



# JOLLOF RICE RECIPE

## INGREDIENTS

- 4 medium plum tomatoes
- 3 medium sweet bell peppers
- 1 small habanero or Scotch bonnet pepper
- 1 medium-sized yellow onion
- ½ cup (125 mL) vegetable oil
- 2 tbsp. (30 mL) tomato paste
- 2 bay leaves
- ½ tsp. (2 mL) white pepper
- ½ tsp. (2 mL) ground ginger
- 1 large bouillon cube
- ½ tbsp. (7 mL) salt
- 2 tsp. (10 mL) sweet paprika (optional, for color)
- 3 cups (750 mL) long-grain white rice, rinsed
- 2 cups (500 mL) chicken broth
- ½ tbsp. (7 mL) butter (optional)

## DIRECTIONS

1. Blend the tomatoes, bell peppers, habanero pepper, and onions in a blender on high until fully pureed.  
**TIP:** The vegetables will blend more easily when chopped and with a splash of water.
2. Add the oil to a deep pot or Dutch oven. Set the stove to medium and heat the oil for about 1 minute.
3. Stir in the vegetable puree. Let it cook for 25 minutes, stirring occasionally until it simmers. You'll know it's ready when bubbles start to form on the surface.
4. Add the tomato paste, bay leaves, white pepper, ginger, bouillon cube, salt, and paprika, and mix thoroughly. Simmer on low to medium heat for 10 minutes, stirring frequently. Scoop the sauce into a medium-sized glass bowl and set aside.
5. While the sauce is cooking, bring 12 cups of water to a boil in a medium-sized pot. Add the rice and cook on high heat for 5 minutes. Drain the rice in a colander and rinse under cold water. Add the rice and broth to the pot you used to make the sauce. The broth should barely cover the surface of the rice.
6. Pour half of the tomato sauce over the rice and cook on medium-high for 10 to 15 minutes until the top of the rice looks dry. (Do not stir!)
7. Cover the pot with aluminum foil and seal it with the pot lid. Steam on low heat for 10 minutes.
8. Remove the lid and foil and stir until the tomato sauce and rice are fully combined. Add the rest of the sauce as desired and mix thoroughly.  
**TIP:** Use a flat spoon or spatula for mixing to avoid breaking the rice grains.

Optional: Mix in butter for a creamier taste!

Recipe created and tested by Dr. Otito Iwuchukwu (and kids).

