CLAFOUTIS RECIPE (cake)

1lbs of fruits (blueberry, raspberry, apricot)
4 eggs
100g sugar
100g flour
40g butter
1 cup of milk

Mix first the eggs and sugar. Add the melted butter, then the flour and finally the cup of milk.

Prepare a 8” x 8” 2inch deep baking pan rubbing butter inside and sprinkling flour at the bottom.

Lay the fruits inside the pan and pour the baking mix over the top.

Cook for approx. 40 mins in pre-heated oven at 375 degrees.

Leave aside to cool down before removing from pan for serving.

Can be eaten slightly warm or cold
THEIBOUDIENNE RECIPE

1/4 cup finely chopped parsley
2 tsp. crushed red chile flakes
6 cloves garlic, minced
2 scallions, minced
1/4 small yellow onion, minced
salt and freshly ground black pepper, to taste
8 (4–oz.) filets grouper or red snapper

For the Thiéboudienne
1/2 cup canola or palm oil
2 medium yellow onions, roughly chopped
1 medium green bell pepper, stemmed, seeded, and roughly chopped
1 (12–oz.) can tomato paste
6 cups fish or vegetable stock
6 small carrots, halved crosswise
1 large eggplant, cut into large chunks, or 4 small Thai eggplants
1 medium turnip, peeled and cut into 12 wedges
1/2 cassava root, peeled and cut into 1 1/2” chunks
1/3 cup dried white hibiscus flowers (optional; see below for ordering)
2 tbsp. tamarind paste
2 tbsp. fish sauce
4 cups basmati rice

Lime wedges, to serve
CHEW i YAPPA (Gambian Beef Stew)

2 Lbs Lean Stew meat (cut into cubes)
1 can of tomatoes (28 Oz)
1 Bell Pepper, cut in strips
1 stalk celery, sliced diagonally
1 potato, cubed
1 large carrot, sliced
1 sweet potato, cubed
1 teaspoon salt
6 tablespoon tomato paste
½ teaspoon cayenne pepper
½ cup creamy peanut butter
½ cup frozen peas, thawed

Mix the beef, tomatoes, bell pepper, celery, potato, carrot, onion, sweet potato, salt and tomato paste in a 5-quart saucepan, and mix well.

Bring to a boil, reduce heat, and simmer, covered for 1 hour, adding water if necessary.

Stir in the cayenne pepper and peanut butter.

Simmer for 1 hour longer or until the vegetables and beef are tender.

Add peas, and simmer for 5 minutes.

Serve onto a large serving plate.

Garnish with red or green pepper slices and parsley.

Serve with rice.

Serves 4 people
ONE BURGER WANT TO MAKE

85% - 15% Lean Beef
Dried Thyme
Dried Oregano
Coriander / Cilantro
Daikons
Carrots
Marin
Hoisin Sauce
Soy Sauce
Sesame Seed Buns
Pure Rice Vinegar
Any Type of Bacon as sealant
Mayo
Siracha
Jalapenos
Worcestershire Sauce
Brown Sugar
Lemon Zest
Paprika
Green Onions
DECONSTRUCTIVE TUNA BOWL

Tuna
Tomatoes
Onion
Rice
Seaweed
Eggs

Serve Tuna with tomatoes + Onions on top of plate of white rice, medium egg and seaweed
Add salt to liking
**ROAST CHICKEN**

1 whole fried chicken
1 Skillet or Baking dish
Oven
Salt / Pepper

Pre-heat oven to 400 degrees
Place chicken in oven for 1 hr until internal temperature is 170 degrees or juices run clear
Remove chicken
Sprinkle with salt and pepper
Allow to cool
Carve and serve