

Jollof Rice

Recipe from Tunde Wey
Adapted by The New York Times

YIELD 7 1/2 cups rice

TIME 1 hour

The chef Tunde Wey is based in New Orleans, but he was born in Nigeria, where jollof rice is a well-loved dish. The rice is cooked in a flavorful tomato and pepper purée; his version is vegan, and laced with chile heat.

—The New York Times

INGREDIENTS

2 medium tomatoes, roughly chopped (about 5 ounces each)
½ medium Scotch bonnet pepper (or use a habanero pepper), stem removed
½ medium onion, roughly chopped
3 small red bell peppers, roughly chopped (about 5 ounces each)
½ cup vegetable oil
1 ½ teaspoons salt
1 teaspoon curry powder
1 ½ teaspoons hot ground chile pepper, such as African dried chile or cayenne
1 ½ teaspoons garlic powder
1 tablespoon plus 1 heaping teaspoon onion powder
2 bay leaves
½ teaspoon ground ginger
1 tablespoon dried thyme
2 ½ cups medium-grain rice

PREPARATION

Step 1

In a blender, combine tomatoes, scotch bonnet pepper and onions; purée. Pour out half the purée into a bowl; set aside. Add the bell peppers to the purée remaining in the blender and pulse until smooth. Add to the mixture that was set aside and stir to combine.

Step 2

Heat vegetable oil in a large pot over medium heat. Add blended vegetables along with the salt, curry powder, ground chile pepper, garlic powder, onion powder, bay leaves, ginger and thyme. Bring mixture to a boil.

Step 3

Stir in the rice until well mixed, then reduce the heat to low.

Step 4

Cover pot and let cook until rice is al dente, about 45 minutes. Check after 30 minutes; if rice is sauce-logged, remove the lid to cook off the excess sauce. If rice seems dry, stir in 1 to 2 cups water. Allow the rice at the bottom of the pot to char a bit to infuse it with a smoky flavor.

PRIVATE NOTES

Leave a Private Note on this recipe and see it here.

PS

I added about 1 ½ cups water to the product. Got very dry, quickly!

I also added 3 Tbsp of beef broth concentrate or Magge.

My friend says that she always makes it with beef or chicken, so I tried the beef. Next time I would probably try the chicken.

Lastly, although the recipe called for scotch bonnet pepper, I am a chicken. I used jalepeno and hot cayenne instead, and actually this is hotter than I prefer!

Nkate Cake (Kongodo)

Nkate cake (or kongodo) is a deliciously crunchy brittle made from peanuts, that is popular in Equatorial Guinea and Ghana.

Prep Time
25 mins

Cook Time
30 mins

Total Time
55 mins



Save

Course: Dessert

Cuisine: African, Equatorial Guinean, Ghanaian, Vegan, Vegetarian

Servings: 8 people Author: Sarah-Eden Dadoun



5 from 1 vote

Ingredients

- 1 lb peanuts (unsalted)
- ½ small lemon
- 3 tablespoons water
- 1 cup caster sugar

Equipment

- Rolling pin
- Thermometer

Instructions

1. Preheat the oven to 320 F / 160 C.
2. Spread the raw peanuts evenly on a baking sheet.
3. Place the baking sheet in the center of the oven and roast the peanuts for 10 minutes, stirring occasionally.
4. Remove the baking sheet from the oven and let the peanuts cool completely.
5. Spread the peanuts on a cutting board and crush them with a rolling pin.
6. Pour the sugar into a non-stick pan and add the water and a few drops of lemon juice.
7. Cook the sugar over medium heat and let it dissolve until it reaches a temperature of 320 F / 160 C on a candy thermometer.
8. At this point, the sugar syrup should be light in color.
9. Add the crushed peanuts to the sugar syrup.
10. Stir vigorously for 2 to 3 minutes over low heat.
11. Spread the mixture on a previously oiled cutting board (or between 2 sheets of parchment paper) and use a rolling pin to flatten it to a thickness of about ⅓ inch (6 mm)
12. Using a large sharp knife, make slight incisions of 2-inch (5 cm) squares very quickly while the mixture is still hot. Operate very quickly before it hardens.
13. Once the nkate has cooled, cut the precut pieces along the cut lines.

