
THE GREEN LINE

CALLALOO OR LEAFY GREEN VEGETABLE AND RICE, BY CHEF MAGNUS PATTERSON

[You can watch chef Magnus Patterson demonstrate the recipe on THEGREENLINE.TO.](https://thegreenline.to)

INGREDIENTS:

For the callaloo:

- ☐ 1 bunch of fresh callaloo* (peeled and chopped) and/or a can of callaloo
- ☐ 1 cooking onion (sliced)
- ☐ 1 stalk of scallion (or green onion)
- ☐ 1 red or yellow bell pepper (sliced)
- ☐ 1-2 garlic cloves (minced)
- ☐ Fresh thyme
- ☐ 2 tbsp olive oil
- ☐ Seasoning salt to taste
- ☐ 2 tbsp butter
- ☐ Optional: Saltfish (cod)

For the rice (quantities vary based on portions):

- ☐ White rice (plain or Jasmine)
- ☐ Water
- ☐ Salt
- ☐ Butter

**Fresh callaloo can be purchased at Caribbean grocery stores. Rasta Pasta sources callaloo from Caribbean Corner, located on Baldwin Avenue in Kensington Market.*

INSTRUCTIONS:

Step 0: Prepare saltfish (optional)

If you are including saltfish in your dish, soak saltfish in water overnight. Alternatively, you can boil it in water for 10–15 minutes to remove excess salt.

Drain and flake into small pieces, removing bones and skin.

Step 1: Sauté aromatics

In a pot, heat the olive oil.

Caramelize the sliced onion, pepper, garlic and thyme over medium heat until translucent.

Optional: Add flaked saltfish and stir for two to three minutes to cook.

Step 2: Cook the callaloo

Remove the thin film layer from the outer stalks of the callaloo.

Rinse the callaloo leaves and stalks under cold water to clean them thoroughly.

After cleaning, chop the callaloo, including the tender stalks and leaves, into small, bite-sized pieces suitable for cooking.

Add the chopped callaloo to the pot and stir well.

Let the callaloo simmer for 30 to 40 minutes on medium heat, stirring occasionally. Add water to prevent sticking.

While it's simmering, add salt to taste and two tablespoons of butter.

Step 3: Cook the rice

While the callaloo is cooking, prepare white rice in a separate pot. You need 1.5 cups of water for every cup of rice.

Add salt, and a bit of butter.

Wait for the water to simmer, cover the pot with a lid and return when water has evaporated and rice is cooked.