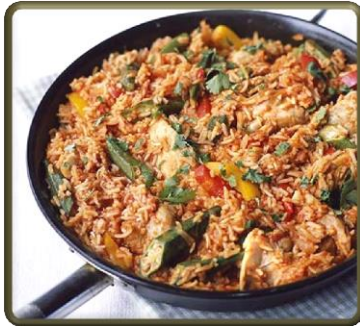


Jollof Rice with Chicken

Adapted by Our Young Chefs from Good Housekeeping, October 2007

Makes 4 to 6 servings *OR* 15 to 20 snack-size servings



Jollof (pronounced je lof') rice is a popular dish in many parts of West Africa. The dish is believed to have originated in Senegal, but has since spread to the whole of West Africa -- especially Nigeria, Togo, Ghana, Sierra Leone and Liberia -- where each country has its own, slightly different, version of jollof rice. No family gathering or party hosted by someone from West Africa would be complete without jollof rice. This version elevates a popular side-dish to a hearty one-pot main dish with the addition of chicken and okra.

INGREDIENTS

8 bone-in chicken thighs, skinless or with the skin, cut in half crosswise through the bone

Salt

Freshly ground black pepper



Use a sharp knife, to cut the meat around the bone of the chicken thigh.

Use a mallet or meat tenderizer to firmly hit the top edge of the knife and cut the thigh bone in half



DIRECTIONS

Prepare the chicken: Use a sharp knife and small strokes to cut the meat of the **chicken thighs** up to and around the **bone** to divide the **thighs** in half. Use heavy-duty kitchen shears *OR* a sharp knife and a mallet to cut the **bones** of the **chicken thighs** in half, crosswise, to create **halved bone-in chicken thighs**. Season the **chicken pieces** with a light coating of **salt** and **pepper** on both sides. Set aside.



Examples of bone-cutting shears

1 large onion, sliced in $\frac{1}{4}$ -inch slices lengthwise

Slice the onion lengthwise into 1/4-inch slices



Prepare the onion: Halve the **unpeeled onion** lengthwise, root to top; peel off the outer 1 or 2 layers of **onion skin** and **onion**. Lay each **onion half** flat on the cutting board; slice each **half of onion** lengthwise into $\frac{1}{4}$ -inch slices. Do not cut through the **root end** while slicing. When the **onion slices** have been made, slice off the **root end** and discard. Set the **onion slices** aside to be used later.

2 tablespoons vegetable or canola oil
Seasoned chicken thighs (*prepared earlier*)

Cook the chicken: Heat **2 tablespoons oil** in a large deep frying pan or Dutch oven over high heat for about 1 minute. Using tongs, add the **seasoned chicken** to the hot **oil**. Space the **pieces** out evenly across the bottom of the pan; cook to brown for about 4 minutes or until golden brown on the first side. *Do not stir or move the chicken pieces during the browning process.* After the first side is browned, turn over the **chicken pieces**; cook for an additional 3 minutes or until the second side is golden brown. When finished cooking, remove the **chicken** to a plate using tongs. ➡

1 tablespoon vegetable or canola oil
Sliced onions (*prepared earlier*)

Cook the onions: Add 1 tablespoon oil to the pan; sauté the onion slices until soft but not golden, about 5 minutes.

Prepare the flavoring blend: While the chicken and onions cook, prepare the flavoring blend ingredients and mixture for the jollof rice.

FLAVORING BLEND

Thumb-size piece fresh ginger, peeled, cut into 6 to 8 pieces
2 garlic cloves, peeled, each clove cut into 4 pieces
1 28-ounce can plum tomatoes, undrained
1 Scotch bonnet or habanero chili, deseeded and cut into 4 to 6 pieces (use gloves when handling and cutting the chili)

Ginger: Peel the fresh ginger by scraping the peel off with a spoon; cut the peeled ginger into 6 to 8 pieces.



Remove the peel from fresh ginger by scraping with the edge of a spoon

Flavoring blend: In the work bowl of a food processor fit with the metal knife blade OR in the jar/pitcher of a blender, combine the ginger, garlic, tomatoes (with juice) and chili. Process the ingredients using long on/off pulses until the flavoring-blend mixture is smooth. Stop at least once to scrape down the sides.

3 tablespoons tomato paste
Flavoring-blend mixture (*prepared in the last step*)
1 packet chicken bouillon
1½ teaspoons Maggi Seasoning Sauce*
½ teaspoon Kosher or sea salt
2¼ cups boiling water
Browned chicken (*prepared earlier*)

Flavor the jollof: After the onions have cooked for 5 minutes, add the tomato paste, sauté for another 2 minutes then add the flavoring blend. Crumble the contents of the chicken bouillon packet; add to the pan, along with the Maggi, salt, boiling water and browned chicken. Stir; bring to a boil, then lower the heat to simmer for 15 minutes, uncovered.

1⅔ cups Jasmine OR basmati rice, uncooked

Cook the rice: Add the rice to the pan; stir. Cover the pan with foil and a lid (so no steam can escape); cook for 20 minutes.

1 red bell pepper, deseeded, cut into ½- by 2-inch slices
1 green bell pepper, deseeded, cut into ½- by 2-inch slices
1 cup okra, cut crosswise straight or on the diagonal into ¾- to 1-inch lengths

Prepare the remaining jollof vegetables: While the rice is cooking, wash the red and green bell peppers and okra under cool running water, pat dry and cut the as described in the ingredient list. After the rice has cooked for 20 minutes, remove the pan lid (the rice will not be fully cooked yet); scatter the peppers and okra over the rice. Do not stir. Place the lid on the pan; cook for 10 minutes until the vegetables are softened to crisp-tender and the rice is fully cooked. ➡



* **Maggi Seasoning Sauce** is a dark, soy-sauce-type vegetable-protein-based condiment sauce, popular in Asia, Europe, Mexico and South America. The sauce imparts and boosts an umami (savory) flavor; favored to enhance the flavor of soups, stir-fries, marinades and as a dipping/topping sauce. Maggi Seasoning Sauce can often be found on the international foods aisle of the grocery store, at Asian or Hispanic markets or World Market; this product is not gluten-free.

GARNISH

1 bunch fresh cilantro, leaves and
small/tender stems roughly
chopped

Finish, garnish and serve: While the rice cooks, wash the fresh **cilantro** under cool running water; dry by gently tossing in a cloth kitchen towel **OR** using a salad spinner. Remove/cut off the **leaves** and **fine stems**; coarsely chop.

Stir to distribute the **peppers** and **okra** throughout the **jollof**. **GARNISH** generously with **cilantro**; serve
