



# Sugar Apple

Posts From The Caribbean

## **Basmati Rice with Spinach**

*2 cups basmati rice*

*½ small onion, thinly sliced*

*1 pound fresh spinach (or substitute 1 box frozen chopped spinach, thawed and squeezed to remove the liquid)*

*2 tablespoons vegetable oil*

*1 tablespoon butter or ghee*

*1" piece of ginger in one piece (no need to peel it)*

*1 stick cinnamon*

*1 whole chili pepper*

*2 2/3 cups water*

*salt to taste*

Put the rice in a bowl and rinse with several changes of water, until the water is fairly clear. Then fill the bowl with water up to about 2 inches above the rice and let the rice sit for at least 30 minutes. This gets rid of some of the starch on the rice so your cooked rice will end up staying in separate grains and not be sticky and clump together. Drain the rice.

Put the oil and butter in a heavy pot and put it on the stove over medium heat. When the butter is melted, add the onion and sauté until it is softened and starting to brown. Add the ginger and cinnamon and chili pepper and let them cook in the oil for a minute and start to impart their fragrance to the oil. Add the spinach and turn it over in the oil so it's evenly coated. Let it cook down until it's starting to wilt and soften up. Add the drained rice and cook for another minute or two. Add the water and salt to taste, cover and bring to a boil. Turn the heat down as low as it will go and cook for 18-20 minutes, until the rice is cooked through and the water is all evaporated. Serve hot or warm and make sure to warn guests not to eat the cinnamon, ginger and chili pepper (unless they're really brave). This will serve 6-8 people.

<http://www.abigailblake.com/sugarapple>

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