

Rice, Ham and Mushroom





Ingredients and Preparation

SERVINGS

Serves 2 to 3 people

INGREDIENTS

150g Crème Fraîche (Half Fat)
200g Mushrooms
120g Sliced Ham (Cooked or Crumbed)
120g Uncle Ben's Long Grain Rice
25g Parmesan Fine Grated Cheese
1 Tablespoon Parmesan Fine Grated Cheese (Separate Portion)
300ml Water
200ml White Wine
1 Medium Chopped Onion
1 Vegetable Cube
1 Tablespoon Margarine
1/2 Tablespoon Margarine (Separate Portion for Greasing)
1/2 Teaspoon Rosemary

SUGGESTED PANS AND DISHES

1 2Litre Pan with Lid
1 Oven Proof Dish (23cm long, 15cm wide, 5cm deep)
1 Wooden Spoon

PREPARATION

Pre-heat oven to 250C. For fan assisted ovens, 230C is recommended.

Melt a teaspoon of margarine in pan.

Chop onions and slice mushrooms into slices of approximately 3mm in thickness.

Add these to pan and stir with wooden spoon.

Add rice and stir on low heat.

Add water, white wine and vegetable cube to mixture.

Cover pan and cook on medium heat for approximately 20 minutes, stirring occasionally with wooden spoon until mixture is dry. Allow to cool.

Cut ham into thin strips, or chop, and add it to the mixture.

Add crème fraîche, Rosemary and 25g of parmesan cheese. Stir mixture thoroughly with wooden spoon.

Grease oven proof dish with 1/2 tablespoon of margarine and add pan mixture.

Spread evenly and sprinkle with tablespoon of parmesan.

Bake in middle of pre-heated oven, at 250C, for 10 minutes.

Switch off heat and leave in oven for 5 to 7 minutes.

Serve with a salad.