



Classic Cuban "Picadillo" Briny-Sweet Stewed Rice Bowls

By Dylan Sabuco

Prep Time 10 / **Cook Time** 20 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

boil: to cook a food in liquid heated to the point of gas bubbles and steam forming (boiling point is 212 F at sea level).

chop: to cut something into small, rough pieces using a blade.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

simmer: to cook a food gently, usually in a liquid, until softened.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

Equipment

- ☐ Small pot + lid
- ☐ Large pot + lid
- ☐ Liquid measuring cup
- ☐ Dry measuring cups
- ☐ Wooden spoon
- ☐ Medium bowl
- ☐ Towel or plastic wrap to cover bowl
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Can opener

☐ Measuring spoons

Ingredients

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- ☐ 2 C water
- ☐ 2 C uncooked instant white rice
- ☐ 1 T vegetable oil **
- ☐ 1 small yellow onion
- ☐ 1 green bell pepper
- ☐ 1/4 C pitted green olives
- ☐ 1 garlic clove
- ☐ 1 8-oz can tomato sauce
- ☐ 2 T capers
- ☐ 1/4 C golden raisins
- ☐ 1 T ground cumin
- ☐ 1 tsp granulated sugar
- ☐ 1 tsp salt
- ☐ 1/2 tsp ground black pepper
- ☐ 1/2 tsp mild chili powder

Food Allergen Substitutions

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Soy: Substitute canola oil or other nut-free high-smoking point oil for vegetable oil.

Instructions

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intro

"Hola" or "Hello" in Spanish! Cuban "picadillo" (peek-ah-DEE-yo) is a tasty stew with a sweet and savory

mix of ingredients, like meats, raisins, olives, and potatoes. It's cooked with onions, garlic, and spices to make it really flavorful and is often served with rice. Picadillo is actually common all over Latin America in many variations. It might sound a little different, but it's a fun dish that's super delicious and great for family dinners!

measure + boil

Measure **2 cups of water** and pour it into a small pot over medium heat. Stir in **2 cups of instant white rice**, cover with a lid, and cook for about 5 minutes. Once the rice is cooked, remove the rice from the pot and place it in a bowl. Cover the bowl, if possible, to keep the rice warm.

chop + sauté

Add **1 tablespoon of vegetable oil** to a large pot. Roughly chop **1 small yellow onion**, **1 green bell pepper**, **1/4 cup green olives**, and mince **1 garlic clove**. Add the chopped vegetables to the pot and sauté for 5 minutes or until the onions are soft.

edible education

Raisins are dried grapes. Grapes are traditionally dried by the sun, although artificial dehydration may also be used. There are several grape varieties. Consequently, there are different types of raisins. Raisins are high in sugar and carbohydrates. The drying process, which causes the water in grapes to evaporate, concentrates the natural sugar in raisins, making them sweeter than grapes, like nature's candy.

measure + stir

Measure and add **1 can of tomato sauce**, **2 tablespoons capers**, **1/4 cup golden raisins**, **1 tablespoon ground cumin**, **1 teaspoon sugar**, **1 teaspoon salt**, **1/2 teaspoon black pepper**, and **1/2 teaspoon mild chili powder**. Stir the mixture a few times. While you stir, practice some Spanish counting: 1 uno (OOH-noh), 2 dos (dohs), 3 tres (trehs), 4 cuatro (KWAH-troh), 5 cinco (SEEN-koh), 6 seis (SAY-ehs), 7 siete (see-EH-tay), 8 ocho (OH-choh), 9 nueve (NWEH-vay), 10 diez (DEE-ehs).

simmer + cover

Bring the mixture to a simmer, then reduce the heat to medium-low, cover, and cook for 10 minutes or more.

serve

Scoop 1/4 cup or more of the rice into each bowl at your table. Then, scoop an equal amount of the Classic Cuban "Picadillo" over the top. Eat and enjoy! Or, "¡Buen Provecho!"

Featured Ingredient: Raisins!

Hi! I'm Raisin!

"I'm a sun-kissed grape! Well, actually a sun-dried grape, so I'm a bit more wrinkly. Laying out in the sun so

long also makes me a bit darker and more sugary. We make a great snack and add a nice texture and sweetness to baked goods, cereals, and savory dishes!"

Raisins are dried grapes. Grapes are traditionally dried by the sun, although artificial dehydration may also be used. There are several grape varieties. Consequently, there are different types of raisins.

Grapes have been grown in Turkey since the 8th century, and Turkey is the largest producer of raisins worldwide. Other large raisin producers are the United States, China, and Iran.

In some places, like the UK and Ireland, the word "raisin" is used only for dried, large, dark grapes. Dried golden or green grapes are called "sultanas." And "currants" are dried, small Black Corinth (Zante currant) varieties of grapes.

Golden raisins are artificially dehydrated in a controlled environment with the correct humidity and temperature to help maintain some moisture and a lighter color.

For commercially-produced raisins, the grapes are pretreated with a dry or oil emulsion or alkaline solution that speeds up the removal of water from the inside cells to the surface of the grape, where the water can evaporate. Once the water is removed from inside the grape, they are dried in the sun, the shade, or mechanically. One mechanical technique is microwave drying, which results in a more plump raisin. The raisins are then cleaned, with stems and other debris removed.

The word "raisin" is from Middle English, borrowed from Old French, from an alteration of Latin "racemus" or "grape bunch." In Modern French, the word "raisin" means "grape," and "raisin sec" means "dried grape."

Raisins are high in sugar and carbohydrates. The drying process, which causes the water in grapes to evaporate, concentrates the natural sugar in raisins, making them sweeter than grapes.

Raisins are a good source of fiber and protein and have an insignificant amount of fat. Raisins contain a moderate amount of copper, potassium, iron, and vitamins B2 and B6.

The ASPCA cautions dog owners that raisins (and grapes) can be toxic to and cause kidney failure in some dogs.