

Authentic Mexican Rice

The secret to getting making and fluffy Mexican rice that doesn't stick together is to thoroughly rinse the uncooked rice under cold water for a couple minutes to remove the excess starch.

Ingredients:

3 or 4 medium ripe tomatoes, seeded and roughly chopped
1 medium onion, roughly chopped
3 or 4 cloves garlic, peeled
2 jalapeno peppers, seeded
¼ cup extra virgin olive oil
2 cups long-grain white rice, thoroughly rinsed
2 cups organic chicken broth
Fresh cilantro, stems removed and finely chopped
Salt and pepper, to taste
2 limes, cut into wedges

Directions:

Preheat oven to 350 degrees.

Roughly chop tomatoes, onion, garlic and jalapeños and add to blender or food processor. Process thoroughly until mixture is smooth.

In a large oven-safe skillet with a tight-fitting lid, heat olive oil over medium heat. Once hot, add rinsed rice and stir constantly with wooden spoon for 5 or 6 minutes or until it starts to turn brown.

Add broth and pureed tomato mixture to pan. Stir until thoroughly combined with rice. Bring to a boil while stirring occasionally, and then remove from heat.

Cover skillet with lid and place in pre-heated oven on middle shelf.

After 15 minutes, remove lid and carefully stir contents of pan. Cook another 15 minutes or until all excess moisture in pan has been absorbed.

Remove from oven and stir in fresh cilantro. Season with salt and pepper, to taste. Serve with wedges of fresh lime to help "brighten" the taste.