



## Recipes and Cuisine of Senegal February 2013

### Cuisine

The cuisine of Senegal has been influenced by nations like France, Portugal, and those of North Africa, and also by many ethnic groups, the largest being the Wolof; Islam, which first penetrated the region in the 11th century; and various European cultures, especially the French, who held the country as a colony until 1960. Immigrants have brought Senegalese restaurants to many world cities, where their popularity has been growing.

Because Senegal borders the Atlantic Ocean, fish is very important. Chicken, lamb, peas, eggs, and beef are also used in Senegalese cooking, but not pork, due to the nation's largely Muslim population. Peanuts, the primary crop, as well as couscous, white rice, sweet potatoes, lentils, black-eyed peas, and various vegetables, are also incorporated into many recipes. Meats and vegetables are typically stewed or marinated in herbs and spices, and then poured over rice or couscous, or simply eaten with bread.

Popular fresh juices are made from bissap (hibiscus tea), ginger, buy (pronounced buoy - which is the fruit of the baobab tree also known as "monkey bread fruit"), mango, or other fruit or wild trees. Desserts are very rich and sweet, combining native ingredients with the extravagance and style characteristic of the French impact on Senegal's culinary methods. They are often served with fresh fruit and are traditionally followed by coffee or tea.

Read more: [http://en.wikipedia.org/wiki/Senegalese\\_cuisine](http://en.wikipedia.org/wiki/Senegalese_cuisine)

### Senegalese Dinner Customs

Senegalese table manners can be somewhat formal. You should wait to be shown to your seat. Seating is often a matter of hierarchy. A washing basin will be brought out before the meal is served for people to wash their hands. Women and men may eat at separate tables in the same room or they may eat in separate rooms.

If the meal is served on the floor or a low table, sit cross-legged and try to not let your feet touch the food mat. Do not begin eating until the eldest male does. Food is often served from a communal bowl. You should eat from the section of the bowl in front of you. Never reach across the bowl to get something from the other side. Eat only with the right hand. Expect to be urged to take second helpings. Sample each dish. Leaving a little bit of food on your plate or your section of the communal bowl indicates that you have been looked after. People generally stay for half an hour or more after dining to continue building the personal relationship.

<http://www.kwintessential.co.uk/resources/global-etiquette/senegal.html>

## Recipes

### Mafe (beef stew)

#### Ingredients:

- ½ c. peanut butter
- 2 c. beef stock
- 2 T. canola oil
- 1 c. chopped onion
- 4 garlic cloves, minced
- 1 c. green bell pepper, peeled, seeded and chopped
- 1 cayenne pepper, seeded and chopped (can use more, or other kinds)
- 1 c. carrot, peeled and chopped
- 2 lbs. beef stew meat, trimmed and cut into 1 ½" cubes
- Salt and pepper to taste
- 2 c. tomatoes, peeled and diced (or one 14 ½ oz. can diced tomatoes with liquid)
- 1 sprig thyme
- 1 bay leaf

#### Directions:

Whisk together peanut butter and stock and reserve. Season the meat with salt and pepper. Heat the oil in a large saucepan over medium heat. Brown the meat well on all sides; do not crowd the meat; sauté in batches if necessary. Remove meat and keep warm.

Add the onion, garlic, peppers, and carrots to the pan and sauté until the onions are translucent. Add the peanut butter and broth mixture, scraping all the brown bits up from the bottom and sides of the pan. Return the reserved meat (and any juices) to the pan with the tomatoes and their liquid, the thyme and bay leaf. Stir well and bring to a boil. Reduce heat to low and simmer, stirring often, for about 1 hour or until the meat is tender. Taste for seasoning. Remove the thyme sprig and the bay leaf and discard. Serve hot over rice.

Read more at: <http://www.food.com/recipe/mafe-senegalese-beef-stew-139167>



## Thiéboudienne (Senegalese Fish and Rice)

*The national dish of Senegal, this boldly flavored combination of fish, rice, and vegetables simmered in tomato sauce is a hearty one-pot meal.*

Read more <http://www.saveur.com/article/Recipes/Senegal-Fish-Rice>



### Ingredients - Fish and Stuffing:

- ¼ c. finely chopped parsley
- 2 tsp. crushed red chili flakes
- 6 cloves garlic, minced
- 2 scallions, minced
- ¼ small yellow onion, minced
- Kosher salt and freshly ground black pepper, to taste
- 8 (4 oz.) grouper or red snapper filets

### Ingredients – Thiéboudienne:

- ½ c. canola or palm oil (available from iHerb)
- 2 medium yellow onions, roughly chopped
- 1 medium green bell pepper, stemmed, seeded, and roughly chopped
- 1 (12 oz.) can tomato paste
- 6 c. fish or vegetable stock
- 6 small carrots, halved crosswise
- 1 large eggplant, cut into large chunks, or 4 small Thai eggplants
- 1 medium turnip, peeled and cut into 12 wedges
- ½ cassava root, peeled and cut into 1 ½" chunks
- ⅓ c. dried white hibiscus flowers (optional)
- 2 T. tamarind paste (available from Asian Grocery)
- 2 T. fish sauce (available from Asian Grocery)
- 4 c. basmati rice
- Lime wedges, to serve

### Directions for Fish and Stuffing:

Mix together parsley, chile flakes, garlic, scallion, onion, and salt and pepper in a bowl. Using a paring knife, cut a 2" slit lengthwise in each fish filet; stuff filets with the herb mixture, and set aside.

