

Jollof Rice

Ingredients:

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500g Long grain rice

3 cooking spoons Margarine / Vegetable oil

2 Large Onions

6 or more Red chilli peppers

3 large Fresh tomatoes

3 tablespoons Tomato purée

1 clove Garlic / Ginger

Bay leaves

Thyme

3 Maggi cubes

500g Chicken

100g Boiled seasoned snails

40g Cooked green peas

2 Smoked stock fish (optional)

4 pieces of Crabs or 50g Shrimps

A bunch of Plantain bananas

500ml water

Instructions:

Step	Instruction
1	Melt the butter or pour 1 cooking spoon of vegetable oil in a deep cooking pan, add sliced onion till slightly brown, add grated garlic, tomato purée, sliced red chilli pepper and small grated ginger, stir all together, add other seasoning – leave to fry for 3mins then add water.
2	Add the rice and bay leaf (optional) to above.
3	In another cooking pan, boil the shrimps, crab, and snails together, add a bit of seasoning till cooked then add or separately boil green peas inside for 2mins.
4	Season the chicken and grill with onions, a bit of garlic and ginger.
5	Check the rice, if almost done, or bring to boil, add the shrimps, green peas either to garnish or to add to rice depending on you.
6	Melt small cooking spoon of oil into frying pan, slice a bit of onion, chopped red chilli pepper, a little tomato purée, add the snail, crab, smoked stock fish and grilled chicken. Stir, add seasoning and fry for 10 minutes to make sauce.
7	Check rice if well cooked. Softly stir up from the root with a wooden spoon because of the sauce settled at the bottom. If done, garnish with cooked and boiled green peas, fried plantain and the sauce. Serve with your favourite beverage.