

Jollof Rice

Serves 1 | Active Time: 45 minutes | Total Time: 1 hour

Swick

Chef's Notes

In Step 1, remove the seeds from the Scotch Bonnet to reduce the heat. For this recipe, a 1/4 oz (7 g) chile was used and the seeds were removed; there was noticeable capsaicin heat in the finished dish.

Substitute habanero or other chile variety as needed.

In Step 2, traditional recipes call for about 1/3 cup oil and “frying” of the ingredients. Feel free to use more oil if you prefer.

In Step 3, if you are not using a heavy or tight-fitting lid, place a sheet of aluminum foil over the top of the pot, then cover with the lid. This helps keep the steam in the pot.

Step 3, optional: To infuse a bit of smokiness in the rice, after it is cooked, increase the heat to high with the lid on for an additional 2-3 minutes, to develop a crust. Turn the heat off and allow the rice to rest until it is ready to be served.

Note that the rice at the bottom of the pot will develop dark caramelization, bordering on scorched. Pay careful attention to the pot when doing this to avoid developing a smoky flavor that is too strong. Also, note that imparting smokiness by this method can be difficult because of the risk of burning. And, some consumers may not enjoy the scorched flavor. Instead, using smoked paprika or liquid smoke is preferred by many cooks.

Step 1: Making the sauce

- 1 lb (450 g) tomatoes, chopped
 - 1 lb (450 g) red bell peppers, deseeded and chopped
 - 3 cloves (10 g) garlic
 - 2 tsp (20 g) ginger, minced
 - 8 oz (225 g) onion, roughly chopped
 - 1 each Scotch Bonnet chile, stem removed
- In a blender, combine tomatoes, bell peppers, garlic, ginger, onion, and chile, and blend until smooth.

Step 2: Cooking the vegetables

- 1 tbsp oil
- 8 oz (225 g) onions, med dice
- 2 tbsp tomato paste
- 1 tsp curry powder
- 2 tsp dry thyme or 2 sprigs fresh
- 2 each bay leaves
- 2 tsp salt

In a large pot, heat oil over medium heat. Caramelize the onions. Add tomato paste and cook for an additional 1-2 minutes.

Add the blended sauce mixture, curry powder, thyme, bay leaves and salt. Simmer for 10 minutes to cook out the raw flavor. Adjust the heat as needed. Stir to prevent scorching.

Step 3: Cooking the rice

- 2 cups vegetable stock
- 2 cups basmati or long grain rice, rinsed
- optional: 2 tsp smoked paprika or 1/4 tsp Liquid Smoke

Turn up the heat and add vegetable stock and rice. Stir to combine evenly.

Cover the pot, reduce heat and simmer.

After 20 minutes, stir the rice, including the rice on the bottom of the pot.

If the rice is too dry, stir in approx. 1/2 cup hot water.

Replace the lid and allow to simmer for 10 minutes. After the liquid is absorbed, turn the heat off and allow the rice rest for 10 minutes before removing the lid.

Stir in the smoked paprika or liquid smoke, if desired. Adjust the smoked paprika or liquid smoke to taste.