

Jollof Rice Recipe

Jollof Rice is a West African dish originating from Wolof people of Senegal but modified and made popular in Nigeria. Jollof rice is meal for friendly gathering and large celebrations. It is stewed rice cooked with a blend of spices and has a little bit of heat. Jollof is synonymous to happiness as it is nothing but a party in your mouth when you eat it. This recipe is an adaptation of jollof suited to what is available in Vancouver and is low intensity. A huge part of Nigerian cooking is tasting as you go but I have done my best to adapt measurements.

Ingredients for 5 servings:

- 3 cups - Long grained **parboiled** rice (Recommended: Great Value Long Grain parboiled rice, No Frills Long grain parboiled rice, or any other brand long grain parboiled rice)
- 1 - Hunts Tomato Paste – 6oz
- 6 – Roma tomatoes (if you have a blender) or 6-8oz tomato sauce can (Great Value, No Name, Unico recommended)
- 1 red/purple onion
- 1 habanero pepper. **Just 1.** Or three Thai red chili pepper
- 2 tablespoons – minced garlic or 4 cloves of garlic
- 1 tablespoon paprika powder
- Optional: 1 teaspoon of chili powder for extra kick
- 1 tablespoon – thyme
- 2 bay leaves
- 1 tablespoon – salt (to taste)
- 1/2 cup of canola oil/ olive oil
- 1 Knorr chicken cube (Add an extra one for taste)
- 4.5 cups of water
- 6 chicken thighs (skin or skinless)
- 1 tablespoon curry powder (Recommend No Name brand)
- 1 teaspoon ginger powder (Recommend No Name brand)
- 1 plantain: fry with 1/2 cup oil
- 2 tablespoon of barbecue sauce

Utensils:

1 4L or more pot

1 cooking spoon

1 frying pan

1 frying spoon (metal spoon with skimmer)

Baking pan

Instructions:

Mise en place (5-10 mins):

- Finely chop onions
- Chop garlic if you are using garlic cloves
- Blend tomatoes with habanero pepper or Thai chili pepper
- Wash the chicken thighs with water
- Wash the rice with water by adding enough water to cover the rice, rub the rice a little and then drain the water out. Repeat twice. This helps to remove the starch on the rice
- Slice plantain (do this after rice starts cooking)

Main recipe (50-55 mins) Serves 4-5:

1. With the pot on medium heat on the stove, add 1/2 cup canola/olive oil, diced onions, garlic, paprika, ginger, curry and thyme. Stir fry for 2-3 minutes or until aroma starts to fill the air
2. Brown the chicken thighs by placing in aromatic oil for two minutes on each side
3. Add Hunts tomato paste and blended tomato mix (or tomato sauce and the habanero pepper un-chopped) and stir fry for 5 minutes
4. Add 4 cups of water, Knorr cube, salt and leave chicken stew mix to boil for 20 minutes. This makes a natural chicken broth
5. Take out the chicken and place on oven pan. Bake chicken for 20 mins at 375F
6. Add washed rice into pot with stewed chicken broth. Broth and water should be about an 1.5 inches above rice. Add just enough water to get to this measurement. Add the bay leaves



I use this much of my pinky finger or the top half of my thumb to determine water level above rice to cook rice perfectly

7. Cover the pot completely and leave to simmer for 20 minutes. At 15 mins check on the rice, stir it up and taste a little to see if it is almost cooked. Cover the pot again. Make sure the stove is on medium heat
8. Remove chicken from the oven. For extra crispy chicken can leave in oven for extra 3 mins at 400F
9. Check on rice, stir, taste and cover the pot back. Covering the pot is very important to let the steam cook the rice completely
10. Heat 1/2 cup of oil in frying pan for 2 mins on medium heat. Add sliced plantain to oil and fry for 2 minutes on each side. Drain plantain from oil. Optional: sprinkle salt on plantain
11. Serve everything together and enjoy. **Do not eat the bay leaves or habanero pepper** (if used whole)

