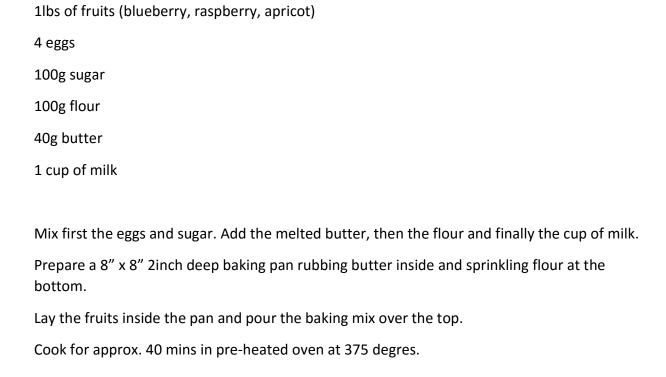
CLAFOUTIS RECIPE (cake)



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)



ONE BURGER WANT TO MAKE

000/ 100/ Look Door
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 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