

Yummy Spanish Rice

Cooking rice

100 mL Rice

200 mL Water

Method:

1. Place rice and water in a saucepan with tight fitting lid.
Bring to a boil with the LID OFF.
2. When it boils, stir with a fork, put the lid on and turn the heat down to LOW.
3. Cook for 14 minutes. DO NOT PEEK!
4. Check if the rice is done by tasting a grain or press between thumb and forefinger. It should be soft all the way through.



Spanish Sauce

15 mL oil

1/4 pepper, chopped

1/6 onion, chopped

1/2 celery stem, chopped

125 mL canned diced tomatoes

f.g. salt, pepper, basil, oregano, chilli powder

Optional: Garnish with 30 mL grated cheddar cheese

Method:

1. Prepare all vegetables (wash and chop).
2. Heat oil in frying pan over medium heat.
3. Sauté chopped onion, green pepper, and celery over medium heat until soft and clear (translucent/ a bit see through for onion).
4. Add tomatoes, seasoning, and spices. Let simmer for 1 minute (gentle bubble).
5. Stir in cooked rice and simmer on low heat for 1 minute.
6. Transfer Spanish Rice onto a plate. Garnish with grated cheddar cheese. Set table and enjoy!

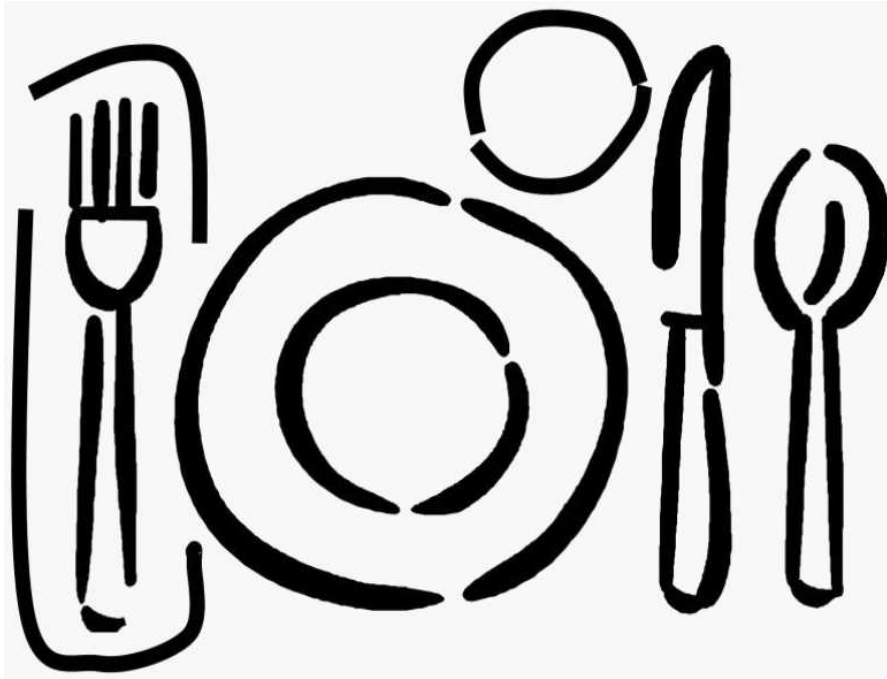


Setting Up Table

Paper Napkin
under the fork

Water
glass

Table knife
blade face plate



Soup
Spoon

Everything is about 2 inches above the edge of the table

Basic Table Etiquette Adopted from: <http://www.emilypost.com/home-and-family-life/133/399-top-ten-table-manners>

1. Wait to be seated. Sit up straight. Avoid slouching and don't place your elbows on the table while eating (though it is okay to prop your elbows on the table while conversing between courses.) Don't fidget or tilt your chair backward.
2. Place your napkin on your lap and use it if during meal. When ready to leave, place unfolded napkin at the right side of your plate.
3. Chew with your mouth closed. Avoid slurping, smacking, and blowing your nose.
4. Don't use your utensils like a shovel or as if you've just stabbed the food you're about to eat. Cut only one piece of food at a time.
5. Finish chewing, sipping, or swallowing before talking or laughing. If you must laugh while chewing, cover your mouth.
6. Instead of reaching across the table for something, ask for it to be passed to you.
7. Be polite and friendly. Smile, chat, uses "thank you", "excuse me", and "please".
8. When you are done eating, place your knife and fork – with tines facing upward – together on your plate.
9. Compliment the cook and the host if possible.