to let the flavour of the spices infuse into the oil. Stir occasionally.

Add the water, rice, cooked beans, tomatoes and coconut milk. Bring to the boil, reduce the heat and simmer for about 8 minutes, stirring occasionally.

Add the gammon, prawns and red pepper, and continue to simmer on a very low heat until the rice is cooked. Stir occasionally. The rice will soak up the water and coconut milk. If the water has evaporated before the rice is cooked, add small amounts of water to ensure the rice is cooked. Occasionally pinch the rice between two fingers to test if it is ready. It needs to be firm but soft, i.e. not gritty on the inside.

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## **Rice Lovers, Satisfy Your Craving! 40 Easy-To-Cook Recipes That Are Delicious And Nutritious To Make You Go Hmmm!**

**This cookbook was inspired by the need to cook and eat good food, and the recipes transport you to different parts of the world. As the title states, it makes you want to say “Rice is Nice Hmmm!” when you see the colours, smell the aromas and taste the flavours of the food. The dishes can be cooked in one pot, thus making the meals nice and easy to prepare.**

**Each recipe includes Rice and one of the Pulses, all of which are found in abundance. Rice is a very versatile food item, and there are many varieties that come in different shapes and colours. The dishes in this book use Basmati rice. Pulses also come in a variety of shapes, colours and sizes and are high in fibre, and very nutritious. 20 different pulses are used in the recipes.**

**The cookbook also includes chapters on the varieties of rice, pulses, onions and garlic. There are further chapters on the spices, meats, vegetables and other ingredients used in the recipes. There is even a recipe to cook plain boiled rice.**

**The final chapter was written for the more adventurous cooks. It describes how flexible it is to cook these types of rice dishes, and shows you how to make up your own recipes. The beauty of this allows you to include, or exclude, your choice of ingredients.**



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