

FREEKEH JOLLOF

Jollof rice is one of Africa's iconic dishes. Nobhongo Gxolo of Third Culture Experiment put a freekeh spin on it and served it with a Cape Malay chicken curry. Pearly freekeh in a rich, savoury tomato stew is an excellent match for curry laced with layers of spice.

Recipe by Nobhongo Gxolo of Third Culture Experiment | Image by Thsepi Molisana

INGREDIENTS:

Serves 6

2 cloves garlic, minced
6 ripe tomatoes, blended or grated
½ cup vegetable oil
500ml chicken stock
2 sachets tomato paste
salt and pepper
250g parboiled Wholegrain Freekeh

METHOD:

Place the freekeh in a large pot of salted water. Bring to the boil and cook for 30 minutes. Ensure there is enough water in the pot, that the freekeh does not burn. Drain and set aside.

Blend the 6 ripe tomatoes in a blender, or cut in half and grate on the coarse side of the grater. Discard the skins. Heat 1 cup of vegetable oil and fry the tomato until the water has evaporated.

Add garlic and cook through.

Add the tomato paste and liquid stock. Bring to a simmer. Add the parboiled freekeh and simmer for 30-45 minutes, until the water has cooked away and the sauce has been absorbed.

Adjust seasoning and serve with curry or grilled chicken, veg or fish.

