

Cook Up Rice

Ingredients

3 cups of par-boil or long grain rice
1 lb of salt beef or pig tail (cut up)
1 onion
2 cloves of garlic
1 tin of coconut milk or 1/2 pack of coconut cream
1 tomatoes
1 twig of thyme
4 cups of water
1 cup gungo, black eye peas, or any favorite type of beans
seasoning salt
black pepper
scotch bonnet pepper (optional)

Directions

Bring water to a boil then add peas. Cook until soft.
In another pot boil the pig tail or salt beef until most of the salt has been removed.

Drain from water and set aside then add chopped onion, garlic, thyme, tomatoes, meat, coconut milk or creme, pepper, and rice. Bring to a boil then lower heat and cover pot to steam rice for 30 min.