



**SOME GHANAIAN MENU SUGGESTIONS FOR YOUR
“DANCE IN OUR FOOTSTEPS” PARTY**

Groundnut Stew

Jollof Rice

West African Curry

Flaming Fruit

Avocado, Honey and Lime

Fruit Salad and Toasted Coconut

Beer, Fresh Lemon, Orange, Lime, Pineapple or Guava Juice

Some of these recipes are found in West African countries other than Ghana. It is very difficult to be accurate about quantities as African cooking is less about weighing ingredients and more about the clues given by smell, taste and sight.

I have given quantities in metric measurements and I apologize to my American friends for not being able to do so in cups.



Groundnut Stew (serves 4)

900 grams chicken

225 grams fresh tomatoes

225 grams onions

225 grams of the very small variety of aubergines

115 grams okros

4 hard-boiled egg

Cooking oil

30 grams tomato paste

225 grams smooth peanut butter

1 teaspoon ground red pepper

Piece of fresh ginger root

30 grams shrimp powder (or shrimps)

1 1/2 litres water approximately

Salt

Wash and cut up chicken into pieces. Boil for about 20 minutes in a little salted water with a few onion slices and a piece of ginger. Remove the meat from the stock and fry to golden brown.

Fry the rest of the onions, tomatoes, shrimps and pepper. Add the groundnut paste diluted with a little water and pour the mixture over the meat. Add more water, adjust seasoning and simmer for about $\frac{3}{4}$ of an hour until the meat is tender and the stew cooked (when oil starts to rise).

Prepare and boil separately garden eggs, okros and shell the hard boiled eggs before adding to the stew.

Serve hot with plain boiled rice.

Jollof Rice (serves



900 grams meat(chicken, ham etc)

225 grams tomatoes

15 grams tomato paste

225 grams onions

Beans, cabbage, etc

450 grams rice

Cooking oil

Ground red pepper

Cayenne or paprika

1 $\frac{1}{2}$ litres of water

Wash and cut up the meat into small pieces. Heat slowly to boiling point in 300 millilitres of salted water to which a few slices of onion have been added. Boil meat till tender and add the remaining 1 $\frac{1}{2}$ litres of water.

Remove the meat from the stock and fry lightly to golden brown. In a clean pan fry the chopped onions, tomatoes and pepper in 4 tablespoons of oil and add it and the fried meat to the stock. Wash the rice and cook it in a covered pan with the meat and vegetable stew until the grains are soft and all the water absorbed. Garnish with mixed vegetables. Serve very hot.

West African**Curry**

1 1/2 kilos chicken, beef or prawns
225 grams tomatoes
15 grams tomato paste
85 grams onions
1 tablespoon curry powder or paste
1 tablespoon flour
1/4 teaspoon red pepper
Cooking oil
Salt
Water or coconut water

Cut the prepared meat into suitable pieces or shell the prawns. Simmer in a closed saucepan for 5 minutes with a few slices of onion, salt and 300 millilitres of water or coconut water.

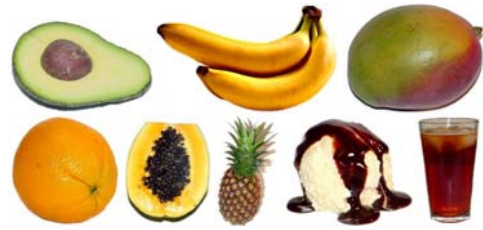
Then add 900 millilitres of water and boil meat till tender. Remove and drain meat or prawns and fry in oil till golden brown. Now fry the flour in a clean pan till brown in 2 tablespoons of the oil, add the rest of the onions, chopped fine and, after two minutes add the tomatoes.

Now stir in the curry powder or paste and continue stirring and cooking till of a thick paste consistency. Dilute with the meat or prawn stock, pour over the meat and simmer for 15 minutes in the form of a rich stew.

Serve with plain boiled rich accompanied by numerous small dishes of sliced banana, onion and tomato – all fresh as well as fried – papaya, orange, pineapple, okro, garden eggs-(small aubergines), fresh and dried grated coconut, red pepper, whole peanuts and, of course chutney.

(With acknowledgments to Babara Baeta's "West African Favourites Cookery Cards)





SOME SUGGESTIONS FOR DESSERT

Flaming Fruit

Heat brandy in a spoon or ladle over a candle. Pour over hot fruit and lit with a match at the table. Remember that the brandy will not light unless it is warm

Avocado, Honey and Lime

Mash or sieve an avocado till creamy. Flavour with lime juice and honey or sugar. Mix with a little whipped cream and serve as a sauce with other fruit or with ice cream.

Fruit Salad and Toasted Coconut

Arrange fruits around vanilla ice cream. Top ice cream with toasted coconut.

