

## POULET YASSA- CHICKEN YASSA – by Taste of Senegal



Prep Time

15 mins

Cook Time

40 mins

Total Time

55 mins

Chicken Yassa is chicken cooked in caramelized onions - one of West Africa's favorite dishes! Perfect with boiled rice or couscous.

Cuisine: African Keyword: Poulet Yassa Servings: 6 servings

Ingredients

- 6 Chicken thigh or 1 1/2kg of your preferred cut
- 4-6 onions - thinly sliced
- 3-4 cloves garlic - minced
- 1 tablespoon mustard (optional)
- 1/4 cup lemon Juice
- 1 teaspoon ground white pepper or black pepper

- 1 teaspoon salt
- 7 tablespoons oil
- 2 bay leaves
- Green olives (optional) Instructions

1. Marinate the chicken. Rinse chicken thoroughly and pat dry. Place in a bowl. Add the lemon juice, onions, garlic, salt, black or white pepper, sliced onions, capsicum. Mix everything together to combine. Cover the chicken with plastic wrap and place in the fridge to marinate for at least 2 hours or overnight.

2. Grill or pan-fry the chicken. Remove the chicken from the marinade and shake off the excess marinade. Place on a grill and or place on an oiled skillet and cook on each side for about 4 minutes until it assumes a nice sear.

3. Caramelize the onions. Heat oil in a pan. Remove onions from the marinade (Keep marinade) and add to the oil and let it cook slowly on medium heat while stirring from time to time until the onions shrink and become slightly darker in colour. About 20 minutes.

4. Add the chicken to the onions and the remaining marinade, the bay leaves and a cup of water to the caramelized onions then cook for about 20 minutes, flipping the chicken halfway through. Taste to ensure seasoning is perfect. Serve over white rice.

## **Bahian Moqueca** – by Mandacaru Brazilian Cuisine

(Fish and Prawn stew)



### Marinade:

350g fresh barramundi cutlets

250g prawn cutlets

50g cheiro verde (parsley, coriander and spring onion)

3 garlic cloves

Cumin

Salt

Black pepper

Lime juice

Olive oil

First put the cheiro verde and garlic in a food processor. Combine with the olive oil, salt, black pepper, cumin and lime juice until it becomes a rough paste. Spread this mix over the fish and prawn and let it rest for at least one hour.

### Base:

400mL coconut milk

40g diced onion  
2-3 sliced onion  
40g diced tomato  
2-3 sliced tomato  
20g diced red capsicum  
2-3 sliced red capsicum  
20g diced green capsicum  
2-3 sliced green capsicum  
2 garlic cloves, diced  
5g red chilli, diced  
coriander  
approximately 50mL dendê oil  
olive oil

Pour a little olive oil into the claypot and sauté the diced vegetables, garlic and chilli.

Add the fish and coconut milk and let the fish cook half way through.

Add a bit of dendê oil and prawn, then cover with the vegetables slices, coriander and a bit more dendê oil.

Let it boil until fish and prawn are cooked.

You can serve with coconut rice and farofa (cassava flour).

## RECIPES

### 1. STEAMED CASSAVA AND TILAPIA – BY AFRO PEARLS VICTORIA

Servings | Prep Time | Total Time

#### INGREDIENTS (A SERVE OF 4)

2 packets of frozen cassava  
1 tilapia fish  
Salt  
Black paper  
1 Lemon  
1 Onion  
2 Tomatoes  
2 Cloves of garlic  
1 or 2 twigs parsley

#### DIRECTIONS

- ❖ Steam the cassava in a steamer until it is just cooked
- ❖ Set it a side once ready and soft
- ❖ Season fish with salt and black paper
- ❖ Heat Cooking oil in a fryer
- ❖ Deep fry the tilapia to a golden-brown colour
- ❖ Get a big plater to set up your meal.
- ❖ Chop the tomatoes, onions, garlic, parsley and green pepper, mix them together and season with salt and pepper.
- ❖ Set everything on the plater plus slices of lemon on the side, since it's fish.

#### **Total time**

15 minutes

#### FRIED CASSAVA

1 packet of frozen cassava

- ❖ Steam the cassava until it is just cooked
- ❖ Heat Cooking oil in a fryer
- ❖ Deep fry the cooked cassava to a light brown colour

## AFRO PEARLS VICTORIA

### 2. EAST AFRICAN PANCAKES (KABALAGALA) BY AFRO PEARLS VICTORIA

#### INGREDIENTS

Overripe Monkey Bananas / lady fingers  
Cassava Flour

- ❖ Peel and mash the bananas
- ❖ And add flour a little at a time. Thoroughly mix the dough until the dough stops sticking to hands
- ❖ Roll the dough on a clean, lightly floured board to a height of about 1cm.
- ❖ Use a glass or round biscuit cutter to cut it into as many round shapes as possible.
  - ❖ Heat enough oil in a pan to deep fry. Deep fry the in medium heat till light brown.



## Efo Riro - Tribal taste



# Efo Riro

Efo Riro is a West African speciality celebrating green vegetables and traditional ingredients such as African Style smoked fish and pure palm fruit oil. Traditionally served as an accompaniment of Tuo (maize meal), Gari (cassava) or pounded yam.

Tribal Tastes speciality Ingredients-

Harissa

Palm fruit oil

Ogeri

Smoked fish

Maize Meal

Other Vegetables-

Capsicum, tomato, onion

Green vegetables.

Salt