
Coconut Rice III

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Servings: 6

Preparation Time: 20 minutes

Start to Finish Time: 50 minutes

1 cup basmati or long grain white rice

1/2 cup unsweetened flaked coconut

4 green onions

1 can (14 ounce) unsweetened coconut milk

Place the rice in a sieve. Rinse with cold running water until the water runs clear. Place the rice in a medium saucepan. Add cold water to cover. Let stand for 30 minutes.

Meanwhile, prepare the grill for direct heat. Place the coconut on a 12- to 9-inch piece of double-thickness foil. Bring up the long sides and seal with a double fold. Fold in the ends to enclose. Grill the foil packet and green onions, covered, directly over medium heat. Grill the foil packet for 5 minutes, turning once. Grill the onions for 4 to 5 minutes or until tender and charred, turning once. Let cool slightly. Carefully open the foil packet to cool completely. Chop the green onions.

Drain the rice. Return to the saucepan. Stir in the coconut milk, 1/2 cup of water and 1/2 teaspoon of Kosher salt. Bring to a boil. Reduce the heat to medium. Cook, covered, for 10 minutes. Reduce the heat to low. Cook for 5 minutes more or until tender and the liquid is absorbed. Remove from the heat. Let stand, covered, for 5 minutes. Fluff the rice with a fork. Stir in the onions and half of the coconut. Top with the remaining coconut.

Side Dishes

Per Serving (excluding unknown items): 3 Calories; trace Fat (3.2% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Vegetable.