

Baked Seafood Rice Recipe

Ingredients: Serves 4

450g total: cooked clam meat, shelled shrimps
and fish fillets

450g total: carrots, broccoli, spinach

5 tablespoons butter or cooking oil

8 pieces big onions

6 tablespoons flour

5 cups liquid reserved from cooking clams

1 tablespoon cooking wine

1½ teaspoon salt

a pinch of sugar

a pinch of pepper

½ cup shredded Mozzarella cheese or coconut

(white part of flesh only)

4 cups cooked rice

Method:

Slice carrots and cut broccoli into pieces; cut spinach into 1½" pieces. Blanch spinach in boiling water, rinse in cold water immediately, lightly squeeze out the water and set aside in a colander. Scrub and wash clams. Immerse clams in boiling water, cook until clams open and immediately remove from boiling water. Strain liquid through a sieve to remove any sand and reserve 5 cups for use later. Remove meat from shells and set aside. Seafood can easily overcook, they should be removed as soon as they are done. Heat butter, stir-fry onions, add flour and continue to stir-fry. Add in carrots, broccoli and spinach. Stir a while and add liquid from cooking clams, wine, salt, sugar and pepper to taste. Stir mixture and boil to thicken. Add the seafood, bring to a boil to make seafood sauce. If a creamy taste is preferred, mix in evaporated milk or whipping cream to the seafood sauce before baking. Preheat oven to 230°C. Divide rice into four ramekins; pour seafood mixture on the rice. Sprinkle mozzarella on top and bake for 20 minutes or until surface turns golden brown.

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