

# Creamy Spinach Rice

Kitchen # \_\_\_\_\_

- 1 cup Basmati or Jasmine Rice
- 1 T. + 1 ½ tsp. Canola oil
- 1 ½ cups chicken broth
- ½ cup heavy cream
- 2 oz. cream cheese
- ⅛ tsp. salt & pepper
- 4 oz. fresh spinach coarsely chopped
- ½ cup parmesan cheese grated
- ½ cup Monterey Jack Cheese grated



*Optional Mix-ins: Pre-Cooked Chicken, Ham or Shrimp (approximately ⅓ cup)*

Sauté rice in oil for 2 minutes over medium heat. Add the broth, heavy cream, cream cheese, spices and bring to a boil. Simmer for 10 minutes. Stir in the spinach, parmesan cheese, mix-in (*optional*) and simmer for 10 more minutes. Stir in the Monterey Jack cheese and serve. Serves 4

Name	Prep Jobs	Clean-Up

## Pre-Lab Questions

1. What type of cooking vessel will you need to sauté the rice?
2. Identify all of the cooking methods (*dry heat, moist heat, cook in fat*) used in this recipe.
3. What knife cut will you use on the spinach?
4. What tool will you need to use to prepare the Monterey Jack cheese?
5. Classify the foods for this recipe into the appropriate food groups.

Grain	Fruit	Vegetable	Protein	Dairy

6. Classify the foods for this recipe into the appropriate nutrients.

Carbohydrates	Fats	Protein	Vitamins	Minerals	Water

7. True or False: Without the protein this dish would be served as a side. With protein, this dish would be served as a main dish.
8. What does the term “mise en place” mean? What is the country of origin? Look it up if necessary.
9. If we were to break this recipe into a two day lab with the actual cooking taking place on the second day, which ingredients would you need to “mise en place” on the first day?
10. What are the benefits of “mise en place” for this recipe/lab?