
WEST AFRICAN DISHES

Alloco (Plantains)

Serves two people



Ingredients:

- 3 yellow plantains
- 1 tsp of lemon juice (optional)
- 1 tsp of salt
- 1 cup of oil to fry

Directions:

Wash, peel and cut the plantains either into rings or diagonally.

Add the salt and lemon juice to the plantains. Mix well.

Let it sit for about 20 minutes.

Heat oil in a pan and fry the plantains until each side is golden brown.

Remove them and place them on a paper towel to drain the excess oil.

Chicken

Servings: 2

Ingredients:

- 2 chicken thighs (or other part)
- 1 Maggi cube
- 3 cloves of garlic
- ½ tsp of salt
- ½ tsp pepper
- 1 cup of peanut or Olive oil

Directions:

Blend together all ingredients except chicken in a food processor.

Rub chicken with ingredients.

Let marinate for about 20 minutes.

Either fry or grill the chicken thighs until lightly golden.

Attieke Sauce (Tomato-onion sauce)

Ingredients:

- 2-3 medium tomatoes, chopped
- 1 large onion, chopped
- 1 green pepper, chopped
- 1 cucumber (optional)
- 1 Maggi cube, crushed
- ¼ cup vinegar or lemon juice
- ½ cup olive oil
- ½ tsp Dijon mustard (optional)
- salt and pepper

Directions:

Combine Maggi cube, lemon juice, olive oil, mustard, salt and pepper in a bowl.

Add chopped vegetables. Mix the vegetables and spices together.

Serve right away or let marinate for 30 minutes before serving with attiéké.

Some people cook the sauce, other eat it raw.

Attiéké

Attiéké is made from fermented manioc and looks like couscous. It is still an artisanal product, made in the surrounding villages in Abidjan, Cote d'Ivoire's capital.



Directions for Microwave:

For a whole Attiéké, sprinkle half of 1½ cup water on it and mix well.

Repeat this process with the other half of remaining water.

Put in the microwave for 3 minutes.

Take it out from the microwave and mix it with a spoon before serving.

Use 1 cup of water for half of the Attiéké.

When Serving:

Put some Attiéké on a plate.

Add a piece of chicken, some Alloco and some sauce.

Add a piece of lemon on it and some hot pepper cut into small pieces (optional)

Jus de Bissap (Hibiscus Juice)



Ingredients:

- 2 cups dried hibiscus flowers
- 1 1/2 cups sugar (more or less to taste)
- 1 sprig mint
- 1 teaspoon orange flower water (Optional)

Directions:

Briefly rinse the dried flowers in cool water.

In a saucepan heat two quarts of cold water. As soon as the water begins to boil, add the dried hibiscus leaves. Immediately remove from heat and let the flowers steep for ten minutes.

Pour the water from the pot into a pitcher using a strainer to separate the flowers from the water.

Stir in the sugar. Add mint and orange water. Add ice and chill completely. May be served over ice.