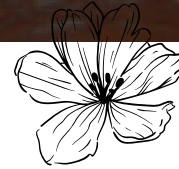




Jollof Rice



Ingredients:

200g tomatoes
70g red peppers
15g habanero chilli
500ml water
100ml oil
100g sliced onions
3 tbsp tomato paste
4 beef bouillon cubes
4 bay leaves
2 tsp salt
2 cups long-grain white rice

Method:

Blend the tomatoes, red pepper and chilli pepper with the water.
Heat the oil in a medium-sized pot.
Add the onions and tomato paste, stir until the onions begin to cook.
Add the blended tomato-pepper mixture.
Add the beef cubes, bay leaves and salt.
As soon as it starts to simmer, add the rice.
Reduce the heat to low and cover to steam, stirring from time to time until ready.
It will stick a little to the base of the pot- allow it to burn briefly for a smoky flavour.

