

Jollof Arancini

with Plantain Puree and Spicy Avocado Mousse

Recipes courtesy of The Gourmet Touch Chef Services, presented by Jason Johnson

Jollof Rice

Ingredients:

- ¼ cup vegetable, canola or coconut oil (*do not use olive oil*)
- 3 medium-sized fresh plum tomatoes, chopped
- 2 large red bell peppers, seeds discarded
- 2 medium-sized red onions (*1 thinly sliced, 1 roughly chopped*)
- 1 hot pepper (*Scotch bonnet or habenero*)
- 2 Tbsp. tomato paste
- 2 tsp. Caribbean/Jamaican-style curry powder
- 1 tsp. dried thyme
- 2 dried bay leaves
- 3 cups vegetable or chicken stock
- 1 tsp. unsalted butter, divided (*optional*)
- 2 cups uncooked converted long-grain rice or golden sella basmati, rinsed
- Salt to taste
- Black and white pepper to taste

Directions:

In a blender, combine tomatoes, red bell peppers, chopped onions, and hot pepper with 1 cup of stock. Blend until smooth, about 1-2 minutes. You should have roughly 3 cups of blended mix. Pour into a large pot or pan and bring to a boil. Cover and simmer for 10 minutes.

In a large pan, heat oil and add the sliced onions. Season with a pinch of salt and stir fry for 2-3 minutes. Add bay leaves, curry powder, dried thyme and a pinch of black pepper. Cook on medium heat for 3-4 minutes. Add the tomato paste and stir for another 2 minutes. Add the reduced tomato-pepper mixture. Stir and set on medium heat.

Add 2 cups of stock to the cooked tomato sauce and boil for 1-2 minutes. Add the rinsed rice and butter. Stir and cover with a double piece of foil, or baking/parchment paper. Place a lid on the pan to seal in the steam and lock in the flavor. Turn down the heat and cook on low for 30 minutes until rice is tender. Stir rice, taste and adjust seasoning as needed.

Jollof Arancini

Ingredients:

- 2 cups leftover Jollof rice
- 3 oz. mozzarella
- 1 ½ qts vegetable oil
- ½ cup all-purpose flour
- 2 eggs, beaten
- ½ cup panko breadcrumbs

Directions for the Jollof rice balls:

Divide the leftover Jollof into eight patties. Place a patty in the palm of your hand and put a piece of mozzarella in the center. Using your hand, wrap the rice around the patty and shape into a ball. Repeat to form the remaining balls. Then chill in the refrigerator for 15-20 minutes. Preheat the oil in the deep-fat fryer to 350° F, or heat the oil in a deep saucepan over medium-high heat to achieve the same temperature. Put the flour, beaten eggs, and panko in three separate shallow dishes. Roll each rice ball in the flour, then in the egg, and then the panko, coating each rice ball well. Working in batches, carefully drop the rice balls in the fryer or saucepan and fry for 3-4 minutes until golden brown. Drain well on kitchen paper.



*Jollof Arancini with Plantain Puree
and Spicy Avocado Mousse*

Plantain Puree

Ingredients:

- 3 or 4 large, ripened plantains
- 4 cloves roasted garlic
- ½ cup chicken broth
- 4 Tbsp. butter
- ½ tsp. sea salt
- ½ tsp. white pepper

Directions:

Peel the plantains and cut into quarters. Add to a pot of boiling water and cook until soft, about 20 minutes. Plantains will turn golden yellow when cooked.

Transfer plantains to blender and cool for a couple minutes. It's not necessary to drain them well because a little bit of the plantain water adds to the puree. Add garlic cloves, butter, sea salt and white pepper.

Puree the plantains, adding just enough chicken broth to make the puree smooth and creamy. If needed, add more of the water from the boiling process to thin the puree further. Serve hot.

Spicy Avocado Mousse

Ingredients:

- 2 ripe avocados, seeds and peel removed
- 1 jalapeno, seeded
- ¼ cup coconut cream
- 1 tsp. lime juice
- ⅛ tsp. sea salt
- 1 garlic clove, peeled

Directions:

Put the avocado flesh, garlic and jalapeno in a food processor and add salt. Pulse for about 1 minute until the texture resembles avocado that has been smashed with a fork.

Add the juice of 1 lime along with the coconut cream. Turn on the food processor again and run for about 2 minutes until the avocado mixture is smooth and silky. Taste and adjust with more salt or lime, if necessary.

To plate and serve:

Smear the plantain puree on a dish and place freshly fried Jollof Arancini balls on top. Using a spoon or pastry bag, add a dollop of the spicy avocado mousse on top. Enjoy!

Wine Pairing:

Joel Gott
Sauvignon Blanc
California

