

# Jollof Rice

This is a big dish of rice cooked as per many West African countries. This recipe is ascribed to **The Gambia**<sup>1</sup>.

Serves 8 to 10 portions no sweat.

## Ingredients

- 500 g cooked prawns
- 2 medium onions
- 2 green chili peppers
- 3 cloves garlic
- 350 g mushrooms
- 25 g carrots
- 400 g tinned tomatoes
- 5 ml cayenne pepper
- 5 ml **FAIRTRADE** ground turmeric
- 15 ml dried thyme
- 500 g **FAIRTRADE** brown rice
- 1 litre stock
- 250 g frozen or fresh peas

## Method

### Preparation

Top, tail, skin and chop the onions.

Top, tail and de-seed the peppers.

De skin the garlic and chop.

Peel the carrots and slice thinly.

Assemble the spices.

Tidy up the mushrooms if necessary.

## Cooking

Simmer the onions, peppers, garlic and mushrooms in 100 ml of the stock for 5 minutes.

Add the carrots, tomatoes, spices and rice and the remaining stock and bring up to the boil.

Then simmer for 30 minutes.

## Meanwhile

Cover the frozen peas with boiling water in a small bowl. Cover the prawns with boiling water in a small bowl.

After the long simmer, drain the peas and prawns and add to the rice.

Adjust seasoning as necessary.

Continue simmering until the rice is moist but not dry.

## To serve

Use as rice dish for a large meal. Serve with vegetables or meat as appropriate.

## Variation

Substitute 500 gms **cooked chicken**<sup>2</sup> for the prawns.

Any flavoured cooking juice can be used for the stock, chick-pea liquid, potato liquid, etc.

Small family? - halve the quantities.

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<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/gambia.htm>

<sup>2</sup>[http://www.fairtradecookbook.org.uk/recipes/chicken\\_nuggets.htm](http://www.fairtradecookbook.org.uk/recipes/chicken_nuggets.htm)