

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