



CAMEROONIAN BEIGNETS HARICOT

Beignets/Puff puff

(Serving size: 6-8 people)

- All-purpose wheat flour, white, 3 cup
 - Granulated Sugar, 1 cup
 - Yeast, bakers, 0.1 ounce
 - Water, 1 cup (8 fl oz)
 - Canola Oil, 1 cup (For deep frying)
 - 1 tsp salt
1. Place the water and sugar and salt in a bowl
 2. Add the yeast and mix well
 3. Leave to stand for about 3 minutes until the yeast is activated
 4. Slowly add flour and mix thoroughly
 5. Leave beside a warm stove for about 30 minutes
 6. Heat oil in a deep pot until hot
 7. Using clean hands or a table spoon, make balls of the dough and place in the hot oil.
 8. Fry at medium heat until golden brown
 9. Remove and place onto a paper towel. Pat dry to remove the excess oil
 10. Serve warm.

Stewed Beans/Haricots

(Serving size: 6-8 people)

- 1kg Red beans (or 1 pack of red beans)
 - 5 large tomatoes
 - Parsley
 - 1 large Onion
 - 2-3 cloves Garlic
 - Ginger (about the size of a clove of garlic) or dried ginger
 - Salt
 - ½ cup Vegetable oil
 - 1 or 2 Habanero pepper (optional)
 - White pepper
 - Green bell pepper
 - 1 seasoning cube
1. Soak the beans the night before cooking or six hours before cooking
 2. Boil the beans until tender. Add some salt while boiling the beans. It will take about 2 hours.
 3. Cut the onions (Julienne cut), dice tomatoes, garlic, and the green bell pepper. If you are using fresh ginger and pepper, then you can process them using a food processor.
 4. In a skillet or pot, stir-fry the onions and the green bell peppers until they appear to have a golden color.
 5. Add the tomatoes, garlic, white pepper, (habanero pepper + garlic), salt and stir for about 10minutes
 6. Add the beans and stir once in a while for about 10-15 minutes. Heat must be medium or low. During this time, add the seasoning cube as well.
 7. That's it. Use the parsley for decoration if interested.

Plantains (gluten-free option)

(Serving size: 10-12 people)

- 5 ripe plantains
1. Peel the plantains and boil it for about 30 minutes. Constantly check the amount of water left to prevent the plantain from burning.

Folere Drink

Prep: 10 mins

Inactive time: It can be as short at 20 minutes and as long as 4 hours.

Yield: 1 large jar (for 6-8 people)

- 2 -3 cups of Folere (Hibiscus petals)
 - The peel of one pineapple (optional)
 - 2-3 cups of sugar
 - vanilla extract(half a teaspoon of vanilla extract)
1. Rinse the folere leaves(dried hisbiscus flowers).
 2. Boil about 6-8 cups of water and add the pineapple peels.
 3. As soon as the water begins to boil, add the dried hibiscus leaves. Immediately remove from heat and let the flowers steep for 2 hours. Pour the water from the pot into a pitcher using a strainer (lined with a cheesecloth or paper towel if you like) to separate the flowers from the water. (Be sure not to pour any of the flower sediment into the pitcher.) Stir in the sugar. Add any other flavorings (mint, vanilla extract, etc)
 4. Add ice and chill completely. May be served over ice.