

## RECIPES

### Arroz Blanco - White Mexican Rice

This rice is often served as a course in the *comida*, as well as with rich complex dishes for which it is the perfect foil. Its pilaf-style preparation, with the addition of small amounts of onion and garlic, insures that it has both more flavor and a more lush texture than plain steamed rice.

#### Ingredients

3 cloves garlic, peeled and roughly chopped  
1 teaspoon salt  
3 cups chicken, turkey, or pork broth, or water  
1/4 cup extra virgin olive oil  
1 ½ cups long grain rice, preferably jasmine  
1/4 cup minced white onion  
1 clove garlic, minced  
3 cups chicken, turkey or pork broth, or water

#### Directions

**1. Make the broth.** Put the 3 cloves garlic and salt in a blender, add the broth or water, blend to puree, and reserve.

**2. Prepare the rice.** Place the oil in a heavy pot or Dutch oven over medium heat, add the rice and cook, stirring frequently, for 3 - 4 minutes. The rice should become opaque but not be allowed to brown. Add the onion and garlic and cook one minute more, stirring almost constantly. Add the reserved broth mixture to the rice and bring to a boil. Cover the pot, turn the heat to very low, and cook for 15 minutes. Remove the rice from the heat and allow it to rest, unopened, for 10 minutes. Remove the lid, stir the rice carefully with a fork to avoid damaging the grains, and replace the lid. Allow the rice to steam for another 10 minutes.