

RISI E BISI ITALIAN RICE & PEAS

Adapted from Everybody Cooks Rice by Norah Dooley

INGREDIENTS

1 small onion, peeled and finely chopped

3 tablespoons olive oil

1 clove garlic, peeled and finely chopped

2 cups uncooked brown, long-grain rice

2 cups vegetable or chicken broth

4 cups water

2 cups fresh or frozen green peas

½ to 1 cup grated Parmesan cheese

½ teaspoon ground nutmeg

METHOD

Over medium heat, cook onion for 5 minutes in olive oil. Add garlic and stir, cooking for another minute or two. Don't let the garlic brown!

Stir in rice, mix well, and immediately pour in the broth and water. Cover and turn the heat to high until the mixture boils. Lower heat but do not remove the lid. Cook for 25 minutes at a gentle simmer.

If you are using frozen peas, soak them in warm water for a few minutes to defrost them while the rice cooks. Drain the peas, add them to the cooked rice and stir in the Parmesan. Sprinkle with nutmeg and serve.