

NIGERIAN FRIED RICE



Ingredients

- a. 5serving
- b. 400 g long grainrice
- c. 600 ml turkey
- d. 3 large carrot
- e. 1 handful peas and runner beans
- f. 2 large green pepper

- g. 2 onion bulb
- h. 3 tablespoonful curry powder
- i. 1 teaspoon ginger powder
- j. 3 glove of garlic
- k. 2/3 spoonful black pepper
- l. 3 cooking spoonful vegetable oil
- m. 3 stock cube (know chicken)
- n. to taste salt
- o. 500 g Chicken/Turkey thighs or drumsticks(cooking the chicken)
- p. 1 teaspoon thyme
- q. 1 teaspoon curry
- r. 1 medium onion
- s. 1 glove garlic
- t. 1 small yellow pepper
- u. 1/2 ginger powder
- v. 2 stock cube (knowr)

Steps

1. Add a little water and cook the chicken for 10 minutes. Then add more water and cook until done. The liquid left after cooking the chicken, is your stock. Pour the stock into a Strainer to remove tiny chicken bones and any other particles in it; then set the stock aside for later use. Wash and

place the cow liver in a pot, add seasoning cube and salt to taste; Cook the liver for 10minutes, then when cooled,cut into cubes and set aside. Liver can also be fried, before cutting into cu

2. Wash all the vegetables. Dice the onion & set aside; Peel the carrots & cut into small cubes. Remove the seeds of the green bell peppers & cut into small cubes. Place the carrots & green peas in boiling water for 5 minutes, strain out and place in a bowl of cold water, leave to cool in the water, then pour into a sieve and set aside.
3. This method is called blanching. It helps to par-boil the vegetables without cooking it through, thereby cutting down the stir-frying process. It also helps to preserve the vibrant color of the vegetables.. Place the reserved chicken stock into a large pot and bring to a boil. The stock should be at almost the same level as the rice, so that it dries up completely when the rice is done. You can add some water if the stock won't be enough to cook the Rice.
4. As the stock begins to boil, add the parboiled rice, seasoning cubes(stock cubes), curry powder, garlic powder, onions and salt to taste. Leave to cook on medium heat until it's done. TIP; The cooked rice should not be soggy or too tender and the grains shouldn't stick together either. You can Pour out the cooked rice into a wider pot and set aside.

5. Heat up the vegetable oil; add the carrots, peas, green bell pepper and diced liver/meat; then add a little white/black pepper, a garlic, curry & seasoning cube to taste. stir fry for 1 min
6. The Rice is going to be fried in small batches, so you'll have to divide the stir-fried vegetables into equal portions. The size of your frying pan/wok will determine how many portions you will have.
7. 7. Pour a portion of the stir-fried mix into the frying pan; add the cooked rice and stir-fry for about 2 minutes. Do not overcrowd the pan, make sure there is a little space in the pan so that you can move the rice around the pan for even distribution of heat.
8. Repeat this process for the remaining rice and veggie mix. Now your Nigerian Fried Rice is Ready to be serve