



Arroz con Guandu

Pigeon peas are valued internationally for their high nutritional value. They have been around for a very long time and have even been found in ancient Egyptian tombs. The coconut milk used in this recipe gives the rice a light texture and fragrant aroma.

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Ingredients ↓

- 2 cups coconut milk
- 1 cup pigeon peas guando (shelled or canned)
- 1 cup uncooked rice
- 1 teaspoon salt

Equipment ↓

- Saucepan
- Measuring cups
- Long-handled spoon
- Kitchen timer

Directions ↓

- 1 Bring coconut milk to a boil over high heat. (5 minutes)
- 2 Add the rice, pigeon peas and salt. Stir. Let boil for 2 minutes.
- 3 Cover saucepan, reduce heat to low and simmer for 20–30 minutes, or until liquid is absorbed.
- 4 Serve by mounding on a large platter.