

Spicy rice filling

<p>Ingredients</p> <p><u>Spicy rice filling:</u> Cook ahead of class to save time</p> <ul style="list-style-type: none">• ⅓ cup olive oil• 4 stalks dill - if available• 6 stalks parsley• 1 onion• ½ cup long grain rice• 1¼ cups cold water• ¼ cup currants	<p>Equipment</p> <ul style="list-style-type: none">• spoon & cup measures• knife• chopping board• mixing bowls & prep• mezzaluna• frying pan• saucepan• wooden spoon
<p>What to do</p> <ol style="list-style-type: none">1. Peel the onion and finely chop.2. Heat the oil in a saucepan over medium heat and sauté the onion until it soft.3. Add the rice to the saucepan and stir for 2 minutes.4. Add water and currants, season with salt and pepper; bring to the boil, stirring once or twice.5. Turn the heat to low, put on the lid and cook for 15 minutes.6. Wash the dill and parsley and dry with tea towel. Using the mezzaluna or a large knife chop herbs and set aside.7. Stir in the herbs and taste. Season with salt and pepper again if necessary. Place on tray and place in refrigerator to cool before using.□□	