

Jollof Rice

This was by far the most requested recipe for the cookbook. A staple in many parts of Africa, this flavourful rice is a delicious accompaniment to any meat, chicken, or fish dish.

Ingredients



- 6 medium tomatoes roughly chopped
- 1 red pepper, seeds and stem removed and roughly chopped
- 1 medium onion roughly chopped
- 1 scotch bonnet (you can leave this out if you want no spice or add more if you like spicy)
- Salt and pepper to taste
- 1 tbsp. oil
- 4 tbsp. tomato paste
- 2 ½ cups of chicken or veggie stock or water
- 1 tsp. curry powder
- 1 tsp. dried thyme or 4 sprigs
- 3 bay leaves
- 2 cups parboiled rice



1

Mix

In a blender, mix together the tomatoes, red pepper, onion, scotch bonnet with some salt and pepper.

2

Heat, add mixture, boil, mix and cook

In a medium size pot, heat oil on medium-high heat. Add tomato mixture and bring to a boil stirring occasionally. Add tomato paste and mix well. Cook this mixture for about 15 minutes or until reduced and darkened in colour.

3

Add ingredients, boil, mix, lower heat, cover and cook

Add broth or water, curry powder, thyme and bay leaves and bring to a boil. Add rice and mix well. Turn heat to low, cover with lid and cook for 20 – 30 minutes or until all the liquid is absorbed. Fluff rice with fork and serve.

Tips & Tricks

- The key to good Jollof is letting the tomato sauce get dark red and thick. Don't rush that part of the process.
- You can always substitute canned tomato for fresh.