

traditional mexican rice recipe

Traditional Mexican Rice Recipe There are no secrets when you cook rice; it is true that you will need some practice in order to achieve a perfect one, since you must be familiar with the pot, the stove (temperature), and the exact time when it is ready. Perfect rice needs the exact quantity of liquid, so the cereal absorbs it and gets to the "dente" point, just as Italian pasta. Rice should not overcook (for excess of liquid), or become sticky (for stirring it too much while cooking with water), or it will burn at the bottom of the pot (for lack of liquid). Cooking beginners always complain about getting rice well done. Practice, patience and not discouraging, can be the best tips we can give. The right proportion of cereal vs. liquid is 1 cup of rice, for 2 cups of liquid, but this is not the rule, sometimes you will need to add perhaps a bit more (maybe a couple of tablespoons or a quarter of cup), the free authentic mexican recipes from mexico section will now show you how to do this. google-english-general

Traditional Mexican Rice Recipe

Serves 8

Ingredients:

2-cups (15 oz/450 g) of long-grain white rice

1-medium onion, cut into large dice

1-small red bell pepper, cut into small dice

1-medium carrot, cut into small dice

½ cup of raw corn grains

2-garlic cloves peeled

4-cups (32 fl oz/960 ml) of hot water, or better, chicken broth (in case you do not use chicken broth add a cube of chicken bouillon)

1-medium tomato cut in small pieces

3-parley leaves

Sea salt or normal one at taste

2 tablespoons of oil (the one you prefer for cooking)

Preparation

In a blender, pour the tomato, the onion and the garlic and 2 cups of chicken broth or hot water and blend them, have this ready to be strained, once the rice is fried. Reserve.

In a large nonstick pot, on medium heat, pour the oil, add the rice, and fry it a bit, till it gets a golden color. When you get to this point add the vegetables, stirring a bit for a couple of minutes, add the tomato, garlic and onion, strained.

Incorporate the rest of the liquid (the two cups of chicken broth remaining; in case you use hot water, add the cube of chicken bouillon and let it disintegrate). Next add the parley leaves, season with salt, and place the pot covered with a lid over low heat; and maintain simmering, till all the liquid evaporates, check if the rice is well cooked, if not, you may need to add a bit more of hot water. Be careful not to stir the rice while it is simmering, or it will get sticky, just check the level of liquid using a knife's blade.

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