Ghanaian Spinach Stew With Sweet Plantains

Recipe from Charles Cann

Adapted by Francis Lam

YIELD 4 to 6 servings

TIME 1 hour, 10 minutes

This recipe is an adaptation of the smoky spinach stew served at Papaye, Samuel Obeng's restaurant in the Bronx. Built on a base of onions and ginger sauteed in palm oil, made fiery with habanero, and thickened with ground pumpkin seeds and tomatoes, the stew calls for African smoked, dried shrimp powder; its flavor is amazing. (Asian versions are typically unsmoked and chewier.) But smoked paprika and fish sauce make a serviceable substitute.

—Francis Lam

INGREDIENTS

½ cup palm oil or vegetable oil
1 medium red onion, chopped
4 cloves garlic, minced
3 tablespoons minced ginger (1 ounce)
1 habanero chile, seeds and ribs removed, minced (include seeds if you love heat)
Kosher salt
1 tablespoon tomato paste
2 ½ pounds plum tomatoes, chopped
¾ cup egusi or raw shelled pumpkin seeds
4 teaspoons African smoked dried shrimp powder (or 2 1/2 teaspoons smoked paprika plus some fish sauce)
1 pound spinach, washed, dried and roughly chopped
3 large sweet (yellow) plantains, peeled and boiled in salted water

PREPARATION

Step 1

In a Dutch oven, warm the palm oil over medium heat, and add the onions, garlic, ginger, chile and a couple pinches of salt. Cook, stirring frequently, until the onions are golden brown and sweet, about 15 minutes. Stir in the tomato paste, and cook for 3 minutes. Add the tomatoes and a few generous pinches of salt. Bring to a boil, lower heat to a simmer and partly cover the pan. Simmer, stirring occasionally, until the sauce has cooked to a rich tomato-soup consistency, about 25 minutes.

Step 2

Meanwhile, pulse the egusi or pumpkin seeds in a food processor or blender to a fine powder, until it just starts to get clumpy. (Do not overprocess into a butter.) Remove to a bowl.

Step 3

When the tomatoes have reduced, add the shrimp powder (or smoked paprika and fish sauce to taste), and simmer 2 minutes. Stir in water, a tablespoon at a time, to the bowl of egusi powder until it is a loose paste. Add the egusi paste on top of the tomato sauce, and spread it out. Cover the pan, and cook 5 minutes.

Step 4

Stir the sauce all together; it will look like a thick porridge. Add a few splashes of water, and increase heat to a boil. Stir in the spinach, until



Ghanaian Chicken and Peanut Stew (Groundnut Soup) Recipe

Prep: 40 mins
Cook: 50 mins
Active: 15 mins
Total: 90 mins
Serves: 4 to 6 servings

Ingredients

- 2 medium yellow onions (about 12 ounces; 340g), halved and ends trimmed, divided
- 2 cups (480ml) **homemade** or store-bought low-sodium chicken broth, plus more as needed, divided
- 5 medium cloves garlic, divided
- 1 ounce (28g) fresh ginger (about a 1-inch knob), divided
- 2 teaspoons tomato paste
- 4 bone-in, skin-on chicken legs (about 2 pounds; 900g)
- 1 hot chili pepper, such as bird's eye, habanero, or Scotch bonnet (see note)
- 2 bay leaves
- 1 cup creamy peanut butter (9 ounces; 255g)
- 1 (28-ounce; 794g) can plum tomatoes
- 1 whole smoke-dried fish, such as tilapia or snapper (see note) *-did not use*
- Kosher salt and freshly ground black pepper
- Hot cooked white rice or **fufu**, to serve (see note)

