

JOLLOF RICE - Africa

Jollof Rice is served with variations in many countries of West Africa. This dish may be made from scratch with fresh chicken pieces, alone or in combination with ham, bacon, pork, turkey, veal, fish, shellfish and pork. This is an excellent dish for leftover proteins.

Ingredients:

2 Lbs Cooked Meats cut into 1 inch chunks.
(any combination of chicken, bacon, shrimp, pork, turkey, veal)

If using fresh meats then season and bake meats in the oven for 7 minutes at 350°F to get them started.

3 T olive or canola oil

2 C Rice

1/2 C onions, finely chopped

1/2 C green pepper, finely chopped

1/2 tsp ginger, finely chopped

1 6oz can of tomato paste

1 16 oz can (2 C) whole tomatoes

5 C chicken stock or water

1/2 tsp thyme

1 tsp crushed red pepper flakes

2 tsp Salt

1/2 tsp black pepper

Instructions:

Using a pot on the stove with medium high heat, sauté meats and onions in 3T oil until slightly brown and/or onions are soft.

Add tomato paste, stir and cook for 3 minutes.

Add tomatoes, stir and cook for 5 minutes.

Add 5C chicken stock or water, salt, pepper, thyme, crushed red pepper flakes.

Bring to a boil.

Add meats then lower temperature to medium to medium low.

Simmer 20 minutes then add 2C white rice, stir.

Cook uncovered for 20 minutes more.

Turn off heat after 20 minutes, and taste.

Add any salt or pepper if it needs it.

Optional -Some fresh herb can be added at this point.

Pour the Jollof Rice in a deep bowl, arranging the meat in the center.

Yield: 8 portions

