

10 RICE RECIPES

by

GER WHOLESALE



VEGAN SALSA RICE



Ingredients:

- 1 tablespoon plant-based butter
- 1 onion, diced
- 2 garlic cloves, minced
- 1 cup long-grain white rice
- 2 cups vegetable broth
- 1 cup salsa
- 1 teaspoon cumin
- Salt and pepper to taste
- Fresh cilantro for garnish (optional)

Instructions:

- In a large saucepan, melt the plant-based butter over medium heat.
- Add the diced onion and minced garlic to the pan, stirring occasionally, until the onion is translucent and the garlic is fragrant.
- Add the rice to the pan, stirring to coat the rice in the onion and garlic mixture. Cook for 2-3 minutes, stirring occasionally, until the rice is lightly toasted.
- Add the vegetable broth, salsa, cumin, salt, and pepper to the pan. Stir well to combine.

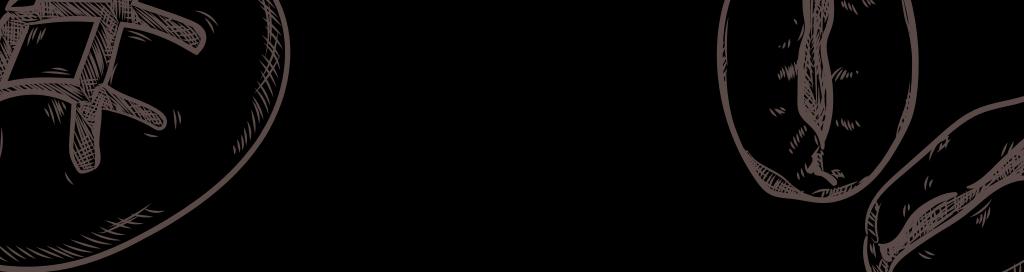
Instructions:

- Bring the mixture to a boil, then reduce the heat to low and cover the pan with a tight-fitting lid. Cook for 18-20 minutes, or until the rice is tender and the liquid has been absorbed.
- Once the rice is cooked, remove the pan from the heat and let it sit covered for 5-10 minutes to allow the flavors to meld.
- Fluff the rice with a fork and serve hot, garnished with fresh cilantro if desired.

Enjoy your delicious and nutritious
vegan Salsa Rice dish!

OMOTUO WITH GROUNDNUT SOUP RECIPE





Ingredients For Omotuo:

- 2 cups rice flour
- 3 cups water
- Salt to taste



Ingredients For Groundnut Soup:

- 2 cups roasted peanuts
- 1 onion, chopped
- 3 garlic cloves, minced
- 2 tomatoes, chopped
- 1 scotch bonnet pepper, chopped
- 2 cups vegetable broth
- 2 tablespoons tomato paste
- 2 tablespoons palm oil
- 1 teaspoon ginger, grated
- 1 teaspoon garlic powder
- Salt and pepper to taste

Instructions For Omotuo:

- In a large saucepan, bring the water to a boil.
- Add the rice flour and stir continuously with a wooden spoon until the mixture is smooth.
- Reduce the heat to low and cover the pan with a tight-fitting lid. Cook for 20-25 minutes, or until the mixture has formed a stiff dough.
- Remove the pan from the heat and let the dough cool slightly.
- Using your hands, form the dough into balls about the size of a golf ball.
- Serve hot with groundnut soup.

Instructions For Groundnut Soup:

- In a blender, blend the roasted peanuts until they form a smooth paste.
- In a large saucepan, heat the palm oil over medium heat.
- Add the chopped onion, minced garlic, grated ginger, and chopped scotch bonnet pepper to the pan, stirring occasionally, until the onion is translucent and the garlic is fragrant.
- Add the chopped tomatoes and tomato paste to the pan, stirring well to combine.
- Add the groundnut paste to the pan and stir well to combine.



Instructions For Groundnut Soup:

- Slowly add the vegetable broth to the pan, stirring constantly to avoid lumps.
- Add the garlic powder, salt, and pepper to taste.
- Reduce the heat to low and simmer the soup for 20-25 minutes, stirring occasionally, until it has thickened and the flavors have melded.
- Serve hot with omotuo.

