

## TOMATO RICE

### Equipment needed –

1 large frying pan, garlic crusher, small knives, chopping boards, measuring spoons (tablespoon, teaspoons), measuring cup (1 cup), medium saucepan, sieve and 3 serving bowls.

### Ingredients from the Garden –

- 2 cloves of garlic crushed
- 2 brown onions, finely chopped

### Ingredients from the Pantry –

- 2 tablespoons of ghee
- 4 cups of rice, washed and drained
- 2 tablespoons of tomato paste
- 2 teaspoons of salt
- 2 pandan leaves, torn into thin strips

### What to do –

1. Measure out 4 cups of rice place in a sieve and wash well with cold water. Set aside to drain.
2. Peel and crush the garlic and set aside.
3. Peel and dice the onions and set aside.
4. Measure out 2 tablespoons of ghee and melt over a medium heat in a large frying pan.
5. Add the garlic and onions and sauté until soft and caramelised.
6. Add the rice and stir well to coat with the ghee. Measure out 2 tablespoons of tomato paste and add to the rice. Measure out 2 teaspoons of salt and add to the rice mixture. Stir well to combine.
7. Transfer the rice mixture to a large saucepan and smooth the rice so its level all over. Cover with water to a depth of 2.5cm above the surface of the rice.
8. Tear the pandan leaves, into thin strips and tie into a loose knot. Place the pandan leaves in the rice and then jiggle the pot around to level the rice out again. Bring the pot to the boil, cover and immediately turn the temperature back to simmer for 10 minutes. Turn the heat off but leave the saucepan on the stove for a further 15 minutes.
9. Remove the leaves, and then fluff up the rice using a fork and divide the rice into 3 serving bowls.

### Serves –

- 28 students.