

NMMBC



FAITHWALKERS



PRESENT



HIGH ON THE HOG

Grilled Tilapia

Marinade:

- Garlic cloves
- 4 oz Avocado oil,
- 2 Scotch bonnet peppers ,
- Handful of leaves parsley,
- Leaves from 4 rosemary sprigs
- 1/2 cup orange Mojo
- 2 onions
- Some salt

Blend marinade together and then marinade for 15 mins

Heat grill or skillet on high ... turn down to medium high before adding fish to hot pan!

Season fish with salt and pepper on each side. Cook fish for 3-5 mins on each side then cover on with lid and let smoke for about 30 mins if using whole tilapia or for 5 minutes with tilapia fillets.

Jollof Rice

Ingredients:

- 2 Cups Rice Long grain
 - 3/4 Cup Olive Oil
 - 4 Cups Chicken stock
 - 1 Tbsp Curry Powder
 - 1 Tbsp Thyme
 - 4 cloves Garlic
 - 2 bay leaves
 - 1 Tbsp Ginger Grated
 - 1 Tsp Salt or to taste
 - 1 Onion Medium sized(sliced)
 - 1 Tomato sliced- (Large size)
 - 1 Onion Sliced
 - White Pepper or black pepper
- For the sauce, blend together:
- 3 Red Bell Pepper
 - 3 Tomatoes Plum
 - 2 Scotch bonnet*
 - 1 Onion Diced

In a large pan, preheat the cooking oil. Once the oil is hot, add the diced onions and fry for about 3 to 5 minutes or till the onions become soft.

Add fresh tomato . Fry for about 5 minutes, then add the garlic, ginger, and bay leaves and let it cook in the tomato paste for about 2 minutes.

Add the blended pepper and allow the pepper to cook until the water is reduced entirely and the oil is seen floating on the fried pepper.

Season with thyme, curry powder, salt to taste, and seasoning cubes. Leave to cook for another 2 to 5 minutes.

Stir in the rice until it is well coated with the sauce. Add the Chicken stock and cover it with a tight-fitting lid, then allow it to come to a boil.

Once it starts boiling - about 3 to 5 minutes after placing it on the stove, reduce the heat immediately to medium-low and steam until the rice is done.

Turn off the heat and stir together briefly. Then, cover it up immediately so that the heat remaining in the rice can steam up the vegetables a little bit,

You can serve with Plantains ENJOY!



Keyword: New Memorial to donate

New Memorial MBC Chicago
6844 S. Indiana Ave Chicago, IL
Dr. Roosevelt Walker Jr. - Pastor



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In collaboration with Chef Nyah &

