

Nigerian Cuisine – *Party Food*

Jollof Rice

- 1 large onion, slice half and reserve a quarter for the pepper base
 - 1 medium sized roma tomato
 - 1 habanero
 - 1 red bell pepper
 - 2/3 cup pure Groundnut oil or any oil of your choice (e.g olive, vegetable)
 - 4 bay leaves
 - 4 oz tomato paste (2/3 6 oz can)
 - 2-2.5 cups chicken/veggie broth (optional; you can just use water and add extra seasoning for flavor)
 - 2 Knorr seasoning cubes/ or seasoning cube of your choice
 - 1 teaspoon of thyme leaves or ground, curry powder, and white pepper
 - Salt – to taste
 - 2.5 cups parboiled long grain rice (regular long grain rice works, too)
 - Sheet of foil (optional)
1. Make the pepper base by blending the tomato, habanero, red bell pepper, and ¼ diced onion in a blender or food processor.
 2. Heat up oil in a pot on medium high for a few minutes. Add 1/2 the sliced onion and bay leaves and sauté until the onion is translucent.
 3. Add tomato paste and fry it for about 3 minutes, stirring frequently to prevent it from sticking to the pot. Tomato paste can burn quickly so keep a close eye on it.
 4. Add 1.5 cup of the blended pepper base and fry it. You want the base to sizzle in the oil, not boil. Cover and stir every minute. Fry it for about 6 minutes.
 5. Rinse the rice a few times with cool water. Set aside.
 6. Add the broth, seasoning cubes, thyme, curry powder, white pepper, and salt to the pot. Stir and bring it to a boil.
 7. Taste it and add more salt, if needed.
 8. Add the rice to the pot and stir.
 9. Reduce the heat to medium. Cover the pot and let the rice cook.
 10. Check your rice after 10 minutes to see if the rice is soft. If it's still hard, add another ½ cup of broth and very gently stir the top. Don't stir the rice too much, you don't want to disturb it.
 11. Reduce the heat to medium low and cook for another 15 minutes. You can continue to add more liquid if your rice is still firm.
 12. Cover the pot with aluminum foil, put the lid over the foil, and reduce your heat to the lowest setting for another 10 minutes. You can skip this step if your rice done. Covering the pot with aluminum foil prevents the steam from escaping and letting the steam continue to cook the rice.

Depending on what type of rice you use, the time and amount of liquid you need may be different. As long as the rice is soft to your liking, you're good! When we use parboiled long grain rice, we use about 2 ¾ cup broth for 2.5 cups of rice.

13. Add the remaining sliced onion to the pot and gently stir it in to let it cook a little.
14. To serve, put the rice in a small bowl and flip it over onto a plate.

Baked Suya Chicken

- 4 bone in chicken thighs with skin
 - 1-2 tsp Suya pepper depending on your spice level (can be found at African Market Place in Charlottesville) OR substitute cayenne pepper
 - 1 tsp curry powder, old bay seasoning, garlic paste, ginger paste, and thyme
 - 1 tsp seasoning salt
 - 1 tsp Mrs. Dash chicken seasoning (optional)
 - 2 chicken bouillon cubes, crushed (optional)
 - 1-2 tsp salt (optional, the amount depends on whether you use the bouillon and/or Mrs. Dash, which already contains salt)
 - ¼ cup vegetable oil
1. In a large bowl, combine chicken thighs with curry powder, old bay seasoning, garlic paste, ginger paste, thyme, suya or cayenne pepper, and seasoning salt. Feel free to adjust garlic paste, ginger paste, and pepper amount depending on your preference.
 2. Add the optional Mrs. Dash and chicken bouillon cubes to the chicken.
 3. Mix the chicken thighs and spices well to fully coat the chicken.
 4. Marinate chicken in fridge for at least 30 minutes.
 5. Preheat oven to 350 degrees.
 6. Heat up oil in a medium sized pan on medium heat.
 7. Fry the chicken thighs in the pan, skin side down. Fry them for a few minutes until the skin is golden brown. Fry the other side for a few more minutes. Pan frying the chicken thighs help them retain their juices while baking.
 8. Line a baking pan with aluminum foil and transfer the chicken thighs to it, skin side up. Bake for 35 minutes.

Salad

- 16 oz shredded carrot
- ½ a medium sized cabbage
- 1 medium cucumber
- 15 oz kidney beans, drained and rinsed
- 15 oz canned sweet corn, drained and rinsed
- ½ box macaroni pasta (you can use other types of pasta like fusilli)
- 2 large boiled eggs (optional, cubed)

- 15 oz can green peas (optional, drained and rinsed)
- Creamy salad dressing: 1 tbsp of Mayonnaise + 1 tbsp of Heinz salad cream (often found at African grocery stores) OR any creamy dressing of your choice, such as ranch

1. To cook the macaroni or pasta of your choice, follow the cooking instructions on the box. Add a drop of oil in the pot of water. This helps the pasta from sticking to each other in the salad. Set aside to cool.
2. If you're starting with a whole cabbage, put the cabbage in a large bowl and add a generous amount of salt over it. Add water in the bowl and wash it well. Remove any loose leaves. Rinse the cabbage in fresh water. Cut the whole cabbage in half and repeat the washing process, but with less salt.

If you're starting with half a cabbage, you can just wash it once.

3. Cut the half cabbage in half again to get a quarter wedge. Remove the core and thinly slice the cabbage. You can shred the cabbage if you like the pieces to be smaller. Add it into a large bowl.
4. Dice the cucumber and add it over the cabbage.
5. Add the remaining ingredients, except the dressing, in the salad bowl in layers.
6. Serve the salad for each person and each person can add their own amount of dressing to their liking.