Directions

1. In a blender, purée 2 onion halves, 1/2 cup (120ml) chicken stock, 3 garlic cloves, 1/2 ounce ginger, and tomato paste. In a Dutch oven, combine chicken legs with purée, remaining onion halves, remaining 1/2 ounce ginger, and remaining 2 cloves garlic, along with hot pepper and bay leaves. Toss to coat.
2. Set Dutch oven over medium heat and bring to a simmer, then cover, reduce heat to low, and cook until halved onion is soft and translucent, about 20 minutes. Add an extra 1/2 cup (120ml) chicken stock if mixture begins to stick to the bottom of the pot.
3. Transfer chunks of onion, ginger, garlic cloves, and hot pepper to blender. Add peanut butter, canned tomatoes and their juices, and remaining 1 1/2 cups (360ml) chicken stock and purée until smooth. Pass blended mix through a fine-mesh strainer into the Dutch oven, stirring to incorporate.
4. Increase heat to medium and bring to a simmer, then lower heat to medium-low and cook, stirring occasionally, until chicken is tender, oils have surfaced, and mixture has thickened and reduced by about one-third, about 40 minutes. Add smoked fish, reduce heat to low, cover pot, and cook an additional 5 minutes. (If omitting the smoked fish, you can skip this 5-minute covered-cooking step.) Remove and discard smoked fish and bay leaves, season with salt and pepper to taste, and serve hot over white rice or fufu.

Special equipment

Blender (or immersion blender), Dutch oven, fine-mesh strainer

Notes

For a milder dish, cut the pepper in half and remove its seeds. Alternatively, use just half a pepper, or choose a less spicy pepper, such as a jalapeño. Hot-smoked fish is a traditional ingredient in groundnut soup and adds a savory, fishy, smoked undercurrent of flavor to the dish. It can be found in most West African and Caribbean markets, but can be omitted if you're unable to find it or prefer to leave it out. *Fufu* is a starchy dish made from pounded and boiled cassava root and green plantains.

This Recipe Appears In

- [East, West, Then Backward: Falling for Groundnut Soup in Ghana](#)



Ghanaian Jollof Rice By Tei Hammond

Kiano Moju
Tasty Team

Ingredients

for 6 servings

- 2 large yellow onions, roughly chopped
- 1/3 cup vegetable oil, plus 2 tablespoons, divided
- 14 oz diced tomato, 2 cans
- 6 oz tomato paste, 1 can
- 1 habanero pepper
- 2 teaspoons curry powder
- 1 teaspoon garlic powder
- 1 teaspoon ground ginger
- 1/2 teaspoon mixed dried herbs
- 3 chicken bouillon cubes, crushed
- 2 1/2 cups long grain rice, rinsed
- 1 cup frozen mixed vegetable
- 1 1/2 cups water

Nutrition Info

Calories **467**

Fat **13g**

Carbs **78g**

Fiber **5g**

Sugar **11g**

Protein **10g**

Estimated values based on one serving size.

Preparation

- 1** Add onions and 2 tablespoons of oil to a blender and pulse until smooth. Transfer to a medium bowl.
- 2** Add the diced tomatoes, tomato paste, and habanero pepper to the blender, and pulse until smooth. Transfer to a separate medium bowl.
- 3** Heat the remaining $\frac{1}{3}$ cup (80 ml) of oil in a large, heavy-bottomed pot over medium heat.
- 4** Once the oil is shimmering, add the onion puree and cook until the water has cooked out and the puree is starting to brown, about 10 minutes.
- 5** Stir in the tomato puree and add the curry powder, garlic powder, ginger, dried herbs, and crushed bouillon cubes. Cook for 20-30 minutes, stirring occasionally, until the stew has reduced by half and is deep red in color.
- 6** Add the rice, mixed vegetables, and water. Bring to a boil, then reduce the heat to low and cover the pot with foil and a lid. Simmer for another 30 minutes, until the rice is cooked through and the liquid is absorbed.
- 7** Enjoy!