

GP FARMERS

FISH & MEAT MARKET

JOLLOF RICE

Pollof rice is one of the most common dishes in West Africa. There are several regional variations in name and ingredients. In Mali it is called zaamè in Bamanankan. The dish's most common name of Jollof derives from the name of the Wolof people,



Directions

- Wash and soak the rice for 2-3 hours
- In a blender blend together onion, red bell pepper, tomatoes, tomato paste, scotch bonnet pepper, garlic, ginger and Maggi cubes with just enough water to make a paste.
- Heat oil in a deep, heavy bottomed pan and add the blended mixture.
- Sauté the mixture on medium heat until it thickens and oil separates from it.
- Add drained rice and stir gently so that the sauce coats the rice.
- Add about 2.5 cups of water and bring it to a boil on medium heat. Taste the water to check seasoning. Add more Maggi cubes or salt if required. Keep stirring gently periodically so that rice does not stick to the bottom of the pan.
- When almost all the water is absorbed add frozen green peas. Stir gently, cover the pan and simmer on very low heat until rice is cooked. Fluff gently with a fork. Serve with grilled meat and vegetables or salad.

Ingredients:

- 2 cups Parboiled Long Grain Rice
- 1 medium onion
- 1 Red Bell pepper
- 3 Roma Tomatoes
- 2 tablespoons Tomato Paste
- ½ – 1 Scotch Bonnet Pepper / Habanero Pepper
- 2 cloves Garlic
- 1 inch piece ginger
- 3-4 cubes Maggi seasoning
- 3-4 tablespoons Palm Oil or Canola Oil
- ¾ cup frozen Green Peas

GP FARMERS

FISH & MEAT MARKET

WE WILL BE HAPPY TO HELP YOU FIND EVERYTHING YOU NEED TO MAKE THIS TRADITIONAL DISH!



17101 W. Grand Parkway | Sugarland, TX

Mon-Sat 9am-9pm

Sun 12 noon-7pm

(832) 449-3014

(832) 449-3142