Enjoy your delicious and nutritious
Omotuo with Groundnut Soup!



CUMIN RICE RECIPE



Ingredients:

- 1 cup long-grain white rice
- 2 cups water
- 1 tablespoon olive oil
- 1 teaspoon cumin seeds
- Salt to taste

Instructions:

- Rinse the rice in a fine-mesh strainer until the water runs clear.
- In a large saucepan, heat the olive oil over medium heat.
- Add the cumin seeds to the pan and cook, stirring constantly, until they become fragrant.
- Add the rinsed rice to the pan and stir well to coat the rice in the cumin-infused oil.
- Add the water and salt to the pan and stir well to combine.
- Bring the mixture to a boil, then reduce the heat to low and cover the pan with a tight-fitting lid.

Instructions:

- Cook the rice for 18-20 minutes, or until the water has been absorbed and the rice is tender.
- Remove the pan from the heat and let it sit covered for 5-10 minutes to allow the flavors to meld.
- Fluff the rice with a fork and serve hot as a side dish.

Enjoy your delicious and unique cumin rice!

RICE PILAF RECIPE



Ingredients:

- 1 cup long-grain white rice
- 2 tablespoons butter
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 2 cups chicken or vegetable broth
- 1 bay leaf
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup chopped fresh parsley
(optional)

Instructions:

- Rinse the rice in a fine-mesh strainer under cold running water and set it aside to drain.
- In a large saucepan over medium heat, melt the butter. Add the onion and garlic and sauté until softened and fragrant, about 3 minutes.
- Add the rice and stir to coat with the butter, onion, and garlic. Cook the rice, stirring occasionally, until it begins to turn opaque and smells nutty, about 3 minutes.
- Add the broth, bay leaf, salt, and pepper. Bring the mixture to a boil over high heat, then reduce the heat to low and cover the pan.

Instructions:

- Simmer the rice, covered, until the liquid is absorbed and the rice is tender, about 18 to 20 minutes. Remove the pan from the heat and let it sit, covered, for 5 minutes.
- Remove the bay leaf and fluff the rice with a fork. If desired, stir in the chopped parsley. Serve hot.

Tips:

- For a richer flavor, use chicken broth instead of vegetable broth.
- Add in your favorite herbs and spices such as thyme or rosemary to give the pilaf a more robust flavor.
- If you want to add some texture, you can stir in toasted nuts, such as almonds or pine nuts, after the rice is cooked.

Enjoy your delicious and easy Rice Pilaf!

COCONUT RICE RECIPE



Ingredients:

- 1 cup long-grain white rice
- 1 1/2 cups water
- 1/2 cup coconut milk
- 1/2 teaspoon salt
- 1 tablespoon butter or coconut oil
- 1/4 cup shredded coconut
(optional)
- 2 tablespoons chopped fresh
cilantro (optional)

Instructions:

- Rinse the rice in a fine-mesh strainer under cold running water and set it aside to drain.
- In a medium saucepan, combine the rice, water, coconut milk, salt, and butter or coconut oil. Stir well to combine.
- Bring the mixture to a boil over high heat, then reduce the heat to low and cover the pan.
- Simmer the rice, covered, until the liquid is absorbed and the rice is tender, about 18 to 20 minutes.
- Remove the pan from the heat and let it sit, covered, for 5 minutes.
- Fluff the rice with a fork and stir in the shredded coconut and cilantro (if using).
- Serve hot.

Tips:

- If you prefer a stronger coconut flavor, use coconut cream instead of coconut milk.
- For an even more tropical twist, you can add in diced pineapple, diced mango, or chopped macadamia nuts to the rice after it's cooked.
- You can also use brown rice instead of white rice for a healthier option.

Enjoy your delicious and fragrant Coconut Rice!

VEGETABLE FRIED RICE RECIPE



Ingredients:

- 2 cups cooked rice, chilled
- 2 tablespoons vegetable oil
- 1 onion, finely chopped
- 2 garlic cloves, minced
- 1 cup mixed vegetables (such as carrots, peas, and corn)
- 2 eggs, lightly beaten
- 2 tablespoons soy sauce
- 1 teaspoon sesame oil
- Salt and pepper, to taste
- 2 green onions, sliced (optional)

Instructions:

- Heat the vegetable oil in a large skillet or wok over high heat.
- Add the onion and garlic and stir-fry until fragrant and softened, about 1 minute.
- Add the mixed vegetables and continue stir-frying for 2 to 3 minutes, or until the vegetables are tender-crisp.
- Push the vegetables to one side of the skillet and add the beaten eggs to the other side. Scramble the eggs until set, then stir them into the vegetables.
- Add the chilled rice to the skillet and stir-fry until heated through, about 3 to 4 minutes.

