**How to prepare my favorite meal**: ***Vegetable Fried Rice with shrimp & beef liver***

*Ingredients:*

Two cups of brown rice, 1 lb beef liver, 1 pack of 35-40 small sized pre cooked shrimps, 1 medium sized red onions, 3 cubes of knor maggi cubes, one cup pure olive oil, 3 cups of freshly cut mixed vegetables(carrots, green beans, sweet peppers, green onions), 1 tea spoon curry powder, 1 teaspoon salt, two pieces of fresh hot Jamaican pepper, 6 cloves of garlic, I inch piece of raw ginger root, I table spoon of dried parsely leaves, 1 table spoon of coriander spices, I tea spoon of black & white pepper, 4 cups of room temperature water

*Prepare ingredients:*

- Wash liver in cold water for 1 minute and cut into medium sized cubes

-soak shrimp in lukewarm water

-Wash rice in warm water and rinse out 3 to 4 times

-Cut onion into small sizes

-put garlic, ginger root, hot peppers into a blender with ¼ cup of water and grind to paste

*Steps:*

* On high heat put cut liver cubes in pot or pan with ¼ cup of water and let boil for 8 mins.
* In another pot, pour ¼ cup of olive oil on medium heat and let heat two minutes
* Put half of cut onions into pot with hot oil, stir until onion color begin to turn brownish
* Add curry powder
* Add washed rice into pot and stir for 5 to 8 mins until rice starts getting crispy and hard.
* Add one magi cube into rice and continue stirring for another 3 -5 mins then turn heat off.
* In a different pan on low to medium heat, pour ¼ cup of olive oil and let heat for 2 minutes then drain boiled liver cubes and add into hot oil
* Fry liver and shrimp for 4 mins, stir and fry for another 4 mins until a little hard
* Remove fried liver and shrimp from pot and add remaining oil into pot
* Add remaining onions and fry for two minutes
* Add paste of garlic, ginger & hot pepper and stir
* Add dried parsely and coriander spices, as well as black and white pepper
* Add 1 teaspoon salt and 2 cubes of magi
* Then add 4 cups of water and stir very well
* Then add fried rice into mix and stir, cover and let boil for 10-12 minutes on medium heat
* Then check to make sure rice has absorbed water and is half cooked.
* If rice is half cooked and has absorbed water, pour into foil pan or oven pan and add in the cut mixed vegetables and the fried liver & shrimp and mix well so everything is even in pan
* If rice is not half cooked, then let cook again for 5 minutes before moving unto the previous step
* Preheat oven to 375 for 5 minutes
* Cover the rice in oven pan tightly with foil paper and put in oven to cook for 10 minutes
* After 10 minutes open foil and gently stir rice on all corners as well as middle then cover again and let it finish cooking for 5 minutes
* After 5 minutes remove rice from oven and serve