



Mary's African Cuisine



Red Red

aka: black eyed pea stew with fried plantain

Red Red is a comfort food for people living in West Africa – especially for children. A combination of the carbohydrates and mineral provided in plantain, along with the protein found in black eyed peas makes it a hearty and nutritious meal.

Ingredients:

2 cups	Black eyed peas
1 large	Tomato
1 medium sized	Onion
1 tablespoon	Chopped or ground fresh ginger
1 teaspoon	Chopped or ground fresh garlic
2 cups	Oil
To taste	Salt
To taste	Ground fresh habanero pepper
To taste	Ground star anise
To taste	Ground cloves
1 per person or more	ripe plantain

Instructions:

- Soak black eyed peas in water overnight (optional, for easiest cooking)
- Peel and chop plantain into chunks. Fry in a pan in cooking oil, or deep fry (depending on how much oil you want the plantain to absorb). Fry until crispy and dark on the outside edges.
- Boil black eyed peas in a pot in boiling water until soft but do not let the skins break (approximately 20 minutes). Drain and put aside.
- Chop or grind onion, ginger, and garlic.
- Heat oil in pan.
- Toss chopped onion into pan to simmer (but not brown). 5 minutes or so.
- Chop tomato into small pieces or grind in ceramic grinder or food processor
- Toss ginger, garlic, spices and tomato into pan to simmer. 5 minutes or so.
- Toss in cooked black eyed peas, mix gently, and simmer for 5 minutes. (do not overcook)
- Serve on plate with plantain chunks on one side and black eyed pea stew on the other.

For all your catering needs, contact Mary at: 902-789-4548 or 902-293-4548
manager@kicksafe.ca or noblemary@yahoo.com



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Palava Sauce

aka: *kontomere* (cocoyam leaf)
and *egusi* (pumpkin seed)

The protein found in pumpkin seeds and the vitamins and minerals found in green leaves make this dish both tasty and nutritious.

Ingredients:

3 cups	Fresh Green leaves (cocoyam leaves or spinach or kale or whichever green leaves)
1 -2 cups	Pumpkin seeds (egusi)
1 large	Tomato
1 medium sized	Onion
1 tablespoon	Chopped or ground fresh ginger
1 teaspoon	Chopped or ground fresh garlic
¼ cup	Oil
To taste	Salt
To taste	Ground fresh habanero pepper

Instructions:

- Soak pumpkin seeds in water overnight or at least 15 mins to ½ hour.
- Grind/ food process pumpkin seeds into a paste
- Chop or grind onion, ginger, and garlic.
- Heat oil in pan.
- Toss chopped onion into pan to simmer (but not brown). 5 minutes or so.
- Chop tomato into small pieces or grind in ceramic grinder or food processor
- Toss ginger, garlic, and tomato into pan to simmer. 5 minutes or so.
- Toss in pumpkin seed paste and cook until it thickens and coagulates.
- Chop green leaves into small pieces
- Toss green leaves into pan to simmer for 5 minutes. (do not overcook)
- Let it cool a bit and eat it with boiled plantain, yam, rice or corn dough.

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