



Mexican White Rice with Fried Plantains

 Gluten Free

READY IN



95 min.

SERVINGS



10

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 carrots peeled cut into chunks
- ☐ 1 celery stalk cut in 1/2
- ☐ 2 celery stalks cleaned cut into chunks
- ☐ 1 garlic clove
- ☐ 1 tablespoon kosher salt plus more for seasoning
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon juice of lime
- ☐ 1 parsley sprig fresh

- ☐ 1 Bunch parsley sprigs
- ☐ 5 peppercorns
- ☐ 2 plantains ripe sliced
- ☐ 3 tablespoons safflower oil for frying plus more plantains
- ☐ 1 serrano chile
- ☐ 10 servings cup heavy whipping cream sour
- ☐ 0.5 cup onion white finely chopped
- ☐ 1 onion white peeled cut in 1/2
- ☐ 2 cups rice long-grain white
- ☐ 1 meat from a rotisserie chicken whole cut into pieces

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Put the rice in a large bowl and cover with very hot water.
- ☐ Let it soak anywhere from 5 to 10 minutes.
- ☐ Drain, rinse with cold water and drain again.
- ☐ Heat 3 tablespoons oil in a large saucepan, add the rice and fry over high heat, stirring softly for 1 to 2 minutes.
- ☐ Add the onion and stir, from time to time, until the rice begins to change its color to milky white and it sounds and feels heavier, as if it were grains of sand, about 5 more minutes.
- ☐ Add the chicken stock, celery, parsley, lime juice, salt and chile to the rice. When the mixture starts to boil, cover the pot, reduce the heat to lowest setting and cook until the rice is cooked through and the liquid has been absorbed, about 20 minutes.

- ☐ If the rice grains don't seem soft and cooked through, add a bit more chicken stock or water and let it cook for another 5 more minutes or so.
- ☐ Remove the pan from the heat and let it sit covered for 5 to 10 minutes. Fluff with a fork and set aside.
- ☐ Cook's Note: The skin of the plantain should be almost entirely black when it is mature and ready to use.
- ☐ Peel the plantains and slice them diagonally into 1/4-inch thick slices.
- ☐ In a saute pan over medium heat, add about 1/4-inch of oil.
- ☐ Heat the oil until hot but not smoking.
- ☐ Add the plantain slices and fry until lightly browned, but not blackened, about 2 minutes.
- ☐ Remove the plantains from the oil to a plate covered with paper towels, to drain.
- ☐ Transfer the rice to a large serving bowl and arrange the hot plantains on top.
- ☐ Garnish with a good dollop of sour cream and serve.
- ☐ A viewer, who may not be a professional cook, provided this recipe. The Food Network Kitchens chefs have not tested this recipe and therefore, we cannot make representation as to the results.
- ☐ Put all the ingredients, except the salt, in a large pot and add enough water to cover the ingredients by at least 3 to 4 inches. Bring the water to a simmer over medium-low heat. Skim off any foam and let the stock simmer for 2 hours.
- ☐ Add the salt in the last half hour of cooking.
- ☐ Remove the stock from the heat and set aside. Once the stock has cooled down, strain into a large bowl.
- ☐ The chicken stock can be kept in the refrigerator for up to 4 days. If you want to keep it longer, it needs to be brought to a boil and simmered for about 10 minutes.
- ☐ Let it cool down and refrigerate again. It can also be frozen for months. The chicken can be shredded and used for multiple purposes such as Tinga, tacos, salads or sandwiches.

Nutrition Facts



■ PROTEIN 18.61% ■ FAT 34.94% ■ CARBS 46.45%

Properties

Glycemic Index:35.2, Glycemic Load:18.68, Inflammation Score:-9, Nutrition Score:18.594782642696%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 12.53mg, Apigenin: 12.53mg, Apigenin: 12.53mg, Apigenin: 12.53mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 389.69kcal (19.48%), Fat: 15.11g (23.25%), Saturated Fat: 4.65g (29.04%), Carbohydrates: 45.2g (15.07%), Net Carbohydrates: 43.19g (15.71%), Sugar: 8.22g (9.13%), Cholesterol: 64.21mg (21.4%), Sodium: 1004.05mg (43.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.11g (36.22%), Vitamin K: 109.05µg (103.86%), Vitamin A: 3125.11IU (62.5%), Vitamin B3: 6.26mg (31.3%), Manganese: 0.54mg (26.88%), Selenium: 17.71µg (25.29%), Vitamin B6: 0.47mg (23.6%), Vitamin C: 18.6mg (22.55%), Phosphorus: 189.52mg (18.95%), Potassium: 483.55mg (13.82%), Vitamin B5: 1.3mg (13.04%), Magnesium: 45.41mg (11.35%), Zinc: 1.64mg (10.96%), Vitamin B2: 0.18mg (10.39%), Iron: 1.65mg (9.17%), Copper: 0.17mg (8.6%), Fiber: 2.01g (8.05%), Vitamin B1: 0.12mg (7.97%), Folate: 31.61µg (7.9%), Calcium: 50.43mg (5.04%), Vitamin E: 0.74mg (4.94%), Vitamin B12: 0.26µg (4.36%), Vitamin D: 0.15µg (1.02%)