

## **JAMAICA**

### **Rice and Peas**

This is a most common accompaniment to lots of Jamaican meals. The “peas” are actually small red beans.

#### **You will need:**

- 1 cup long grain rice
- 1 cup coconut milk
- 1 cup water
- 1 cup cooked red (kidney or pigeon) beans
- 1 scotch bonnet pepper (or 1 chilli) – uncut
- 1 sprig thyme
- 2 tsp salt

Cook rice by the absorption method by putting all ingredients in a pot, covering and bringing to the boil. Lift the lid, stir once, then put lid back on, reduce to a simmer and leave for 7 minutes. Leave to sit until ready to serve. Remove the scallion, pepper and thyme before serving.