One onion White oil! Preferably peanut but 100% soy bean will do (aka veggie)
Ginger (about four table spoons)
2 scotch bonnet pepper
3 cloves of garlic
1 red bell pepper

1 pound of Stew fBeef(or chicken or goat)
1 can of crushed tomato (24 ounces)
Chicken broth(for rice and for stew)
Butter(my house is kosher so I used Earth Balance margarine)
1 pound of rice
Salt
Pepper
Garlic
Cayenne powder
Onion powder
Garlic powder
Herbs(thyme, but she suggested parsley and dill as well.)

<u>BASE</u>
Dice the onion, garlic and ginger
Heat the 3 tablespoons of oil in a large pot(I used a dutch oven)
Fry the onion garlic and ginger with a generous helping on cayenne salt and pepper. About 3 tablespoons. Fry until soft, not browned. Should take several minutes and be translucent and warm both in flavor and texture.
Set aside onions
Cut Beef into bite sized chunks
Season beef hard with cayenne, onion powder, garlic powder and thyme. Season like you are coating it with flour for browning. Seriously.
Add for 5 tablespoons of vegetable oil and bring to a boil
Brown meat at a high heat and remove. Should be browned hard.
Cut the red bell pepper and 2 scotch bonnets.
Wash your hands three times(this is from Carly Not Mabel. These peppers are NO JOKE)
Open all your windows regardless of the weather(This is from Carly, not Mabel. These peppers are not a joke)
Add oil to pot and heat. Scrape up bits of meat and oinion.
Fry peppers until soft. This will make you cough and wheeze. <u>It will be worth it</u>
Puree onions, pepper, garlic, ginger.
Add crushed tomato to pot and stir with oil remains, bring to a boil
Add pepper and stir
Add beef and stir
Add half a cup to a cup of chicken broth stir.

Bring to a boil and cook until very thick and meat is tender.(Not falling apart, but tender) Mabel said it should be like tomato sauce or chili. She asked if I knew what those were. I love this woman.

TIME FOR RICE

Long grain rice. Not Basmati. 1 pound
Cook with chicken broth and all the herbs in your house (not woodsy herbs. She recommended parsley, dill and thyme. I only had thyme)
She said cook until it was all dente like pasta. We had much debate in my house over what that meant. But it should have bite. Shouldn't be fully cooked
Cover it with butter (I used earth balance since this is a kosher house)
The butter, herbs, and rice smell like HEAVEN
Mabel strongly recommended tossing in dried crayfish, but this is a kosher house. She then recommended tossing a tin of sardines in oil with the rice to flavor. Sadly, I did not purchase because I thought I had in the house and then discovered it had been eaten by the Ghanaian husband.
Add more garlic powder, onion powder, and cayenne.(I'd say like 4 tablespoons of this mixture)

FINISH IT!

Preheat oven to 350
Toss the rice with the base (or as Mabel called it Stew) until mixed well
Butter a baking pan - I used an extra large pyrex roasting pan. You want long and flat.
Bake rice for 20 to 40 minutes (I know it's not precise. I am quoting my new best friend)
Steam peas and carrots(can use frozen or fresh) season with butter and salt
Rice should be rich, red, still have some toothiness and not be mushy, but have some slight crispness on top.
Pour in a giant bowl and fluff with fork like you would couscous. It may seem mushy, but once cooled it was not. add veggies.9
There are little crispy bits from baking it that are amazing!

EAT IT ALL! Makes plenty to share!