

Chicken Ingredients

4 pounds Chicken
1 Large Onion chopped
1 Tablespoon Paprika
1/2 Tablespoon Salt
1 Tablespoon Chicken Stock Powder
1/2 Tablespoon Thyme
1/2 Tablespoon Curry Powder
1 Teaspoon Ginger Powder
1 Teaspoon Garlic Powder

Instructions

Combine all the spices and season the chicken with it. Leave to marinate for at least 2 hours (overnight is better)

Roast or Broil the chicken in the oven until done.

Set aside.

Stew Ingredients

1 Large Onion
1 scotch bonnet or Chili pepper (optional)
3-4 large Roma Tomatoes
1 Red pepper
1/2 Cup Vegetable Oil
4 oz tomato paste
1 Large Onion Sliced
1 Teaspoon Thyme
1 Teaspoon Rosemary
1 Teaspoon Curry Powder
2 Cups Chicken Stock or 2 tablespoon of Chicken Stock powder.
Water as needed.

Blend the Onion, pepper, Tomatoes and Red Pepper in a blender until smooth.

Heat the oil and add the onion. Cook until translucent.

Add the tomato paste and cook until no longer tangy 3-5 mins.

Add the spice and cook on medium heat for about 1 minute

Add the blended mixture and the chicken stock (if you used Chicken Stock powder)

Add 2 cups of water. Cook on medium heat covered for 5 – 7 minutes stirring occasionally.

Once thickened add the sliced onions and the roasted/broiled chicken. Continue cooking for another 5 minutes on low.

Jollof Rice ingredients

4 Cups Rice

1/2 Cup Vegetable Oil

½ large Onion diced

8 oz can Tomato paste

1 Cup boiled down blended Red peppers, Onion, 1 teaspoon Ginger Paste or powder and Chili pepper.

2 Teaspoon Chicken Stock Powder

4 Cups Chicken Stock (liquid)

2 Cups Water

1/2 Teaspoon Salt

1 Teaspoon Thyme

1 Teaspoon Rosemary

1 Teaspoon Curry Powder

1 Teaspoon White Pepper

2 Bayleafs

1 Onion Sliced (For Garnishing)

1 Tablespoons Butter

1 Red pepper (optional)

1 Green Bell Pepper (optional)

Instructions

Cover the Rice in boiling water and set aside.

Cook the diced onions in the heated oil until translucent.

Add the tomato paste and cook until no longer tangy (3-5 mins).

Add the Thyme, Rosemary, Curry Powder, White Pepper and Bay leaves and fry for another minute. Add the blended pepper mixture and chicken stock powder. Cook until very thick stirring as necessary to prevent burning.

Strain and rinse the rice once. Add the rice along with the chicken stock and enough water to just cover the rice to the pot. Cover tightly and lower the heat. Cook until all the liquid is absorbed.

Add the butter, sliced onions and peppers, and stir to distribute through the pot.

Take off the heat and cover tightly for 10 – 15 minutes.

Nigerian Salad

Dressing Ingredients

2 Tbsp of white vinegar

10 Tbsp of Mayonnaise

2 Tbsp of Icing sugar

2 Tsp of Mustard (optional)

Instructions

Whisk all ingredients together to make the dressing.

Salad Ingredients

2 Carrots

2 Cups Lettuce Shredded

2 Cups Cabbage Shredded

2 Tomatoes ripe and hard

1 Cup pasta or boiled potatoes

2 Boiled Eggs Large

1 Cucumber Medium size

8 ounces Heinz Baked Beans

8 ounces sweet corn

8 Tbsp Heinz Salad Cream

Instructions

Prepare all your vegetables and wash them thoroughly in cold running Water.

Boil the Eggs and boil the Pasta with a little Salt till al-dente

Thinly slice your cabbage and Lettuce, Cut the Tomatoes into little Cubes, you can grate your Carrots or cut them into little cubes and cube the Cucumber also.

Add everything inside a Bowl except the Eggs and the Cream then cover it with a plastic wrap or tight-fitting lid and place in the fridge for at least 1 hour.

Remove it from the Fridge when you are ready to use and toss it together. Lay the cut boiled Eggs over the salad. Serve with the classic Heinz salad dressing.