

Coconut Rice

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
unrefined coconut oil	1 TBLSP	
garlic	2 cloves	minced
basmati rice	1 can (13.5 oz)	
coconut milk	1 can (13.5 oz)	
water	1 can (13.5 oz)	
salt	1 tsp	
fresh ginger	1 TBLSP	peeled & grated

- Heat the coconut oil in a heavy pan over medium heat and then add the garlic. Sauté about one minute, stirring constantly. Add the rice and sauté another minute, still stirring constantly.
- Add the coconut milk, water, and salt, and bring to a boil over high heat.
- Reduce heat to low, cover the pan, and simmer 15 minutes. Turn off the heat and let sit 10 minutes.
- Sprinkle the ginger over the top of the cooked rice, and rake into the rice with a fork. The fork helps the rice stay fluffy and not get sticky.

NOTE: Unrefined coconut oil tastes like coconut. Refined does not.