

How to make Jollof Rice

Jollof rice is one of the most popular dishes in West Africa. A very simple meal to prepare in under two hours at most. Due to the differences in regional recipes, the various regions where jollof rice is common are competitive over which variant tastes the best. This is especially prominent between Nigeria and Ghana. The unique thing about jollof rice is that it is made differently all over Africa, hence why there have been “*jollof rice wars*” among different countries to determine which country can make the best jollof rice (and because I am also Nigerian, I will say Nigeria makes it better!).

Side note

Having no experience prior to making Jollof rice is perfectly okay. If it doesn't turn out right the first time, that is fine. Jollof rice is a simple meal to make, yet an easy dish to mess up. The key to making good jollof rice is being organized, timely, and able to follow the instructions well. For this, patience is required.

Ingredients for Jollof rice

- 1 packet of Uncle Ben's rice
- 1 pound of meat (beef, elk, chicken etc)
- 1 large onion bulb
- 1 large green bell pepper
- 1 large red bell pepper
- 2 carrot sticks
- 1 small cup vegetable oil
- 1 small tin tomato paste
- 1/2 teaspoon ground garlic (optional)
- Salt and spices (thyme, rosemary, GOYA, Dash etc)

Steps in making Jollof rice

1. Wash the meat, then spice and put in a pot. Add water until meat is almost completely covered. Bring to a boil for about 25 minutes. When the meat is done, turn down the heat.



2. Chop up onions, carrots green and red bell pepper.
 - These are not a requirement, but they do add some flavor to the meal.
3. Parboil the 3 cups of rice for about 5-8 minutes on medium heat.
4. Drain the water from rice with a colander. Set aside for use later.
5. In a different pot, heat vegetable oil. Add diced onions, green and red bell pepper to fry for about 3 minutes, then add tomato paste. Stir gently for 2 minutes.



6. Slowly add the meat with the stock to the frying tomato paste.
 - If the stock is in excess, do not add all of it. Just enough to be able to cover the rice. Stir the mixture.
7. Add some salt and spices to the mixture, stirring until desired taste is achieved.



8. Empty the rice from the colander into the stock. Let it sit in the stock. Do not stir it.
9. Boil for about 20-25 minutes medium heat.
10. Check occasionally to make sure the rice has absorbed all the stock.
11. Switch to low heat when the stock is noticeably reduced, to avoid burning rice underneath.
12. Turn off heat when there is no water left and rice is ready.
13. Put on a plate, add some veggies and tomatoes for garnishing (optional) and serve hot.

