

# CAMEROONIAN COOKING

## SAUTÉED GREENS WITH PLANTAIN

Prep time: 30-45mins

Cooking time: 20-25mins

### Ingredients:

- 2-3 packets of boiled collard greens (depending on size of packet)
- 1 pack of diced carrots
- 4 onions
- 5 tomato fruits
- 2 red bell pepper
- Olive oil
- 2-3 teaspoons of garlic
- 1 teaspoon of salt
- 2 cubes
- 4-6 plantains

### Directions for sautéed greens:

1. Boil collard greens for approx. 30-45mins and add ½ of a teaspoon of salt.
2. Once the greens are ready and tender, replace the hot water with cold water to cool it off.
3. Once the greens are cooled, to remove excess water and place it in a bowl or plate.
4. In a cooking pot, add 2 Tbsps. of olive oil for 1-2mins and later add sliced onions, and the red bell peppers until the onions are cooked and looks fried but not burnt.
5. Add the diced tomatoes and continue stirring for 3-4mins.
6. Later add the garlic, and some more salt if needed.
7. Add 1-2 cubes and add the collard greens at the end.

### Directions for plantain:

1. Peel the plantain and boil it for approx. 10-15mins. Once the plantain is ready, pour down the hot water and replace with cold water to cool it off.
2. Later cut it into 3-4 slices per plantain and serve with the sautéed greens.

## CROQUETTES (A.K.A CHIN-CHIN)

Prep time: 30mins

Cooking time: 30mins

Serving size: 3-5

### Ingredients:

- 3½ cups (440 grams) all-Purpose flour
- ¾ cup sugar
- 1/2 teaspoon salt
- 1/4 teaspoon baking powder

- 1-teaspoon nutmeg
- 1 teaspoon lime zest
- ¼ cup (4 tablespoons) margarine/butter
- 1 large egg
- ¾ cup milk
- Oil, for frying

### **Instructions**

1. Use a mixer or manually mix the dry ingredients; flour, baking powder, salt, sugar, nutmeg and lime zest
2. Add the butter to the flour and mix well until the butter is well incorporated with the flour.
3. Add milk and egg into the mixture. Keep mixing until you have formed a sticky dough ball
4. Dump the dough ball onto a floured surface and knead, incorporating more flour into the dough as needed, until the dough is smooth, elastic, and even in color and no longer sticky. Chin-chin can be cut into many shapes and sizes
5. Divide dough in half. On a floured board roll each half about ¼ inches thick. Just like linguine or fettuccine. You can make it easy by using a pasta machine if you have one available. Make shapes as desired.
6. Add oil (about 3 inches deep) to a heated skillet/sauce pan or my all time favorite Dutch oven that is over medium heat and bring it to 375 degrees.
7. Fry in hot oil until golden. Remove from oil, drain, and serve. You can store this in an airtight container for up to a month.

Link for Cameroonian Croquette or Chin-Chin recipe: <http://africanbites.com/?p=104>