

# GOURMET FISHING

Season III - Episode XIX



INFO-SHORTS



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## Peas and Rice a True Bahamian Classic



Host, Chef & Guide, David Murray







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## Grocery List

### Bahamian Peas & Rice

cooked Pigeon Peas or Can of Dry Pigeon Peas

Chicken, Beef or Vegetable Broth or Stock

Parboiled Rice

Onion

Bell Pepper

Celery Stalk

Bacon Grease

Fresh Thyme

Tomato Paste

medium tomato peeled and chopped, optional

Garlic

Powdered Beef Bouillon

Garlic Powder

Cajun Seasoning or Red Pepper Flakes

Browning



**Peas and Rice served with Cracked Conch**

# Bahamian Peas & Rice



Serves 8

## Ingredients

14-15oz cooked Pigeon Peas or 1 Can of Dry Pigeon Peas	2 TBS, Healthy, Tomato Paste
4 cup Chicken, Beef or Vegetable Broth or Stock	1 medium tomato peeled and chopped, optional
2 cup Parboiled Rice	1 clove Garlic, Grated
1/2 Onion, Minced	1 TBS Powdered Beef Bouillon
1/2 Bell Pepper, Finely Chopped	1/2 TBS Garlic Powder
1 Celery Stalk, Thinly Sliced	1 tsp Cajun Seasoning or 1/2 tsp Red Pepper Flakes
3 TBS Bacon Grease	1 TBS Browning for color
3 Stalks of Fresh Thyme	

In a large pot over medium heat, add the bacon grease and bring up to temperature. When the grease just begins to smoke or shimmers in the bottom, add the onions and celery. Sauté for about 8 minutes while stirring. Add the chopped tomato if using. Add the powdered beef bouillon and stir to combine. Using butcher's twine, tie the Thyme together and slightly bruise the thyme with the bottom of a glass and add. Next add the bell pepper and garlic and sauté for an additional 2 minutes. Add the liquid browning for color. Add the peas and tomato paste and stir all to combine. Add the garlic powder stir in and sauté for another 5 minutes.

Add the 2 cups of rice and stir to completely coat all of the rice. Next add the 4 cups of liquid, Chicken, Beef or Vegetable Broth or Stock or even water, and stir to mix thoroughly. Taste the liquid and adjust if needed. Cook over medium heat for 10 minutes. Stir the rice at the 10 minute mark and cook for an additional 10 to 15 minutes until the rice is tender.

Serve with your favorite dish and enjoy.



# Bahamian Peas & Rice

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# Gourmet Fishing



We catch fish, and then, We cook our catch...



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