

CULINARY DISCOVERY PAVILION

Sponsored by

MidwestLiving
A DOTDASH MEREDITH BRAND

JOLLOF RICE

Recipe by: Rohey Sallah, Bah Kunda Kitchen

Country: Gambia

INGREDIENTS

- 5 cups Jasmine rice
- 1 cup oil
- 1 medium onion, chopped
- 1 cup assorted bell peppers, chopped
- 3 TBSP tomato paste
- 5 cloves of garlic, minced
- 2 tsp. salt
- 1 tsp. black pepper
- 1 stock cube
- 2-3 bay leaves
- 1 package mixed vegetables (optional)

INSTRUCTIONS

1. Heat oil in pan.
2. Sautee onions and bell peppers until translucent.
3. Add garlic and tomato paste. Fry for 5 minutes.
4. Add 6 cups of water.
5. Add all seasonings, cover and bring to a boil.
6. Rinse rice thoroughly until water runs clear and strain completely.
7. Microwave rice for 7 minutes.
8. Add rice to boiled water.
9. Reduce heat, cover, and let simmer for 10 minutes.
10. After 10 minutes, turn the rice, add the vegetables (if using) and repeat.
11. Fluff and enjoy!

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MUSIC FESTIVAL**

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