



WEST AFRICAN JOLLOF RICE



Harney Desteanations: New York

Ingredients:

2 C rice (long grain or medium variety)
¼ C groundnut oil or ¼ C olive oil
½ tbsp butter
1 tsp dried thyme, or 2 tbsp fresh
¼ tsp curry powder (optional)
1 onion, sliced
1 celery stalk, diced
1 green pepper, diced
2-3 garlic cloves
1 C chicken breast, diced and not cooked
(omit if vegan)
½ inch piece ginger, peeled and grated
1 tbsp ground paprika (smoked if possible)
2 tbsp cayenne, more or less to taste
3 tbsp tomato paste
2 large tomatoes, chopped finely, or 1 small
can pureed tomatoes
1 carrot, cubed
1 chicken bouillon cube
1 bay leaf
2 C chicken stock
2 C water
½ C portobello mushrooms (optional)
1 C frozen peas
Salt
¼ C cilantro or ¼ C parsley for garnish

Directions:

1. Add oil and butter to a heat-resistant pot, then add the chicken breast, paprika, cayenne, onion, celery, green pepper, garlic and ginger. Saute for about 3 minutes.
2. Add the chopped carrots next and saute for a minute with a little salt.
3. Add the tomato paste, tomatoes along with curry powder, bay leaf and thyme. Cook until tomatoes get slightly soft, about 3 minutes. Add the frozen veggies and rice. Saute for another 2 minutes or so.
4. Add 3 cups of vegetable stock /water, bouillon cube, salt to taste. Cover with a lid and cook until about 90% cooked, about 30 minutes.
5. Allow the rice to continue cooking until it's soft. If it's not dry at this point, then switch the heat to low to allow it to dry the excess water without making the rice much softer.
6. When rice is finished, it's ready! Put into a serving dish and garnish with cilantro and/or parsley if desired.