

Senegalese Thiéboudienne

Fish and Rice

Preparation time: 20 mins

Cooking time: 1 hour and 30 minutes

Ingredients (for 6 people)

3 to 4 lean whole fish with firm flesh (grouper, sea bream, bass, pike, hake, tilapia or snapper)

1 bunch parsley, chopped

2 shallots, minced

4 garlic cloves, pressed

4 hot peppers, Scotch Bonnet or habanero, chopped

2 beef or vegetable cubes

2 cassavas, cut into wedges

1 cup vegetable oil

1 onion, chopped

4 tablespoons tomato paste

3 cans tomato paste

2 whole tomatoes

2 carrots, peeled and cut into chunks

1 eggplant, thickly sliced

1 cabbage, cut into wedges

6 okras

4 cups broken rice or jasmine rice

3 spoons of Fish Sauce

1 lime, sliced

Salt

Pepper

Preparation

Prepare fish stuffing. Mix parsley, 2 garlic cloves, shallots, 2 hot peppers, stock cube, pepper and salt with a mortar and pestle. Set aside.

Clean the fish if necessary. Rinse and dry with paper towels. Make 2 to 3 deep diagonal cuts in each fish. Stuff each fish cut with the mixture.

Heat the vegetable oil in a deep skillet. Fry fish for 6 to 7 minutes on each side and set aside.

Reduce heat and add the remaining 2 garlic cloves and onion. Add the remaining 2 peppers and mix for 5 minutes.

Pour the tomato paste and cut tomatoes in the pan. Add salt and pepper. Simmer for 5 minutes. Add 1 cup of water. Simmer for 15 minutes over low heat.

Add the vegetables to the pot and simmer for 30 minutes. Remove the vegetables as they are cooked through but still firm and reserve.

Add the rice, previously rinsed and add enough water to cover the rice, about 4 cups.

Cook 20 to 30 minutes uncovered. Stir occasionally while cooking.

Add the vegetables and fish back to the pan and cook for an additional 5 minutes.

Place rice and vegetables and fish pieces on each plate. Serve hot with lemon slices.

(Source: <http://www.196flavors.com/2016/02/17/senegal-thieboudienne/>)

Jus de Bissap

Hibiscus Tea

Ingredients

Two or three cups of dried hibiscus flowers

One or two cups of sugar

Optional flavorings: sprig of mint, ½ teaspoon vanilla extract, ½ teaspoon grated fresh ginger root, 1 teaspoon orange-flower water, ½ cup lemon juice, 1 cup pineapple or orange juice

Preparation

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.

Let the flowers simmer for ten minutes. Pour the water from the pot into a pitcher using a strainer 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, if desired.

Add ice and chill completely. May be served over ice.

The juice can be prepared double strength, by using only half as much water. The resulting Jus de Bissap can be mixed with seltzer water, ginger ale, or lemon-lime soda. Jus de Bissap can also be mixed in cocktails.

(Source: http://www.congocookbook.com/beverages/jus_de_bissap.html)