

Jollof rice is a popular West African dish known for its flavorful rice cooked in a tomato-based sauce. Here's a basic recipe to prepare jollof rice along with an estimated duration:

Ingredients:

- 2 cups long-grain parboiled rice
- 1 onion, finely chopped
- 1 red bell pepper, finely chopped
- 1 green bell pepper, finely chopped
- 3 ripe tomatoes, blended or 1 can of diced tomatoes
- 3 tablespoons tomato paste
- 3 cloves of garlic, minced
- 2 tablespoons vegetable oil
- 2 teaspoons thyme
- 2 teaspoons curry powder
- 2 teaspoons paprika
- 1 teaspoon dried thyme
- 1 teaspoon dried parsley (optional)
- 1 scotch bonnet pepper or chili pepper (optional, for heat)
- 2 cups chicken or vegetable broth
- Salt to taste
- 1 bay leaf (optional)
- Fresh parsley or cilantro for garnish (optional)

Duration: Approximately 1 hour

Instructions:

Rinse the rice under cold water until the water runs clear, then set it aside to drain.

Heat the vegetable oil in a large pot or Dutch oven over medium heat.

Add the chopped onions and sauté until they become translucent.

Add the minced garlic and sauté for another minute until fragrant.

Add the chopped bell peppers to the pot and cook for a few minutes until they soften.

Stir in the tomato paste and blended tomatoes. If using canned tomatoes, skip the blending step and add the tomatoes directly.

Add the thyme, curry powder, paprika, dried thyme, and dried parsley (if using). Stir well to combine the ingredients.

If desired, add the scotch bonnet pepper or chili pepper whole for heat. Be cautious as it can be very spicy.

Pour in the chicken or vegetable broth and season with salt to taste. Add the bay leaf if using.

Bring the mixture to a boil, then reduce the heat to low and cover the pot. Allow it to simmer for about 20 minutes to let the flavors meld together.

After the simmering time, remove the lid and check the consistency of the sauce. It should be thick and reduced.

Add the drained rice to the pot and gently stir it into the sauce until the rice is well coated.

Cover the pot again and let the rice cook over low heat for about 20-30 minutes or until the rice is tender. Avoid stirring the rice while it cooks to prevent it from becoming sticky.

Once the rice is cooked, remove the pot from the heat and let it sit covered for a few minutes to steam.

Fluff the rice with a fork, remove the scotch bonnet pepper or chili pepper, and garnish with fresh parsley or cilantro (if desired).

Your delicious jollof rice is now ready to be served!

Note: This recipe serves as a basic guide, and you can adjust the seasonings and ingredients to suit your taste preferences. Additionally, you can add vegetables like carrots, peas, or diced chicken or beef to make it a one-pot meal.

Enjoy your homemade jollof rice!