



### MORUGA HILL RICE CLASSIC

Moruga Hill Rice is a unique, nutty-flavoured grain that's a true Trinidadian treasure. It's an upland rice, meaning it's grown on hillsides without flooding, which gives it a distinct texture and flavour. Because it's a whole grain, it cooks differently from standard white rice.

 5 minutes 50 minutes 4 portions

## INGREDIENTS

- 1 cup of moruga Hill Rice (200 g)
- 2.5 cups [16.9 fl oz] of spring Water (630 g) [or](#) 1.5 cups of coconut milk (400 g)
- 1 tbsp of oil, coconut (14 g)
- 2 cloves of garlic, raw (6 g)
- 1 small unit of onions, raw (70 g)
- 3 tsps of thyme, fresh (2 g)
- 1 tsp of salt, table (6 g)
- 2 dashes of spices, pepper, black (0 g)

## COOKING METHOD

- 1° Place the Moruga Hill Rice in a bowl and cover it with water. Swirl the grains with your hand and carefully pour out the water. Repeat this process 2-3 times until the water is mostly clear. This removes excess starch.
- 2° In a medium-sized pot with a tight-fitting lid, heat the coconut oil over medium heat. Add the chopped onion and garlic and sauté for about 2-3 minutes until they become fragrant and the onion is translucent.
- 3° Add the rinsed and drained rice to the pot. Stir it continuously for about 1-2 minutes to lightly toast the grains. This step enhances its natural nutty flavour.
- 4° Pour in the water or coconut milk. Add the sprig of thyme, salt, and black pepper. Stir everything together and bring it to a rolling boil.
- 5° Once the liquid is boiling, reduce the heat to the lowest possible setting. Cover the pot with the tight-fitting lid on top of a clean green leaf. Let the rice simmer gently for 35-45 minutes. It's important not to lift the lid during this time, as the steam is crucial for cooking the grains properly.
- 6° After the cooking time has passed, turn off the heat but leave the pot covered on the stove. Let the rice rest and steam for another 10-15 minutes. This allows the grains to firm up and absorb any remaining moisture.
- 7° Remove the lid, take out the thyme sprig, and use a fork to fluff the rice. Serve hot.
- 8° Moruga Hill Rice is a whole grain and absorbs more water than white rice. The 1 cup rice to 2.5 cups liquid ratio is a reliable starting point.

9º You can add a pimento pepper (chopped, without seeds) or a bay leaf along with the thyme for extra flavour. Adding a tablespoon of green seasoning with the onions and garlic is also a delicious local twist.

NUTRITIONAL INFORMATION

|                              | PER 100 g | PER PORTION (125 g) | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY                       | 90 kcal   | 113 kcal            | 6 %   |
| FAT                          | 3 g       | 4 g                 | 6 %   |
| FATTY ACIDS, TOTAL SATURATED | 2 g       | 3 g                 | 15 %  |
| CHOLESTEROL                  | 0 mg      | 0 mg                | 0 %   |
| SODIUM                       | 509 mg    | 637 mg              | 27 %  |
| CARBOHYDRATE                 | 14 g      | 18 g                | 6 %   |
| SUGARS                       | 3 g       | 3 g                 | –     |
| FIBER                        | 1 g       | 1 g                 | 5 %   |
| PROTEIN                      | 1 g       | 2 g                 | –     |