



1939 Rice, Carrot and Cheese Supper Dish

1 1/2 cups shredded carrots

1 tbsp. chopped onion, salt and

1 cup grated cheese

and pepper to taste

1 cup rice (parboil 5 minutes in salt water) 1 egg beaten

Bake in greased ring mould for 30 minutes. Serve with centre filled with green peas.

-Mrs. H. R. Mount

I used 2 cups grated carrots (as I make up packages of grated carrots and leave them in the freezer). I didn't cover mine in the oven, COVER the rice with foil, to keep the rice from getting crunchy on top. I baked in the oven for 30 minutes at 350, in a 6 x 9-inch baking dish. It was surprisingly good.

To Parboil: Boil a pot of water on the stove. Add rice and let boil for 5 minutes. Drain and let cool. For this recipe I let cool approximately 30 minutes. The rice will finish cooking in the oven.

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