Instructions:

- Drizzle the soy sauce and sesame oil over the rice and stir-fry until evenly distributed. Season with salt and pepper to taste.
- If desired, garnish with sliced green onions before serving.

Tips:

- Use leftover rice that has been chilled for best results. Freshly cooked rice tends to be too sticky for stir-frying.
- Add in your favorite protein, such as diced chicken or shrimp, for a heartier meal.
- For a bit of heat, you can add in some chopped fresh chili peppers or a pinch of red pepper flakes.

Enjoy your delicious and easy Vegetable Fried Rice!



KENYAN GOAT PILAU RECIPE



Ingredients:

- 1 lb goat meat, cubed
- 2 cups basmati rice, rinsed and drained
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon ginger, minced
- 2 tablespoons tomato paste
- 1 teaspoon cumin seeds
- 1 teaspoon coriander seeds
- 1 teaspoon black peppercorns
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cardamom
- 1 teaspoon ground cloves
- 3 cups water or beef broth
- Salt, to taste
- 2 tablespoons vegetable oil

Instructions:

- Heat the vegetable oil in a large pot over medium heat. Add the onion, garlic, and ginger, and sauté until softened, about 3 to 4 minutes.
- Add the goat meat to the pot and brown on all sides, about 5 minutes.
- Add the tomato paste to the pot and stir until well combined.
- In a separate pan, toast the cumin seeds, coriander seeds, and black peppercorns until fragrant. Grind the toasted spices in a mortar and pestle or spice grinder.
- Add the ground spices, cinnamon, cardamom, and cloves to the pot and stir until fragrant, about 1 minute.

Instructions:

- Add the rice to the pot and stir until well coated with the spice mixture.
- Pour in the water or beef broth and add salt to taste.
- Bring the mixture to a boil, then reduce the heat to low and cover the pot.
- Simmer the pilau, covered, until the liquid is absorbed and the rice is tender, about 20 to 25 minutes.
- Remove the pot from the heat and let it sit, covered, for 5 minutes.
- Fluff the rice with a fork and serve hot.

Tips:

- For an even richer flavor, you can use bone-in goat meat instead of cubed goat meat.
- If you prefer a milder flavor, you can reduce the amount of spices used.
- You can also add in vegetables such as carrots, peas, or bell peppers to the pilau for more nutrition and color.

Enjoy your delicious and aromatic Kenyan Goat Pilau!

UGALI AND RICE MEAL RECIPE



Ingredients:

- 1 cup maize meal (also known as cornmeal or polenta)
- 2 cups water
- 1 cup long-grain white rice
- 2 cups water
- Salt, to taste
- 2 tablespoons vegetable oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 green bell pepper, chopped
- 1 tomato, chopped
- 1 teaspoon paprika
- 1/2 teaspoon cumin
- 1/4 teaspoon turmeric
- 1/4 teaspoon cayenne pepper (optional)

Instructions:

- In a large pot, bring 2 cups of water to a boil. Slowly add the maize meal while stirring continuously to prevent lumps from forming.
- Reduce the heat to low and continue stirring until the mixture thickens and pulls away from the sides of the pot, about 10 to 15 minutes.
- Cover the pot and let the ugali cook on low heat for an additional 10 to 15 minutes.
- In a separate pot, bring 2 cups of water to a boil. Add the rice and salt to taste, reduce the heat to low, and cover the pot.
- Simmer the rice, covered, until the liquid is absorbed and the rice is tender, about 13 to 20 minutes.

