

Jamaican Season Rice

Season rice (and notice, mi never say 'seasoned rice', just in the same way one does not say 'curried goat', but 'curry goat', or 'stewed peas', but 'stew peas') is that wonderful one pot meal which used to be cooked when food was rationed, or when mama was kind of busy.

It also allowed mama to use up the leftovers in a very creative and nutritious way for a family which would lick fingers afterwards. Even if Season rice was served for dinner because things were tight, to us it was like a major feast. What Yuh A Go Need

- One pound of cooked rice (yesterday's rice is fine)
- 6 - 8 ounces of cooked and flaked saltfish (salted cod)
- 8 ounces of coconut milk
- One medium sized onion, diced
- One clove of garlic, diced)
- Fresh jalapeno or scotch bonnet pepper (to taste) shredded
- Fresh thyme (two sprigs)
- Any other left over meat kind
- Oil (your choice) What Yuh A Go Dolf you have uncooked rice, then cook it and go to the next step. In a large frying pan sautee onion, garlic thyme and pepper. Add flaked saltfish and any other meat (diced or flaked), stirring constantly. Add cooked rice, stirring all the time. Add coconut milk, constantly stirring, then cover and leave on the lowest flame for about ten minutes. Serve when hot, either by itself or with meat or vegetable stew.