



SPICE WORLD

NIGERIAN PARTY JOLLOF RICE

RECIPE SAYS SERVES 4, BUT MORE LIKE 6



WHAT'S IN THE KIT?

In each spice kit, you will receive all the spices and unusual pantry items to make this particular dish. Please tag us on Facebook and/or Instagram with pictures of your recipes or email them to us at info@acplwy.org.

This kit includes:

- 2 maggi cubes
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon white pepper
- 3 bay leaves
- 1/2 teaspoon curry powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon thyme
- 1/4 teaspoon ginger

You will need:

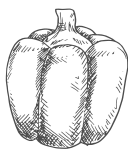
- 4 1/2 cups parboiled rice
- Canola oil
- butter
- salt and pepper
- 14.5 oz canned tomatoes (unsalted)
- 6 oz. canned tomato paste
- 2 red bell peppers
- 3 red onion (whole)
- 1 cup chopped red onion
- 1-4 habanero peppers (based on how spicy you want)
- chicken stock

A BRIEF HISTORY...

The most adopted theory for the expansion of the dish explains Jollof Rice as having its origins in Senegambia region of West Africa, in the ancient Wolof or Jolof Empire, during the 14th-16th century. The former empire is located in what is considered to be parts of modern-day Senegal, The Gambian and Mauritania. With rice farming becoming prominent across the Senegal river, this region became known as the grain coast. In 1448, the Portuguese developed trading posts by the river, and introduced goods, including tomatoes, which would become essential to the development of the dish. Today, the significance of Jollof rice is not only felt in West and Central Africa, but also in the American South, where millions of West African slaves from rice-growing regions brought with them the regions agricultural techniques and rice influences to the New World (Hadero).



Typical in Ghana, Senegal, Nigeria, Cameroon, and Liberia



Pureed tomatoes, habaneros, red bell peppers and onions, along with parboiled rice are common in Nigerian Jollof



The party version of Jollof is also cooked in cast iron pots over firewood, giving it a smokey flavor served at parties with fried plantains and moin moin (steamed bean pudding)



RECIPE

- 4 tbsp canola oil
- 1 tbsp butter
- 14.5 oz canned hunts tomato unsalted
- 6 oz canned tomato paste
- 2 red bell peppers
- 3 large whole red onion
- 1 cup chopped red onion
- 1-4 Habanero peppers (based on how spicy you want)
- 4 1/2 cups long grain parboiled rice
- 2 cups chicken stock
- 1 Maggi cube
- 1/2 tsp salt
- 1/2 tsp cayenne pepper and black pepper
- 1/2 tsp white pepper
- 3 single bay leaves
- 1/2 tbsp curry powder
- 1/2 tsp garlic/onion powder
- 1/2 tsp thyme
- 1/4 tsp ginger



RECIPE

1. Blend tomatoes, red bell peppers, habanero peppers, large red onions until consistency is smooth and set aside
2. Wash the rice thoroughly to rid off starch and set aside.
3. Parboil rice and set aside (see instructions for parboiling)
4. To a medium-sized pot on medium heat, heat canola oil and butter. Throw in chopped onions and allow to fry for about 5 mins or until redness starts to fade
5. Pour in tomato paste and allow to fry for about 10-15 minutes, stirring continuously to avoid burning.
6. Add in your blended mixture, Maggi, cayenne & black pepper, white pepper, bay leaves, curry powder, garlic, thyme. Mix and fry for about 30 minutes, continuously stirring to avoid burning.
7. Add chicken stock and salt. Mix and allow cook for an additional 10 mins
8. Add in washed rice and a bit of water (if necessary), and reduce heat to low.
9. Cover pot with aluminum foil, to avoid heat from escaping through lid
10. Cook rice on low heat for about 30 mins. Once cooked, mix thoroughly to combine ingredients
11. Cover and let cook for an additional 10 mins.
12. To get the party Jollof flavor, turn up the heat and let the rice burn for about 3 mins. (Be careful with this step, so you don't burn the whole rice)

Sources:

Hadero, Haleluya. "How Jollof Rice Became West Africa's Iconic Dish and a Point of Banter between Africans." *Quartz Africa*, Quartz, 10 Sept. 2019, qz.com/africa/1689421/the-history-of-jollof-rice-in-west-africa-and-the-banter/
Ajoku, Author Eleanor, et al. "The Best Nigerian Party Jollof Rice Recipe You Can't Resist." Eleanor's Blog, 28 May 2020, elleyajoku.com/food/jollof-rice-recipe.