

White Rice & Toasted Peppers Published: February 24, 2021, by Ivan

Rice is a staple item. Rice is everywhere. Just look around. All the grocery stores carry it in all its different forms. Short, Long, Brown, red and white. Rice is the base of so many great dishes but today we are having rice for breakfast.

#### INGREDIENTS

- 1 Cup Calrose Butan White Rice (2-3 Servings)
- 1½ Cup Water
- ½ tsp Sea Salt
- 8 Mini Poivrons Sweet Peppers (2 Servings)

#### INSTRUCTIONS

1. My rice of choice today is Botan Calrose Rice. Botan Rice is a short-grain rice grown in California.
2. Bring a 4-quart pot to boil with 1/4 tsp sea salt. Regular table salt can also be used. The salt reduces the rice from sticking together. Rinse 1 cup of rice four or five times, then add to the boiling water. Add a sheet of tinfoil under the pot just in case the rice foams out of the pot. Stir the rice so it is evenly distributed in the pot. Allow the rice to come to a boil with no lid. The rice will bloom and grow as it boils.
3. Reduce the heat to simmer when the rice grows to the top of the waterline. Cover the rice. Allow the rice to simmer for 20-25 minutes.
4. Turn the temperature down to warm after cooking. Allow the rice to rest at warm for 10-15 minutes. The resting time allows the rice to absorb all the remaining water in the pot. and become very tender and fluffy. Rice is ready to eat.
5. I am using Mini Poivrons Sweet Peppers. They are like Bell Peppers but much sweeter. Remove any labeling stickers and wash the peppers. I also roasted a Jalapeno during the Youtube Video. You can roast regular bell peppers the same way. peppers are filled with Vitamin C. Roasting reduces vitamin C in the pepper.
6. Place the peppers into a large frying pan and roast the peppers. I am using a propane torch to roast the peppers in the frying pan. The process is identical for all roasting methods. Rotate the peppers as they are roasted. The peppers will blacken. Roast all sides, then transfer the peppers to a container with a lid so the peppers can steam. The peppers burnt outer layer will separate from the pepper in 10-15 minutes.  
  
You can use your oven to roast the peppers. Place the peppers on a rack tray and place them close to the top of the inside of your oven. Set your oven to its highest temperature or broil. The roasting can be performed individually over an oven gas burner with a pair of tongs. You can use a gas or charcoal grill. You can roast with an infra-red convection oven or a toaster oven set at its highest temperature.
7. Use a knife and scrape the dark burnt skin off the peppers after they have steamed for 10-15 minutes. The burnt material will come off easily while the peppers are still warm. Remove the stem and split the pepper in half. Remove all the seeds from the interior of the pepper.
8. Slice the peppers lengthwise into strips. Add salt and pepper to your preference. Serve warm. Another option is to drizzle the peppers with olive oil. Add 1 tsp of chopped pan-browned garlic.

Thanks for stopping by. I hope you enjoy your own White Rice & Roasted Peppers. Remember to share your recipes.

Until next time. Adios...Ivan