

## Strip Chicken Fried Rice

### Ingredients

2 large precooked and shredded chicken breasts  
4 cups of chicken stock  
2 cups rice  
2 tbsp oil  
1 1/2 cups frozen mixed vegetables  
1 cup frozen mixed bell peppers  
5 cloves of garlic, finely chopped  
1/2 onion, chopped  
1/4 cup lite soy sauce  
1 tbsp old fashion whole grain mustard  
1 tsp honey  
salt and pepper to taste  
1 tsp fresh ginger, finely chopped.

### Preparation

Add chicken stock, rice, mustard and honey to a large stock pot, on high heat. Bring to a boil then reduce heat and simmer until rice is fully cooked. While rice is cooking prepare the other ingredients. Heat oil in a saute pan on medium heat. Saute onions and garlic. When onions are brown and soft, add frozen peppers followed by frozen mixed vegetables. Season with salt and pepper to taste. When peppers and vegetables have cooked, add shredded chicken breasts and soy sauce. Mix together and saute for about 5 minutes to bring the flavors together. When rice is fully cooked increase heat to high. Add cooked veggies and chicken to the rice. Continue to saute on high heat while completely mixing together. Remove from the heat and enjoy!



## Green Beans and Shrimp with Rice

### Ingredients

#### Rice

2 cups long grain parboiled rice  
4 cups water

#### Green Beans and Shrimp

1 packet frozen green beans (chopped into 1/2 inch pieces)  
3 tbsp. oil  
1/2 onion (thinly sliced)  
2 tomatoes (diced)  
3 to 4 cloves garlic (finely chopped)  
1 tbsp. dried thyme  
1 tsp. brown sugar  
salt and pepper to taste

**Shrimp**  
1/4 lb large shrimp (peeled and deveined)  
1 tsp. butter  
1 tsp. dried thyme  
1/4 tsp. paprika  
1/4 tsp. granulated garlic or garlic powder  
salt and pepper to taste



### Preparation

Add rice and water to a saucepan on medium to high heat and bring to a boil. Boil for 5 minutes, then reduce to low heat and let simmer until all the water has evaporated and rice is fully cooked (about 10 minutes). Add thyme, paprika, garlic, and salt and pepper to shrimp and set aside. Warm oil in a large skillet on medium heat. Add onions and sauté until onions are brown and soft. Add tomatoes, garlic, thyme, brown sugar, salt and pepper and cook until tomatoes are soft. Add chopped green beans and sauté for an additional 10 to 15 minutes, tossing constantly until beans are cooked. In a medium or small skillet on medium to low heat, melt 1 tsp. butter. Once butter is completely melted add seasoned shrimp. Cook (without turning) for 2 minutes or until shrimp turns pink, then flip on other side and cook for another 2 mins. Remove from heat and set aside. Separate green beans into two portions, leaving one portion in the skillet. Add shrimp to green beans in the skillet and cook for an additional 2 to 3 minutes.



## GUYANA RICE DEVELOPMENT BOARD ADMIN DEPARTMENT



## Rice Recipes

From the fields to the dinner table, nothing brings the family together like rice.



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## Rice Tarts

### *Ingredients*

- 2 oz butter
- 2 oz lard
- 8 oz plain flour
- 1 tbsp cooking wine
- 1 tbsp cream or 1 tsp milk
- 1 tbsp water
- 1 oz sugar

### *Filling*

- 5 oz rice
- 1½ pt milk
- 2 eggs, separated
- 2 oz sugar
- Pinch of cinnamon
- Jam
- 1 oz chopped nuts

### *Preparation*

- Grease an 8 x 11 x 1 inch baking pan thoroughly.
- Rub the butter and the lard into the flour. Add the liquids and sugar and knead into the dough. Chill thoroughly.
- Meanwhile, cook the rice with milk until creamy.
- Add the egg yolks, sugar and cinnamon to the rice mixture and fold in the stiffly beaten egg whites.
- Roll out the dough and use it to line the pan. Cover the base with jam and spread the mixture over the top.
- Sprinkle with the chopped nuts and bake in a moderate oven (350°F) for about 45 minutes.
- Serve hot or cold, with cream or jam sauce.

## Rice Wine

### *Ingredients*

- 1 pint white rice
- 4 lbs sugar
- 1 orange
- 1 lime
- ¼ oz yeast
- 1 gallon water
- 1 lb dried fruit
- 6 pieces of spice or mace



### *Preparation*

- Wash the rice thoroughly and drain. Put the rice in a jar with dried fruit, spice, sugar and water. Stir, then sprinkle yeast on top.
- Peel the lime and orange, cut in halves and add.
- Allow the lime to remain in jar for 1 week, and orange for 2 weeks before removal.

### **Other Rice Dishes**

- Rice Pudding
- Black eye cook-up rice
- Spanish chicken and rice bake
- Raisin rice
- Celery rice
- Chicken and rice casserole
- Chicken rice soup
- Chicken fried rice
- Spicy red curry chicken and rice



**Rice Cake**

### *Ingredients*

- 7oz rice
- 3 1/1 oz sugar
- 1 ¾ oz candied citron
- 1 ¾ oz almonds
- 3 eggs
- 2 cups milk
- 2 cups water
- 1 ¾ oz butter
- Salt
- Cherry liqueur
- Lemon

### *Preparation*

- To a pot, add the milk 2 cups water, sugar, grated lemon peel and a pinch of salt. Bring to a boil, then add the rice and cook until it has absorbed all the liquid.
- Then, remove the pot from the heat and let it cool. Once the rice is cool, add the eggs one at a time, mixings as you go.
- Onced mixed, add the butter, almonds and candied fruit. Mix well, then transfer to a buttered and floured cake mold. Bake in a 400°F oven for half hour.
- When done baking, slice the rice cake into pieces and brush with cherry liqueur.