



Native Peas & Rice

- ✓ 1lb Long Grain Rice of your choice
- ✓ 32oz Chicken Stock or Plain Water
- ✓ 6oz Diced Onion
- ✓ 4oz Diced Red Bell Pepper
- ✓ 4oz Diced Tomato
- ✓ 6oz Tomato sauce
- ✓ 4oz Olive Oil
- ✓ 8oz Pigeon Pea
- ✓ 8oz Coconut Milk
- ✓ 2tsp Fresh Thyme
- Salt to Taste



In a pot of your choice on medium heat add tomato sauce and olive oil. Mix constantly with wooden spoon allowing tomato sauce to caramelize, having a dark but not burnt consistency.

Once completed add vegetables and mix for about 30seconds. When vegetables are tender add coconut milk, pigeon pea and stock.

When boiled add salt and taste with separate spoon to desired taste. Add rice and thyme mixing to ensure rice doesn't stick to the bottom of the pot on medium heat.

Let rice cook for 5 to 10 minutes or until liquid has almost completely evaporated. When liquid has reduced cover the pot and allow cooking on very low heat for about 20 to 30minutes, mixing at times to ensure rice does not stick.



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