

JOLLOF RICE & LAMB STEW

INGREDIENTS – JOLLOF

- 1 large onion, roughly chopped
- $\frac{1}{3}$ cup sunflower oil
- 1 can chopped tomato(400g)
- 2 tbsp tomato puree
- 1 tbsp (Ghana Best) shito
- 1 tbsp curry powder
- 1 tbsp dried thyme
- 2 garlic gloves, finally chopped
- 2 Maggi seasoning tablets, chopped
- 2 red bell peppers, roughly chopped
- 3 cups basmati rice, rinsed
- 4 cups water

METHOD – JOLLOF

1. Add chopped tomato, maggi and curry powder to a blender and pulse until smooth.
4. Add tomato mixture and dried thyme to pot and bring to boil. Reduce heat to low and leave to simmer for 15 – 20 minutes.
5. Add water, bell peppers and rice to mixture. Bring to boil, then reduce heat to low and cover the pot with lid. Leave to simmer for 30 mins until the liquid is completely absorbed, briefly stir every 10 mins.

INGREDIENTS – LAMB

- 1kg dice lamb
- 1 can chopped tomato(400g)
- 1 tbsp sunflower oil
- 1 large onion, roughly chopped
- 2 garlic cloves, finally chopped
- Salt & ground black pepper
- 1 scotch bonnet
- 2 bay leaves
- 3 sprigs fresh rosemary
- 1 tbsp all purpose seasoning
- 1 tsp smoked paprika
- 1 tsp cumin

METHOD – LAMB

1. Add chopped tomato, all purpose seasoning, smoked paprika and cumin to blender and pulse until smooth.
2. Heat the sunflower oil in a large pot (non-stick) over medium-high heat. Sear lamb on all sides and transfer to plate.
3. In the same pot, cook onions and garlic until soft. Add tomato mixture and bring to boil. Leave to simmer for 10 – 15 minutes. Season with salt & pepper.
4. Add lamb back to pot then stir in bay leaves with scotch bonnet and rosemary.
5. Transfer stew to a roasting dish & cover with foil, before

placing in oven preheated to 150°C. Leave to cook for 2.5 – 3 hours.