

Jollof of Gambia



Ingredients

- 400g basmati rice
- 3 red peppers, halved and deseeded
- 1 white onion, halved
- 2 garlic cloves
- 1 tbsp grated ginger, or ginger purée
- 1 Scotch bonnet chilli, de-seeded if you prefer less heat (optional)

- 5 tbsp vegetable or sunflower oil
- 100g tomato purée
- 2 bay leaves
- 1 tbsp dried thyme
- 2tsp curry powder (we used hot madras)
- ½ tsp ground white pepper
- 600ml hot chicken stock, made with 2 stock cubes

Method

STEP 1

Heat the oven to 200C/180C fan/gas 6. Tip the rice in a sieve, rinse under cold water, drain and set aside. Put the peppers, onion, garlic, ginger and chilli, if using, in a food processor and blitz until chopped.

STEP 2

Heat the oil in an ovenproof casserole over a medium heat and fry the tomato purée for 2-3 minutes, stirring often. Add the blitzed pepper mixture and fry for 5 minutes more, then add the herbs, spices and 1 tsp salt. Fry for a further 1-2 minutes, then stir in the rice to coat. Pour in the stock, stir, cover and bake for 45 minutes until the rice is tender.