

Hawaiian Rice

(Vice-Regal Patron,
Antoinette Perry,
Lieutenant Governor of
Prince Edward Island)



Ingredients

- 1 ½ C. Uncle Ben's Converted Rice
- 3 ¼ C. Water
- 1 Tsp. Ginger Root - Grated
- 2 Cloves Garlic - Minced
- 1 Tbsp. Olive Oil
- 1 ½ Tbsp.+ 1 Tbsp. + 1 ½ Tbsp. Butter
- ½ C. Green Onions - Chopped
- ½ C. Celery - Diced
- ½ C. Sweet Peppers - Diced (Mix Colours)
- 1 C. Pineapple Chunks - Cubed ½"
- 1 ½ Tbsp. Maple Syrup or Brown Sugar
- Toasted Almonds (Optional)

Method

1. Bring together converted rice and water, bring to a boil, and then simmer for about 20 mins. Remove from heat. Fluff rice with a fork and cool. Refrigerate
2. Sauté ginger and garlic in oil and butter (1 ½ Tbsp.) for about 1 minute.
3. Add celery, green onion and peppers; continue to saute for another minute or two.
4. Add butter (1 Tbsp.) and rice - stir fry for about 2 mins, stirring often so it won't stick (add more oil or butter, if necessary). Place in a large bowl and set aside.
5. Combine pineapple, maple syrup (or brown sugar) with butter (1 ½ Tbsp.) and saute till caramelized.
6. Add rice to mixture, stir well.
7. Sprinkle w/ toasted almonds (optional)

Can be served hot or cold