Jollof Rice

Ingredients

2 cups rice

5 medium tomatoes, roughly chopped

3 red bell peppers, roughly chopped

2 medium sized onions, roughly chopped

2 Scotch bonnet/ habanero peppers

0.25 cup oil

3 tablespoon tomato paste

2.5 cups chicken stock/ water

1 teaspoon salt to taste

0.5 teaspoon curry powder

0.5 teaspoon thyme

0.5 teaspoon all-purpose seasoning

3 bay leaves

1. Blend your tomatoes, red pepper, Scotch bonnet peppers until well blended.
2. In a medium sized pot, heat oil and add onions. Fry till golden brown. Add tomato paste and fry for 2-3 minutes.
3. Add blended mixture and simmer on a gentle flame until oil rises above. This means that the acidic flavour of tomatoes is gone. Takes 15-20 minutes. Make sure to stir consistently to avoid burning. Set aside.
4. Wash your rice thoroughly, until water runs clear i.e. 3-4 times.
5. Put different pot over the fire. Add oil. Once hot, toss in the washed rice and toast for 1-2 minutes, stirring occasionally.
6. Add the jollof sauce to the rice and stir together before stirring in the stock to cover the rice. Bring the liquid to a simmer and add bay leaves. Cover with tight fitting lid or aluminium foil to keep in the steam. Cook on medium to low heat for 15-30 minutes.
7. When the liquid has almost dried up and looks like it might burn, add some more tomato stew, cover and let it cook for a further 5-10 minutes until liquid has completely dried up.
8. Turn off the heat and let it stand and covered for 10 minutes.

9. Once slightly cooled add a stick of butter and thinly sliced red onions and mix well.
10. Serve hot with roast chicken or minced beef stew.