



West African Jollof Rice

Prep Time: 20 minutes
Cook Time: 45 minutes
Yield: Serves 6

INGREDIENTS

For the Pepper Base:

- 1 red bell pepper, chopped
- 1 medium onion, chopped
- 3 Roma tomatoes, chopped
- 1-2 Scotch bonnet or habanero peppers (adjust for heat)
- 3 cloves garlic
- 1 inch fresh ginger, peeled

For the Jollof:

- 1/4 cup vegetable oil
- 1 medium onion, thinly sliced
- 3 tbsp tomato paste
- 2 cups long-grain parboiled rice, rinsed
- 2 cups chicken stock (or vegetable stock)
- 1 tsp smoked paprika
- 1 tsp curry powder
- 1 tsp dried thyme
- 1 tsp salt (adjust to taste)
- 1/2 tsp black pepper
- 1 bay leaf

Optional Add-Ins

- 1 cup mixed vegetables (carrots, peas)
- Cooked chicken, shrimp, or beef

DIRECTIONS

Blend the pepper base

1. In a blender combine bell pepper, chopped onion, tomatoes, Scotch bonnet, garlic, and ginger. Blend until smooth. Set aside.

2. Build the flavor base

Heat oil in a heavy pot over medium heat. Add sliced onions and saute 3-4 minutes until fragrant.

3. Cook the tomato paste

Stir in tomato paste and cook 3-5 minutes until it darkens slightly. This step develops the deep Jollof flavor.

4. Add the pepper mixture

Pour in the blended pepper base. Cook uncovered for 10-12 minutes, stirring occasionally, until the sauce thickens and the oil begins to rise to the surface.

5. Season the sauce

Add smoked paprika, curry powder, thyme, salt, black pepper, and bay leaf. Stir well.

6. Add rice and stock

Stir in the rinsed rice until coated with the sauce. Pour in the stock and mix gently.

7. Cook the rice

Bring to a simmer, reduce heat to low, cover tightly, and cook 20-25 minutes.

8. Finish

When rice is tender, fluff gently with a fork. Stir in optional vegetables or protein if using.

Chef Notes

Why parboiled rice?

It holds its structure during cooking and absorbs flavor without becoming mushy.

Signature "party jollof" flavor:

Allowing the rice to cook undisturbed at the bottom of the pot creates slight caramelization, which gives authentic depth.

Heat control:

Scotch bonnet peppers bring traditional flavor. Remove seeds or reduce quantity for milder heat.



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Recipe adapted from:
Chef Floyd