

GOURMET FISHING

Season II - Episode XXXV



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Abacos' Charleston Sweet Red Rice



Host, Chef & Guide, David Murray





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Grocery List

Abacos' Charleston Sweet Red Rice

Bacon	Chicken Broth
Sweet Onion	Water
Green Bell Pepper	Tomato Paste
Sugar	Butter
Course Black Pepper	Rice
Kielbasa Sausage	



Abacos' Charleston Sweet Red Rice

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Serves 8

1/2 Pound Bacon, Apple Wood Smoked, Chopped

1 Medium Sweet Onion, Chopped

1 Green Bell Pepper, Chopped

1/2 cup Sugar

1/8 cup Course Black Pepper

1 Kielbasa Sausage, cut into bite size pieces

2 - 14oz Cans Chicken Broth

1 - 14oz can Water

2 - 12oz cans Tomato Paste

1/2 Stick Butter, cut in half

5 Cups Rice (I prefer parboiled rice)

Chop or cut bacon into bite size pieces and add to a pot on a medium high heat. Render or cook the bacon until it just begins to brown. Stirring occasionally to keep from burning. Add the chopped onion and cook until it just begins to brown. Add the chopped bell pepper and cook for another 5 minutes or so. Add the sausage and cook for 20 minutes or so. Always stir occasionally to keep from burning.

Add the sugar and pepper and cook for another 5 minutes. Add the chicken broth and water and then the tomato paste. Using a whisk, combine the ingredients into a somewhat thick smooth liquid. Let simmer for 15 minute to bring the flavors together. Preheat oven to 375°F.

Add 4 cups of rice to your oven safe pan. I always leave 1 cup to make sure there is enough liquid for the rice. Use a 2:1 ratio of liquid to rice: 10 cups liquid to 5 cups rice. Add 8 cups of the tomato liquid and combine the rice and the liquid. Measure out the remaining, which should be 2 cups of liquid and add it and the 1 cup rice. *(If there is not 2 cups of the base, measure out what is there and then use half of that measure for the rice.)*

Mix well.

Place the butter in the middle of the rice and cover with foil. Place in the middle of the oven and set your timer for 2 hour. Turn the oven off and let the oven begin to cool down for 30 minutes. Remove the pan and fluff the rice with a spoon and serve.



Gourmet Fishing



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