

Trinidadian Pelau

Pelau is a beautiful traditional rice pilaf dish of Trinidad and Tobago. The dish is a melting pot of Indian and Afro-Caribbean spices and flavors. We're making a Vegan rendition of it that is just as flavorful and satisfying!

Prep time: 20 mins

Cook Time: 35 mins

Ingredients:

- 1.5 cups Ben's Original Long grain rice (Parboiled)
- 1- 15 oz can of Goya Pigeon peas drained and rinsed
- 1- 15oz can coconut milk
- 3 cloves garlic (minced)
- 1/2 yellow onion (chopped fine)
- 2 medium carrots diced in small cubes
- 6 stems of cilantro
- 4 cloves(spice)
- 2 TBSP brown sugar
- 1 TBSP avocado oil
- 1 TBSP Low sodium tamari (or coconut aminos for soy-free option)
- 1 TBSP Vegan Worcestershire sauce
- 1 TBSP tomato ketchup
- Salt and Pepper to taste
- 1 TBSP Plant Bomb Caribbean Peppa
- Salt and Pepper to taste
- 2 large portobello mushrooms large diced, 10- 15 crimini Mushrooms halved
- 1 cup of water

Instructions:

- Bring 3 cups of water to boil, add a pinch of salt and 2 cups of rice, stir, cover, and reduce heat to low and cook for about twenty minutes until done.
- Rice can be prepared ahead and set aside.
- First, Brown the mushrooms by sauteing them for 5 mins in your large pot with a small amount of oil on med/hi heat, then set them aside.
- Heat the rest of your oil for about 1 minute in a large pot, add sugar, caramelize to a medium-dark brown, do not stir sugar. Add onions, garlic, carrots, cilantro, pigeon peas, and cloves when sugar reaches the desired color. Your timing is critical, so you don't burn the sugar. Saute veggies and peas for 5 mins, nicely browning everything and 1/2 cup water. Allow cooking for about 15 minutes, on low to medium heat.
- Add a mixture of coconut milk, tamari, tomato ketchup, Plant Bomb Caribbean Peppa Sauce, Worcestershire, salt and black pepper, and 1 cup of water. Mix well and allow the sauce to reduce for about twenty mins.
- The sauce will become thicker, and that's when you'll know it's ready to absorb the rice.
- Add rice to pigeon pea stew, stir to mix well; the dish should have a rich brown color, taste, add salt if needed.
- Add your mushrooms back in

- Finish with some fresh cilantro leaves and a splash of Caribbean Peppa sauce!
- ENJOY

Special Notes:

- This recipe is Vegan and Gluten-Free!

