

Spanish Rice

2 C basmati brown rice
½ sweet red pepper
2/3-cup sweet corn (organic frozen if fresh not available)
1 ½ onion diced
¼ cup minced parsley
1 level tsp. sea salt
2 cups water
1 TBSP. olive or sesame oil
4 C water
1 TBSP. mild chili powder (optional)

1. Sauté the onions in oil, adding salt. Use an otoshi buta if you have one. Cook until transparent.
2. Roast the red pepper on a flame tamer until the skin is dark. Cool and remove the charred skin. Dice into ¼ inch pieces.
3. Add the red pepper and corn. Sauté a few minutes longer.
4. Add the rice and water. Bring to a boil, cover and simmer, over medium low heat with a heat deflector, until all the water is absorbed.
5. Fold in the parsley before serving.