LEMON RICE PILAF

From our garden: lemons, thyme, edible flowers

NOTES TO STUDENTS and VOLUNTEER:

1. Work as a group to make this recipe.
2. Focus on your knife skills.
3. Pay particular attention to the presentation of your pilaf.

EQUIPMENT
Large saucepan  
Chopping board  
Large knife  
Wooden spoon  
Measuring jug  
Measuring spoons  
Measuring cups  
Juicer  
Serving bowls and spoons

INGREDIENTS
2 tablespoons olive oil  
2 onions  
4 cups long grain rice  
6 cups vegetable stock  
6 tablespoons lemon juice  
4 tablespoons thyme  
Cracked black pepper  
Sea salt  
Edible flowers or fresh herbs

WHAT TO DO

- Peel and finely chop the onion.
- Wash and juice the lemon.
- Wash, dry and remove the leaves from the stems of the thyme.
- Heat the olive oil in saucepan over medium heat.
- Add onions and cook for 2 minutes or until soft but not brown.
- Add rice and stir for 1 minute.
- Add stock and cook for 10 – 12 minutes or until tunnels form in the rice and almost all the stock has been absorbed.
- Wash up any utensil and clean workspace while rice is cooking.
- Stir through lemon juice, thyme, salt and freshly ground black pepper.
- Divide into serving bowls. Don’t forget a serving spoon.
- Garnish with edible flowers or fresh herbs and serve warm or cold.