



Naturally Noel: Vegetables and Rice

by Frank Davis

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Well, you always knew that it was only a matter of time before our Louisiana jambalaya creation made it all the way to the North Pole. Rumor is one of the elves picked it up on somebody's kitchen table with Santa's milk and cookies and stashed it on the sleigh. Understandably, the Clause Family fell in love with its combined flavors, so I hear they make it up in the frozen north at least once a week. I thought you'd like to make some for your family this Christmas.

- 1 small** can tomato paste, 6 ounce size
- 5 cups** vegetable stock, unsalted preferred
- 4 tablespoons** unsalted butter
- 1 medium** onion, finely diced
- 3 cloves** garlic, minced
- 2 ribs** celery, finely chopped
- 1 small** green bell pepper, seeded and chopped
- 1-1/2 cups** uncooked long grain rice
- 4 fresh** Roma tomatoes, diced
- 2 small**, young zucchini, quartered and diced
- 1 can** sliced okra
- 1 cup** mirliton, peeled, diced, and poached till tender
- 1 cup** Jerusalem eggplant, peeled and diced
- 1 small package** frozen yellow squash
- 1/2 package** frozen snow peas
- 2 teaspoons** Frank Davis Sicilian Seasoning
- 1/2 teaspoon** paprika
- 1/2 teaspoon** cayenne
- 1/2 teaspoon** black pepper
- 1 can** Rotel tomatoes with chilies (with liquid)
- 1/4 cup** fresh parsley, minced
- 3 tablespoons** Frank Davis Vegetable Seasoning

In a large bowl, mix tomato paste with vegetable stock until smooth. Then set the mixture aside for a while. Meanwhile, in a heavy cast iron or Magnalite Dutch oven in 2 tablespoons of unsalted butter, sauté the onion, garlic, celery and green pepper until slightly soft (about 5 minutes over medium-high heat). When that's done, add the uncooked rice and allow the rice to toast for roughly a minute or two, stirring the entire time. When

that's done add in the tomato stock mixture, reduce heat, cover the pot, and simmer very slowly for about 10 minutes, stirring occasionally.

Meanwhile, in the remaining butter in a heavy 12-inch skillet, sauté the Romas, the zucchini, the okra, the mirliton, the eggplant, the yellow squash, and the snow peas just until everything is barely cooked, about 3-5 minutes.

After the rice has cooked about 10 minutes, add the sautéed veggies, the Sicilian seasoning, the miscellaneous spices, and the Rotels, thoroughly folding everything over on itself. Then, finally sprinkle in the parsley and the vegetable seasoning and mix everything uniformly.

All that's left to do now is once again cover the pot tightly and let the dish simmer 10-15 minutes more, tossing the ingredients in the pot occasionally, until the veggies are fully cooked and the rice is fluffy and seasoned to perfection.

Serve with Tiny Tim's Christmas Goose and be sure to drizzle some of the goose gravy over the top of it