



JAMAICAN RICE AND BEANS BACKGROUND

Recipe Background: Rice and beans are beloved by many cultures around the globe. It is the ultimate comfort for many people. This Jamaican version is sweet, spicy and comes from a group of Teen Battle Chefs in Brooklyn, NY. This is a delicious recipe that has a very 'bright' flavor owing to the fresh Scotch Bonnet pepper! Be sure you wear gloves and don't touch your face, when chopping the pepper. They are VERY hot!

Nutrition: The kidney beans in this dish provide protein, calcium, fiber and iron—what a powerful food! Matched with whole grain brown rice, this recipe provides all the amino acids (protein parts) that you need! That is one reason it is a dish found in many variations all over the world. Brown rice has important B vitamins and fiber as well as carbs for energy. The fat from coconut is a healthy fat that give us long-lasting energy. The vegetables and herbs lend the dish vitamins that help fight cancer.

Jamaican Food: (Paraphrased from Wikipedia) Caribbean cuisine is a fusion of African, Amerindian, British, Spanish, French, Dutch, Indian, and Chinese cuisine. These traditions were brought from the homelands of this region's population. Caribbean people have also created styles that are unique to the region. A typical dish that is becoming popular here is "jerk" seasoned chicken. It is a unique, spicy flavor. Curry goat and chicken are eaten in all the Islands. Rice is a prime food eaten with various sauces and beans, which West Indians call peas.

One popular dish is goat stew is a tomato-based stew, with breadfruit, green pawpaw (papaya), and dumplings (also known as "droppers"). Another popular dish is called "Cook-up", or Pelau. It combines meats, pigeon peas and vegetables with rice. Callaloo is a dish containing leafy vegetables and sometimes okra—a good example of the mixture of African and Caribbean ingredients.

Another Caribbean mainstay is rice, in various forms on different islands. Some season their rice, or add peas and other touches such as coconut. Sometimes the rice is yellow, other times it may be browner. Beans are also very popular.





JAMAICAN RICE AND BEANS RECIPE

Cultural Background:

Where in the World? Caribbean Islands

Staple Foods: Rice

Did You Know? Caribbean Jerk seasoning is world famous for it's unique spicy flavor!

Nutrition: This Dish Is Rich In...

Carbs: beans and rice

Protein: beans

Fat: Olive Oil

Vitamins and Minerals: all! (beans and veggies also have fiber.)

Prep Time: 30 minutes **Cook Time:** 1 hour **Makes:** 10 servings
Recipe by the 2008 Teen Battle Chefs of Urban Assembly of Music and Art

Ingredients:

1 cup	Brown Rice
1 medium	Onion
2 cloves	Garlic
1	Green pepper
½	Scotch Bonnet Pepper
1 ½ tablespoon	Olive Oil
2 cans	Kidney Beans
¼ cup	Coconut Milk
½ teaspoon	Kosher Salt
¼ teaspoon	freshly ground Pepper
1 large sprig	fresh Thyme

Directions:

1. **ADD** 2 cups of water and rice to a saucepan and **BRING** to a boil. **COVER** and **COOK** on low heat until all water is absorbed and rice is tender, about 40 minutes.
2. Meanwhile, **WASH** all the produce.
3. **CHOP** the onion, garlic and green pepper finely and **SET** aside.
4. **PUT** on gloves and **SLICE** the Scotch Bonnet pepper thinly. Do NOT touch your face, nose, mouth etc. while slicing the hot pepper.
5. **HEAT** the pan over medium high heat then **ADD** olive oil.
6. **ADD** all the vegetables, and **REDUCE** the heat to low, stirring until softened (about 10 minutes).



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7. While the veggies are cooking, **OPEN** the cans of beans and coconut milk. Carefully **DISCARD** the sharp lids.
8. **RINSE** the beans in a colander. **SET** aside.
9. **MEASURE** the coconut milk.
10. **ADD** the beans and coconut milk to the cooked veggies.
11. **ADD** cooked rice and **MIX** well.
12. **SEASON** with salt, pepper.
13. **ADD** the 1 sprig of fresh thyme, **MIX** well.
14. **COOK** covered tightly for 10-15 minutes on low heat.





JAMAICAN RICE AND BEANS INGREDIENT & EQUIPMENT CHECKLIST

PERISHABLE INGREDIENTS

- 1 medium Onion
- 2 cloves Garlic
- 1 Green Pepper
- ½ Scotch Bonnet Pepper
- 1 large sprig Thyme

NON-PERISHABLE INGREDIENTS

- 2 cans Kidney Beans
- 2 tablespoons Olive Oil
- 1 cup uncooked Rice
- ¼ can Coconut Milk
- Kosher Salt
- Black Pepper

COMMON EQUIPMENT

- Chef's Knife
- Paring Knife
- Cutting Boards
- Measuring Spoons & Cups
- Wooden Spoon
- 10 *Mise en Place* Bowls
- Colander

SPECIAL EQUIPMENT

- Can Opener
- Large Bowl
- 2 Saucepans with Lids

DISPOSABLE SUPPLIES

- Tasting Spoons
- Paper Towel Roll
- Napkins for all
- Plastic Gloves for all

SUPPLIES

- Plates/Bowls for all
- Forks/Spoons for all

