

# Jambalaya

Country of origin: **Ecuador**<sup>1</sup>.

This dish could be a South American derivative of the Spanish Paella as the cooking techniques are very similar.

Like all good ideas, this one has spread, so Cajun versions of Jambalaya are also noted.

Use the best and largest prawns you can get.

For herbs I like basil, but I have seen thyme recommended.

For hot sauce, I use Tabasco, but I have seen Worcestershire sauce recommended.

Serves 4.

## Ingredients

- 2 medium onions
- 2 cloves garlic
- a splash of sunflower oil
- 1 green capsicum
- 4 stalks celery
- 400 g (tin) chopped tomatoes
- 5 ml hot sauce
- 5 ml herbs
- 250 g long grain brown basmati **FAIRTRADE** rice
- 700 g shelled frozen prawns

## Cooking

Fry the onions and garlic gently in the oil until the onion starts to go translucent.

Add the capsicum and celery and continue frying for a minute or two.

Add the tomatoes, hot sauce, and the herbs.

Heat through, cover and simmer for 10 minutes.

Drain the rice and add to the pan.

Add 500 ml cold water.

Bring to the boil and reduce the heat to a simmer.

If using frozen prawns, put them in a dish and cover with boiling water.

## Method

After 10 minutes drain the prawns and add to the dish.

## Preparation

Wash the rice and leave to soak whilst preparing the veg.

Peel and finely chop the onion.

Peel and finely chop the garlic.

De-pith the capsicum and cut into 1 cm wide strips.

Clean up the celery and cut into 1 cm pieces.

Cook covered over the lowest possible heat until the prawns are cooked, liquid has been absorbed and the rice is cooked. The dish should be moist, not runny.

## Assembly

Turn out into a serving dish and decorate with fresh parsley.

---

<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/ecuador.htm>

## To serve

**FAIRTRADE** lemon wedges for squeezing would probably be appreciated.

This excellent dish deserves a bottle of **FAIR-TRADE** Chenin Blanc.

## Variation

- 1) Variations on sauce and herbs noted above.
- 2) Variations on fish are possible. A dramatic lobster and some shellfish would make this into a Paella.
- 3) Replace the fish with chicken or beef.