

Ghana Red Red Plate



Prep Time: 60 min



Portions: 4

Chef Daniel's Ghana Red Red Ghana Vegan Jollof Rice with Deep Fried Plantains

3 Part Recipe



INGREDIENTS

Part 1: Ghana Red Red

1 cup Black Eye Pea (175 g)
2 tbsp Canola Oil (30 ml)
1 Small White Onion, Diced (70 g)
Ginger Root, Grated Finely (15 g)
1 Scotch Bonnet Pepper, Minced (6 g)
1 tbsp Hot Madras Curry Powder (5 g)
1 tbsp Cayenne Pepper (5 g)
2 Medium Tomatoes - pureed (80 g)
¾ cup Crushed Tomato, pureed (100 g)
1.5 tsp Tomato Paste (7 g)
1 ¾ cups Water (400 ml)
1.5 Cube (15g) Gluten Free Low Sodium Veg Base (15 g)
1 tsp Kosher Salt (4 g)
2 tsp Fine Black Pepper (4 g)
3 cloves Garlic Peeled (10 g)

INSTRUCTIONS

1. Place black eyed peas in a large bucket filled with water and allow to soak for 24 hours.
2. After 24 hours cook the black eyed peas in boiling water until tender. Remove, cool and set aside.
3. In a large skillet sauté the onions in oil on medium heat until translucent. Add in ginger and garlic and cook out for 2 minutes. Add in the cayenne and curry powder and cook out for 5 minutes.
4. Add in the scotch bonnet, tomato paste, crushed tomato and diced fresh tomatoes and cook for 5 minutes. Add in the water, vegetable base, salt and pepper and bring to a boil. Turn to a simmer.
5. Add in the cooked black eyed peas and cook out for 30 minutes.

CELEBRATING BLACK HISTORY MONTH

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INGREDIENTS

Part 2: Ghana Vegan Jollof Rice

1 Small White Onions, pureed (75 g)
1.5 Tbsp Canola Oil (25 ml)
2 tbsp Tomato Paste (50 g)
0.5 Cups Diced Tomato, pureed (100 g)
0.5 Cups Crushed Tomato (75 g)
1 Small Scotch Bonnet Pepper, Minced (4 g)
1 tsp Hot Madras Curry Powder (4 g)
½ tsp Ground Ginger (2 g)
½ tsp Garlic Powder (2 g)
1 cube (10g) Gluten Free Low Sodium Veg Base (10 g)
¾ cup Parboiled Rice (150 g)
¼ cup Macedonian Vegetable Mix (60 g)
1.5 Cups Water (375 ml)
Vegan Chicken Strips, medium, diced (optional) (60 g)
1 tsp Kosher Salt (4 g)
1 tsp Fine Black Pepper (4 g)

Part 3: Fried Plantains

Large Plantain, Peeled and Sliced
1 tsp Kosher Salt (5 g)

INSTRUCTIONS

1. In a large skillet, sauté the onions in oil on medium until translucent. Stir in the ginger powder, garlic powder, curry powder and minced scotch bonnet. Cook out for 2 minutes to release the flavour of the spices.
 2. Add in the diced tomatoes, crushed tomatoes and the tomato paste and cook for 10 minutes.
 3. Add in the water, salt, pepper and vegetable base and bring to a boil. Turn to a simmer, cover pot and allow sauce to cook for 20 minutes.
 4. Add rice and stir in the boiling sauce.
 5. Add Stir in the defrosted mixed vegetables and vegan chicken strips (optional) and cook for 10 minutes or until rice is tender and cooked through.
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1. Preheat oil in a large, deep skillet on medium heat.
 2. Fry the sliced plantains until golden brown.
 3. Remove from skillet and place on paper towel to drain excess oil.
 4. Sprinkle with salt and set aside.