

## JOLLOF RICE



Jollof rice is a popular party favourite in Nigeria and most West African countries. It has a basic simple method and the ingredients are easy to find. It is a very flexible dish that you can experiment with by adding your own signature ingredients.

### INGREDIENTS

#### Serves 4

- 500g Long grain rice
- 3 cooking spoons Margarine /Vegetable oil
- 2 Large Onions
- 6 or more Red chilli peppers
- 3 large Fresh tomatoes
- 3 tablespoons Tomato purée
- 1 clove Garlic/ginger
- Bay leaves
- Thyme
- 3 Maggi cubes
- 500g Chicken
- 100g Boiled seasoned snails
- 40g Cooked green peas
- 2 Smoked stock fish (optional)
- 4 pieces of Crabs or 50g Shrimps
- A bunch of Plantain bananas
- 500ml water

### METHOD

- STEP 1** Melt the butter or pour 1 cooking spoon of vegetable oil in a deep cooking pan, add sliced onion till slightly brown, add grated garlic, tomato purée, sliced red chilli pepper and small grated ginger, stir all together, add other seasoning – leave to fry for 3mins then add water.
- STEP 2** Add the rice and bay leaf (optional) to above.
- STEP 3** In another cooking pan boil the shrimps, crab, and snails together, add a bit of seasoning till cooked then add or separately boil green peas inside for 2mins.
- STEP 4** Season the chicken and grill with onions, a bit of garlic and ginger.
- STEP 5** Check the rice, if almost done, or bring to boil, add the shrimps, green peas either to garnish or to add to rice depending on you.
- STEP 6** Melt small cooking spoon of oil into frying pan, slice a bit of onion, chopped red chilli pepper, a little tomato purée, add the snail, crab, smoke stock fish and grilled chicken. Stir, add seasoning and fry for 10 minutes to make sauce.
- STEP 7** Check rice if well cooked. Softly stir up from the root with a wooden spoon because of the sauce settled at the bottom. If done, garnish with cooked and boiled green peas, fried plantain and the sauce. Serve with your favourite beverage.

**TIP:** Grate instead of chopping the garlic and ginger into the dish in Step 1 for a sweeter unique flavour to the dish.