Jollof Rice

Ingredients:

1 white onion (sliced)

140g tomato paste

3 bay leaves

One tablespoon of dried thyme

Knorr chicken seasoning cubes x3 or 2 Knorr chicken or veg stock

2 tablespoons x all-purpose seasoning

Salt to taste

4 cups of washed white rice (basmati or long grain)

Vegetable oil (2 tablespoons)

Pepper mix:

4 tomatoes

2 red bell peppers

1 red long sweet pepper

1 or 2 scotch bonnets (dependent on how hot you’d like the rice)

1 red onion

Step 1:

Blend your pepper mix in a blender until smooth and leave aside.

Step 2:

Heat up oil in a pot (med-high heat)

Once hot, add sliced white onion and fry until translucent

Step 3:

Once translucent, add tomato paste and stir in with onions

Fry together for about 5 mins to get that sweet, smoky flavour from the purée and stir frequently (cover)

Step 4:

Once the purée has been fried and banded together, pour in the pepper mix. Stir well.

Step 5:

Add Seasonings and herbs to the pepper mix.

Stir in well then cover and let simmer and boil on medium heat for 15mins.

(Whilst sauce is cooking, please boil some hot water. If cooking with stock, mix stock with hot water)

Step 6:

After 15mins, you would notice that the sauce has thickened and this in an indication that the sauce is ready.

Add the washed rice and stir well to all rice is covered with red sauce.

Step 7:

Then add enough hot water or stock to just cover the rice

- It’s important not to add too much water, just until it’s a little above the rice.

Stir well again, to make sure there’s an even flavour

Step 8:

Set on the lowest heat, cover with foil and place lid on top of foil to ensure not heat is escaping, and let the rice simmer and cook for 20mins

Step 9:

After 20 mins, Stir the jollof rice (gently) from the bottom up every 20minutes

(Do not be disheartened at the lack of water, the steam will do the job)

Cook for a further 20 mins and check and stir

After a total of 1hr 10mins on a low heat steaming, the jollof rice should be ready.

Some tips:

Jollof rice is best cooked on a non-stick pan.

If by the total time, the rice is still undercooked it may be because heat has been escaping, the heat is too high, or you did not put enough water in the first place.

Not to worry - add a little more water and stir in gently and steam on lowest heat ensuring the pot is fully covered with foil and the lid on top for a further 20 minutes. This should help improve the rice.