

West African-Style Fat Rice

Serves 6-8 | 20 minutes prep + 55 minutes cook time

Every rice-eating culture has a “rice with stuff” dish, a bunch of vegetables and other savory bits cooked with the rice in a single pot. In Burkina Faso they call it riz gras, the French term for fat rice, and it combines eggplant, chiles, and other vegetables in a spicy, West African-style tomato sauce. And we used Fatou Ouattara’s Akadi spicy sauce for our version of the chili. Ouattara moved to Portland from the Cote d’Ivoire, and her sauce gives the chili a West African flavor.

1 onion, chopped

1 jalapeno chile, chopped

2 cloves garlic, chopped

1 small eggplant, cut into bite-sized pieces (about 2 cups)

1 medium sweet potato, cut into bite-sized pieces (about 1½ cups)

¼ cup extra virgin olive oil

2 teaspoons sea salt

1 jar Akadi sauce, mild or spicy

1 cup Koda Farms Kokuho Rose white rice

3 cups Anneto vegetable broth or water

Step 1 In a Dutch oven or large saucepan, cook the onion, jalapeno, garlic, eggplant, and sweet potato in the olive oil and salt over medium heat until the eggplant turns translucent, about 25 minutes.

Step 2 Add the Akadi sauce, rice, and broth (or water), stir well, reduce the heat to a low simmer, cover, and cook for about 30 minutes or until the rice is tender and has absorbed most of the liquid. Don’t stir if you’re hoping for a browned, slightly crispy layer of rice on the bottom of the pot.