Heat oil in an 8 qt. Dutch oven over medium heat. Add onions and green pepper, and cook, stirring, until softened, about 10 minutes. Add tomato paste; cook, stirring occasionally, until vegetables are very soft and paste is lightly browned, about 10 minutes. Add stock, and bring to a boil.

Reduce heat to medium-low and add filets; cook until fish is just cooked through, about 18 minutes. Using a slotted spoon, remove filets and transfer to a plate, then cover to keep warm. Add carrots, eggplants, turnips, and cassava, and cook, stirring occasionally, until tender, about 40 minutes. Using a slotted spoon, transfer vegetables to a bowl; keep warm. Add hibiscus flowers (if using), tamarind paste, and fish sauce, and cook, stirring occasionally, until hibiscus flowers soften, about 5 minutes. Add rice, and stir to combine; reduce heat to low, and cook, covered, until rice is tender, about 45 minutes. Remove from heat, and fluff rice with a fork. To serve, divide fish, vegetables, and rice among serving plates; serve with lime wedges (for squeezing over fish).

## Poulet Yassa (Chicken Yassa)

*A traditional chicken dish from Senegal, Poulet Yassa (Chicken Yassa), is one of the most famous African recipes and is found in Senegalese restaurants the world over.*

### Ingredients:

- 1/2 c. peanut oil (or any cooking oil)
- 1 chicken, cut into serving-sized pieces
- 4 - 6 onions, cut up
- 8 T. lemon juice
- 8 T. vinegar (cider vinegar is good)
- 1 bay leaf
- 4 cloves minced garlic
- 2 T. Dijon mustard (optional)
- 1 T. Maggi seasoning sauce (or Maggi cubes and water or soy sauce) (optional)
- 1 chili pepper, cleaned and finely chopped (optional)
- cayenne pepper or red pepper to taste
- salt and pepper to taste
- 1 small cabbage, cut into chunks (optional)
- 2 carrots, cut into chunks (optional)



### Directions:

Mix all ingredients (except the optional vegetables), and allow chicken to marinate in a glass dish in the refrigerator for a few hours or overnight. Remove chicken from the marinade, but save the marinade. Cook according to one of the following methods:

Cooking method 1: Grill chicken over a charcoal fire (or bake it in a hot oven) until chicken is lightly browned but not done.

Cooking method 2: Sauté chicken for a few minutes on each side in hot oil in a frying pan.

While chicken is grilling/browning, remove onions from marinade and sauté them in a large saucepan for a few minutes. Add remaining marinade and the optional vegetables and bring to a slow boil, cooking the marinade into a sauce. Reduce heat. Add chicken to the sauce, cover and simmer until chicken is done. Serve with rice or couscous.

Read more at: <http://www.food.com/recipe/poulet-yassa-chicken-yassa-from-africa-14936>

## Banana Fritters

### Ingredients:

1 ½ c. all-purpose flour  
6 T. sugar  
3 eggs  
1 c. milk  
4 or 5 ripe bananas  
vegetable oil for deep-frying  
Confectioners' sugar for dusting

### Directions:

#### **Part 1**

In a large bowl, stir the flour and sugar together. With an electric mixer, beat in eggs one at a time. Slowly add the milk and mix until the batter is smooth and stretches like a ribbon.

#### **Part 2**

Coarsely chop the bananas and place them in a bowl. With a fork, mash the bananas into a smooth puree. Stir the puree into the batter and let the mixture rest for at least 30 minutes before frying.

#### **Part 3**

Pour oil into a deep saucepan to a depth of 2 to 3 inches and heat to 365 degrees (really important). Drop 2 tablespoons banana batter into the hot oil, deep-frying 2 or 3 fritters at a time, leaving enough space so they can spread. Fry until golden brown, turning once with slotted spoon. Drain on paper towels. Sprinkle with confectioners' sugar and serve warm.



<http://www.societyhae.com/profiles/blogs/banana-fritters>

## Gossi (Milk Rice)

### Ingredients:

2 c. short-grain rice (like Arborio)  
6 c. water  
4 ¼ c. milk  
1 pinch salt  
½ vanilla bean  
6 T. sugar (to taste)

### Directions:

Bring water to a boil in a large saucepan. Wash the rice and drain it. Add the rice to the boiling water, and cook for 5 minutes.

In a separate saucepan, bring the milk to a boil over medium heat. Remove the cooked rice and drain it. Slowly drop the rice into the boiling milk. Lower the heat and add salt, vanilla bean, and sugar. Cover and simmer 15 - 20 minutes, stirring occasionally, until the milk is absorbed. Add more milk, if necessary for more tender rice. Serve warm, cold, or room temperature - your preference.



Read more at: <http://www.food.com/recipe/milk-rice-gossi-134877>