

Carrot, Celery and Leek Pilaf

Bialik College Kitchen Garden Program

Ingredients

- 1 1/3 cup vegetable stock
- 2/3 cup long grain rice, washed and drained
- 2 cloves garlic, minced
- 2 bay leaves, torn into pieces
- 1 carrot, diced
- 1 stick of celery, diced
- 1 leek, sliced
- 1 tablespoon butter
- 1 tablespoon olive oil
- a splash of verjuice
- sea salt/pepper

Equipment

- large saucepan with lid
- chopping board
- knife

Method:

1. Heat olive oil and butter in a large saucepan over low heat. When butter has melted add diced celery, garlic and leek.
2. Fry until soft, stirring occasionally.
3. Add carrots, rice and bay leaf. Stir in a generous splash of verjuice. Keep stirring until verjuice evaporates.
4. Pour in vegetable stock and a pinch of salt/pepper.
5. Increase the heat to medium/high and bring to the boil.
6. Place lid on the pan, reduce heat to low and cook for 12 minutes or until stock has evaporated.
7. Remove lid and stir well. Season if necessary and serve.