

Nigerian Jollof Rice

Authentic Nigerian Jollof Rice recipe with rich tomato-pepper sauce, aromatic spices, and smoky flavors. The perfect one-pot West African dish.

20	40	60	6	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

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Ingredients

- 1 cup tomato
- 1 bell pepper
- 1 onion
- 3 clove garlic
- 1 tsp oregano
- 1 tsp curry
- 1 tsp paprika
- 1 bay leaf
- 1 cup olive oil
- 4 cup chicken broth
- 1 tsp salt

Instructions

- 1 Prepare the rice**

Rinse 1 cup of long-grain parboiled rice under cold running water until the water runs clear, about 2-3 minutes. Drain thoroughly and set aside.
- 2 Make the pepper blend**

Add 1 large tomato, 1 red bell pepper, 1 scotch bonnet pepper, and 1 small onion to a blender. Blend until completely smooth, about 1-2 minutes. Set aside.
- 3 Prepare aromatics**

Dice 1 large onion finely. Mince 3 cloves of garlic. Set both aside in separate bowls.
- 4 Sauté the base**

Heat 1/4 cup of vegetable oil in a large, heavy-bottomed pot over medium heat until shimmering, about 2 minutes. Add the diced onion and cook until soft and translucent, about 4-5 minutes.
- 5 Add the minced garlic and cook until fragrant, about 30 seconds, stirring constantly to prevent burning.**
- 6 Cook the pepper sauce**

Pour the blended pepper mixture into the pot and stir to combine. Cook for 10-15 minutes, stirring occasionally, until the mixture reduces

by half and darkens to a deep red color.

7 Add 1 teaspoon thyme, 1 teaspoon curry powder, 1 teaspoon paprika, and 1 bouillon cube, crushing the cube with your spoon. Cook for 2 minutes until fragrant.

8 **Add rice and liquid**

Add the rinsed rice to the pot and stir gently to coat each grain with the sauce, about 1 minute. Pour in 4 cups of warm chicken or vegetable stock.

9 **Cook the rice**

Bring the mixture to a rolling boil over high heat, then immediately reduce heat to low. Cover tightly with aluminum foil, then place the lid on top.

10 Cook for 20 minutes without lifting the lid. Reduce heat to the lowest setting for the final 5 minutes to create a slightly charred bottom layer.

11 **Rest and serve**

Remove from heat and let stand covered for 10 minutes. Remove the lid and foil, then gently fluff with a fork. Season with 1 teaspoon salt or to taste before serving.

Tips

Always rinse your parboiled rice thoroughly until the water runs clear to remove excess starch and prevent the grains from sticking together during cooking.

Take time to properly "fry" your tomato-pepper blend – cook it for at least 10-15 minutes until it darkens and reduces, as this step is crucial for developing the authentic color and concentrated flavor.

Use chicken or vegetable stock instead of plain water for cooking the rice to add an extra layer of flavor and richness to the final dish.

Resist the urge to stir the rice frequently once it's added to the pot, as over-stirring can break the grains and create a mushy texture.

To achieve the coveted smoky flavor, reduce heat to the lowest setting during the final cooking stage and allow the bottom layer to char slightly – this creates the prized "party rice" crust.

Cover your pot with aluminum foil before placing the lid on top to create a better seal and help the rice steam evenly while developing those smoky flavors.

Taste and adjust seasoning before serving – Jollof rice should be well-seasoned with a perfect balance of salt, spice, and aromatic herbs.

Let the rice rest for 5-10 minutes after cooking before serving to allow the flavors to settle and the grains to firm up slightly.