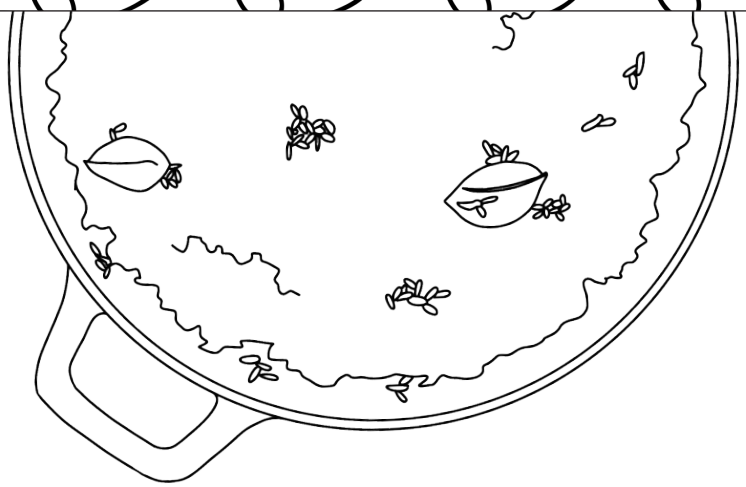

NIGERIAN "JOLLOF RICE"

INGREDIENTS

Serving Size – Large Pot, 6-8 people :

- **1/3 cup** oil (*vegetable/canola/coconut, not olive oil*)
- **6** medium-sized fresh plum/Roma tomatoes, chopped, OR a 400g tin of tomatoes
- **6** fresh red poblano peppers (*or 4 large red bell peppers*), seeds discarded
- **3** medium-sized red onions (*1 sliced thinly; 2 roughly chopped*), divided
- **1/2 to 1** hot pepper (*yellow Scotch bonnets are a great choice*)
- **3 tablespoons** tomato paste
- **2 teaspoons** (*Caribbean/Jamaican-style*) curry powder
- **1 teaspoon** dried thyme
- **2** dried bay leaves
- **5 to 6 cups** stock (*vegetable, chicken or beef*) or water, divided
- **2 teaspoons** unsalted butter, divided
- **4 cups** uncooked converted long-grain rice or golden sella basmati, rinsed
- Salt
- Black and white pepper
- **Extra:** sliced onions, tomatoes

INSTRUCTIONS

1. In a blender, combine tomatoes, red poblano (or bell) peppers, chopped onions and Scotch bonnets with 2 cups of stock. Blend until smooth, about a minute or two. You should have roughly 6 cups of blended mix. Pour into a large pot/pan and bring to a boil. Then turn down the temperature and let simmer, partly covered, for 10 to 12 minutes.

2. In a large pan, heat oil and add the sliced onions. Season with a pinch of salt, stir-fry for 2 to 3 minutes. Then add the bay leaves, curry powder, dried thyme and a pinch of black pepper, stirring for 3 to 4 minutes on medium heat. Then add the tomato paste, stir together, and cook for another 2 minutes. Add the reduced tomato-pepper and Scotch bonnet mixture. Stir again, and set on medium heat for 10 to 12 minutes, with the lid partly on, until the liquid is reduced by half.

3. Add 4 cups of the stock to the cooked tomato sauce and bring mixture to a boil for 1 to 2 minutes.

4. Add the rinsed rice and 1 teaspoon of butter, stirring together. Cover with a double piece of foil/baking or parchment paper, and then place a lid on the pan to seal in the steam and lock in flavour. Turn down the heat and cook on the lowest possible setting for 30 minutes, stirring halfway through.

5. Stir rice – taste and adjust cooking time as required. If rice isn't soft enough and needs additional cooking, add 1/4 to 1/2 cup of stock or water, stir through, and continue to steam on low heat until cooked through.

6. Add sliced onions, fresh tomatoes, plus the second teaspoon of butter, and stir everything together. Let meal rest while covered for about 5 to 6 minutes.

7. **Optional**: To make "Party Rice," you'll need to add one more step. Party Rice is essentially "Smoky Jollof Rice," traditionally cooked over an open fire. However, you can achieve the same results on the stove top. Here's how: Once the rice is cooked, turn up the heat with the lid on for about 3 to 5 minutes so it can become golden brown. You'll hear the rice crackle and snap, and it will smell toasted. Turn off the heat and leave the lid on so the dish can "rest" until it's ready to serve. The longer the lid stays on, the smokier the flavour will be.

This meal can be served along with salad, meat dish, and/or any other sides you desire.

To view the recipe online, go to: https://food52.com/recipes/61557-classic-nigerian-jollof-rice