Instructions:

- In a large skillet, heat the vegetable oil over medium heat. Add the onion and garlic, and sauté until softened, about 3 to 4 minutes.
- Add the green bell pepper and tomato to the skillet and continue cooking for an additional 2 to 3 minutes.
- Add the paprika, cumin, turmeric, and cayenne pepper (if using) to the skillet and stir until fragrant, about 1 minute.
- Add the cooked rice to the skillet and stir until well combined with the vegetable mixture.
- Serve the ugali and rice together on a plate or in a bowl.

Tips:

- Ugali is traditionally eaten with your hands. Dip your fingers into some water to prevent the ugali from sticking to your fingers.
- You can add some chopped herbs such as cilantro or parsley to the rice mixture for extra flavor.
- If you want to add some protein, you can stir in some cooked beans or diced chicken to the rice mixture.

Enjoy your delicious and filling Ugali and Rice Meal!

SESAME CHIVE RICE RECIPE



Ingredients:

- 1 cup white rice, rinsed and drained
- 2 cups water
- 2 tablespoons sesame oil
- 1/4 cup chopped chives
- 1 tablespoon soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon honey
- 1 tablespoon toasted sesame seeds
- Salt and pepper, to taste

Instructions:

- In a medium pot, bring 2 cups of water to a boil. Add the rice and salt to taste, reduce the heat to low, and cover the pot.
- Simmer the rice, covered, until the liquid is absorbed and the rice is tender, about 18 to 20 minutes.
- In a small bowl, whisk together the sesame oil, chives, soy sauce, rice vinegar, honey, and toasted sesame seeds.
- Once the rice is cooked, fluff it with a fork and transfer it to a large mixing bowl.
- Pour the sesame chive dressing over the rice and stir until well combined.

Instructions:

- Pour the sesame chive dressing over the rice and stir until well combined.
- Taste and adjust seasoning with salt and pepper as needed.
- Serve the sesame chive rice warm or at room temperature.

Tips:

- To toast the sesame seeds, heat a dry skillet over medium heat. Add the sesame seeds and stir constantly until fragrant and golden brown, about 2 to 3 minutes.
- You can use brown rice instead of white rice for a healthier option.
- For added texture, you can add some diced vegetables such as carrots or bell peppers to the rice mixture.

Enjoy your delicious and flavorful Sesame Chive Rice!

BEEF BIRYANI RECIPE



Ingredients:

- 2 cups basmati rice, rinsed and drained
- 4 cups water
- 1 lb beef, cut into small pieces
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon ginger, minced
- 1/4 cup plain yogurt
- 1/4 cup tomato paste
- 1 tablespoon garam masala
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon paprika
- 1/4 teaspoon ground turmeric
- Salt and pepper, to taste
- 1/4 cup vegetable oil
- 1/4 cup raisins

Ingredients:

- 1/4 cup sliced almonds
- 1/4 cup chopped fresh cilantro
- 1/4 cup chopped fresh mint

Instructions:

- In a large pot, bring 4 cups of water to a boil. Add the rice and salt to taste, reduce the heat to low, and cover the pot.
- Simmer the rice, covered, until the liquid is absorbed and the rice is tender, about 18 to 20 minutes.
- In a large skillet, heat the vegetable oil over medium heat. Add the onion, garlic, and ginger, and sauté until softened, about 3 to 4 minutes.
- Add the beef to the skillet and brown on all sides, about 5 to 7 minutes.
- In a small bowl, whisk together the yogurt, tomato paste, garam masala, cumin, coriander, paprika, turmeric, salt, and pepper.

Instructions:

- Pour the yogurt mixture over the beef and stir until well combined. Add 1/4 cup of water to the skillet, cover, and simmer until the beef is tender, about 25 to 30 minutes.
- In a small pan, sauté the raisins and almonds until lightly browned.
- Once the beef is cooked, remove the skillet from the heat and stir in the chopped cilantro and mint.
- To assemble the biryani, spread half of the cooked rice in a large serving dish. Top with the beef mixture and then the remaining rice.
- Garnish the biryani with the sautéed raisins and almonds.
- Serve the beef biryani hot.

Tips:

- For a vegetarian option, you can substitute the beef with chickpeas or tofu.
- You can add in diced vegetables such as carrots or bell peppers to the beef mixture for added nutrition and color.
- If you prefer a spicier biryani, you can increase the amount of paprika or add some chopped chili peppers.

Enjoy your delicious and aromatic Beef Biryani!