

# JOLLOF RICE

## RECIPE BY IBIBIO SOUND MACHINE

### INGREDIENTS

- 1kg Basmati Rice
- 6 Red Capsicums
- 2 Large White Onions
- 1 Whole Chicken in Pieces
- Fresh Tomatoes
- Tomato Puree
- Thyme
- Curry Powder
- Chicken Stock Cubes
- Afro-Caribbean All-purpose Seasoning
- White Pepper
- Scotch Bonnet Peppers
- Vegetable oil
- Plantains

### METHOD

1. Chop half an onion and add it to a pot with the chicken, add a pinch of salt, 1/2 teaspoon all-purpose seasoning and 1 Maggi stock cube. Add around 500ml water. Boil this and keep checking it until chicken is cooked.
2. Chop the other half onion, 6 capsicums, 1 whole scotch bonnet pepper, 3 tomatoes and put them in a blender to mix. Put to one side.
3. In another pot, empty contents of blender and allow to steam gently on low heat until most of the water has evaporated, taste to check acidity.
4. Remove meat when cooked from stock pot and put to one side.
5. In a different pot put 8 tablespoons of oil and heat, chop another half onion and sauté 5 mins, then pour the blended tomato, capsicum and pepper into the pot. Season with 1 stock cube, pinch of salt, all purpose seasoning, thyme, white pepper, curry powder. Fry 10 mins, taste for seasoning then take out a quarter and put aside in another pot. Reduce heat.
6. Wash rice and add to pot with 3/4 of fried tomato mixture. Don't stir it. Cover and allow to simmer on low heat.
7. Check chicken for seasoning and if needed add seasoning to taste.
8. In a small bowl mix some of the reserved tomato sauce with some oil and seasoning if needed. Pour over chicken. Put chicken in oven heated to 180C to dry out.
9. Once dried add to remaining reserved tomato sauce and serve with rice once cooked with some fried plantains.