



Nigerian Jollof Rice

Jollof rice is a delicacy that is loved in the West African region, and countries in the region still debate its origin. Jollof rice is that one dish across West Africa that is a unifying dish where every country has their own version, and the core sits on three important ingredients: rice, tomato stew, and seasoning. We are going to learn a few secrets of not just making Jollof rice, but a classic Nigerian Jollof rice..

Ingredients

TOMATO STEW

- 1.5 kg fresh plum/Roma tomatoes
- 600g thick tomato paste
- 2 red onions
- 1/2 vegetable oil

JOLLOF RICE

- Chicken
- 2tspn thyme
- 3 Knorr cubes (or equivalent vegetable/chicken stock)
- 2 medium red onions (chopped)
- 750g (about 3 cups) long grain rice
- 2tspn curry powder (ideally Nigerian curry powder)
- Chopped green onions
- Roasted hot peppers (optional)

Directions

TOMATO STEW

It is advisable to prepare tomato stew beforehand and keep in the freezer. This is so that whenever you want to cook any Jollof rice related dish, it is just a matter of adding it to your cooking.

1. Wash and blend the fresh plum/Roma tomatoes (remember to remove the seeds unless you're sure the blender can grind them very well). If you don't have a blender, chop the tomatoes as finely as you can and mash them in the pot as they cook.
2. Pour the blended tomatoes into a pot and cook at high heat until almost all the water has dried
3. Chop the onions into small pieces while the tomatoes are cooking
4. Add the vegetable oil, chopped onions, and tomato paste (mixed with equivalent amount of cold water) into the pot of blended tomatoes. Stir well
5. Fry at low heat and stir frequently until the oil has completely separated from the tomato puree. A well-fried tomato puree will also have streaks of oil, unlike when you first added the oil and it was a smooth mix of the tomato puree and oil. Taste the fried tomato puree to make sure that the raw tomato taste is gone (with time and experience, you'll even be able to tell from aroma alone)
6. If you're happy with the taste and the water has dried up as much as possible, pour out the excess vegetable oil and your tomato stew is ready!

JOLLOF RICE

1. Wash and cut your chicken into pieces. Boil with thyme, Knorr cubes, and chopped onions in a pot of water that just covers the contents. If using liquid stock, use that as the base instead of water.
2. Once the chicken is cooked, remove it from the pot and roast it in the oven or fry it to get a golden look. Keep the stock for Step 4
3. Parboil the rice (cook halfway). Rinse the parboiled rice and put in a sieve to drain
4. Pour the chicken stock and the tomato stew into a sizable pot and leave to boil.
5. Once the pot is boiling, add the drained parboiled rice, curry powder, and salt and pepper to taste. The water level should be the same level as the rice to ensure the water dries up by the time the rice is cooked.
6. Cover the pot and leave to cook on low to medium heat. This way the rice doesn't burn before the water dries up.
7. Serve alongside the chicken and garnish with green onions and roasted hot peppers. Enjoy!

Prep Time

TOTAL TIME: 1 HOUR 30 MIN

- Prep: 30 min
- Cook: 1 hour