

Recipe for Jamaican Rice & Peas

(Shared by Marcia Middleton)



Ingredients	Notes
1½ cups long grain white rice	I use parboiled or enriched rice
1 can (15.5 oz) cooked red kidney beans	Jamaicans generally use red kidney beans as the “peas” in this recipe. But for the Holidays, they might use another legume, especially gungo/pigeon peas. You can boil the dried beans yourself until they soften or use cooked canned beans, as I do. Rinse and drain the beans before adding.
1 cup coconut milk 2¼ cups water	I use lite coconut milk which comes in a can. I add water to dilute it and create enough liquid to cook the rice fully.
3 stalks scallion/green onion	
3 cloves garlic	
1 bunch fresh thyme or 1 tsp dried thyme	
1½ tsp salt	
½ tsp black pepper	Most Jamaicans like very peppery foods so instead of black pepper (or sometimes in addition to black pepper), they use “Scotch

	Bonnet” peppers, grown on the island. This chili pepper is very hot , about twice as hot as habanero peppers and about 40 times as hot as jalapenos. You can adjust the heat to your liking. The ½ tsp will just give a bit of flavor, not blow your socks off.
½ tsp allspice/pimento	This isn’t a mixture of spices, as you might think, but a spice in it’s own right. It gets it’s name because it <u>tastes like</u> a mixture of cloves, nutmeg and cinnamon, and this spice packs a punch in terms of having the flavor and aromas of holiday baking.

Method

Place all the ingredients in a pot and bring it to a steady boil. Then, reduce the heat, cover and cook on low for about 20 minutes, until all the cooking liquid is absorbed. Remove from heat and let it sit covered for about 10 minutes more. Before serving, remove the scallion, garlic and thyme stems (if you used fresh thyme), and fluff.

Serving Suggestions



Rice & peas can be served with Jamaican meat dishes (e.g., jerk chicken or pork, curry goat or oxtail), steamed vegetables and fruit salad. Or you can serve it with any of your favorite meat and veggie dishes.

For a meatless meal, serve rice & peas with a vegetarian curry, avocado and a veggie salad, or any of your favorite vegetarian dishes.

I hope you’ll try & enjoy this island favorite. Warm holiday greetings from my house to yours!