

Mexican Style Rice

Arroz a la Mexicana

Ingredients

- 2 small tomatoes, such as Roma
- ¼ onion
- 1 cup long grain rice
- 1/4 cup vegetable oil
- 2 cups water, or broth; keep hot
- 1 tsp salt
- 1 clove garlic; peeled
- ¼ cup peas; fresh, or frozen
- ½ cup carrots; washed, peeled and cut into small cubes

Wash tomatoes, remove stem side and cut into large chunks; process in the blender with the onion, until very smooth, and set aside. Rinse rice in a bowl with warm water, drain, and repeat at least twice, until the water looks clear. Drain one more time through a strainer, and let dry completely. Pour oil in a wide pot over medium heat; it must be nice and hot to fry the rice, so test by adding a few grains and looking for a strong sizzle. Add rice, stirring constantly to avoid excessive browning; it should sound like it is getting fried, not steamed. Continue cooking and monitoring carefully, until crispy and light golden brown; do not leave unattended, it browns quickly and may burn. Immediately add the tomato blend, and stir until completely coated; reduce heat to simmer the tomatoes for about two minutes; add garlic, and continue cooking for one minute. Meanwhile, dissolve salt in hot water (or broth), then add to the rice; increase heat to high, add veggies and bring to a boil. Cover, reduce heat to a gentle simmer, and cook undisturbed, for 15 minutes. Uncover and check if the surface has dried; check bottom of the pot very carefully with a fork, it should not have any liquid left. Taste one grain; it should be completely cooked. Turn off the heat and let the pot rest on the burner, uncovered, for 5 to 10 minutes; fluff very lightly with a fork, folding from the edges towards the centre of the pot. The rice should be fluffy, tender and each grain separating easily:



Many people nowadays serve this rice as a side, restaurant style, but when served on its own, it would not be unusual to find it topped with a fried egg:

