



Cookbook &
African Pavilion Directory

2010

a journey to savor...



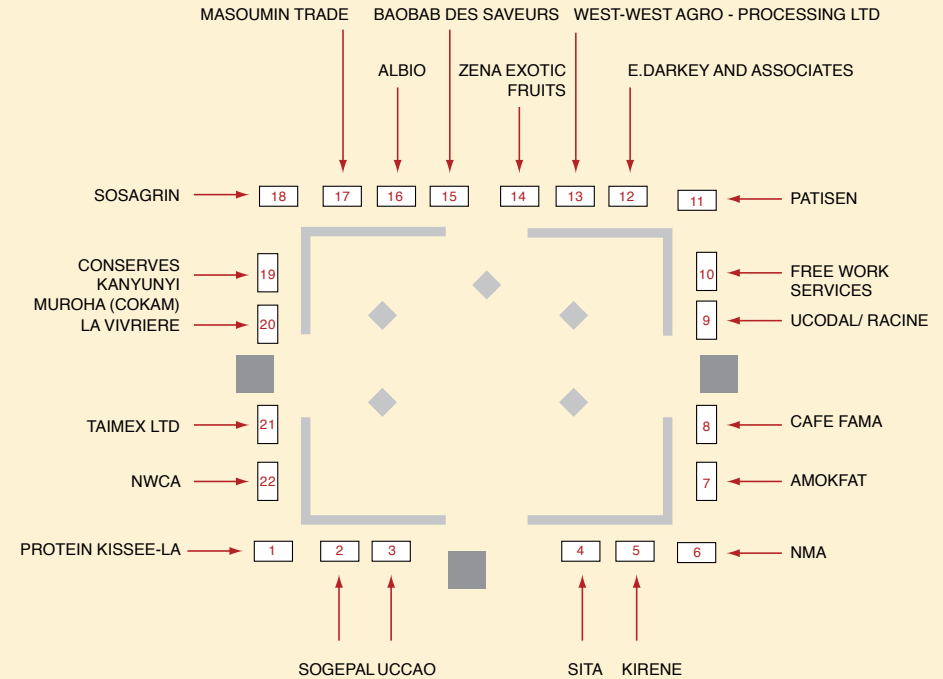
From fiery peppers to sweet honeys, wholesome teas to rich chocolates, perfect wine to tangy fruits, Africa tastes just right.

RECIPES

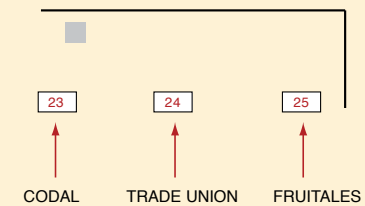
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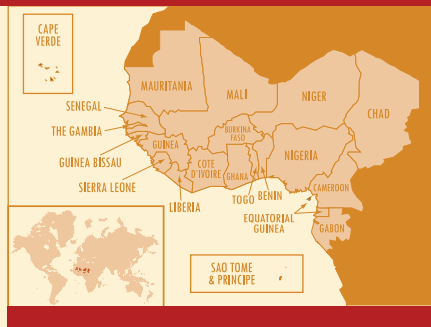
BOOTH GUIDE

Hall 2 M026



Hall 8 N077





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West Africa Trade Hub

Making Trade Happen

The West Africa Trade Hub is a project sponsored by the United States Agency for International Development to help African countries take advantage of the US African Growth and Opportunity Act (AGOA).

The Trade Hub operates from a neutral standpoint, as honest brokers without commercial self-interest. Buyers can benefit from their in-depth local expertise and regional presence.

The USAID West Africa Trade Hub identifies export-ready companies in 21 West African countries, which have the capacity and reliability to export. It works only with those that have shown they are able to meet international standards.

With offices in Ghana and Senegal, the Trade Hub acts as a bridge between buyers and producers and can offer hands-on help to buyers at any stage of the production process.

Association Africa Agro Export (AAFEX)

African companies unite to take control of their development capabilities and market attractive, quality foods

A non-profit international organization headquartered in Dakar, Senegal, AAFEX is an association of African exporters of agricultural and processed food products that regroups more than 90 companies from 16 African countries.

AAFEX was created by African exporters from the agricultural and food sectors with the goal of uniting the industry and helping



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it compete internationally. The association aims to participate in the economic and social development of African states through the promotion of exports of agricultural products and processed foods.

The programs and the interventions of AAFEX seek to:

- Develop and increase Africa's supply of quality food products that compete on overseas markets by strengthening the capacities of exporting companies in the agricultural and processed foods sectors;
- Strongly position and promote Africa's processed food products on the markets of the Northern and Southern hemispheres.



AAFEX and AFD

In 2008, AAFEX began implementing a support project (PAA) with the assistance of the French Development Agency (AFD). The PAA aims to contribute to the development of Africa's share in international trade and is divided into three components:

- Component 1: Institutional support to AAFEX
- Component 2: Capacity building with AAFEX member companies to meet international export standards
- Component 3: Promotion of African products on export markets





- ALBIO'S CURRIED MILLET COUSCOUS SALAD -

Ingredients

- 1 cup chopped Albio Dried Mango
- 1 cup millet couscous (Thiakry)
- ¼ cup canola oil
- 2 tbsp white wine vinegar
- 1 tbsp mango chutney, chopped if chunky
- 1½ tsp curry powder
- ¼ tsp dry mustard
- 1 cup chopped unpeeled cucumber
- 5 tbsp chopped green onions, divided
- 3 tbsp chopped mint
- 2 cups chopped baby spinach

Preparation

1. Boil 1 cup of salted water; remove from heat
2. Add couscous, cover, and let sit for 5 minutes until soft but firm. Transfer to medium bowl.
3. Meanwhile, whisk oil, vinegar, chutney, curry powder and mustard in a small bowl to blend. Season to taste with salt and pepper.
4. Add chopped dried mango, cucumber, 4 tablespoons green onions, mint, spinach and dressing to couscous. Toss to coat. Cover and place in refrigerator for 30 minutes. Serve chilled.



Photo credit: lose' Cocuzza



- AMOKFAT'S RICE COUSCOUS WITH SPICES -

Ingredients (for 3-4)

- 500g AMOKFAT Rice Couscous with Spices (rolled and steamed rice flour with carrots, parsleys, pepper, dried onions)
- 1/2 litre of water
- 1 tbsp oil or butter
- 1 tsp of salt
- Sauce of your choice
- Meat, fish or chicken (optional)

Preparation

1. Moisten AMOKFAT Rice Couscous with Spices with warm water and stir (½ L for 500 grams)
2. Add oil or butter and salt, leave to set.
3. Steam it in a couscous-maker for 10 minutes.
4. Check if the couscous is soft; if not, moisten with cool water and steam again for 5 minutes. Remove and serve with a sauce of your choice.

Serving suggestion: Also great with meat, fish or chicken.



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ALBIO

Some/Zoure Myriam

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Conventional and organic dried mango

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AMOKFAT

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*Processed cereals: corn flour,
millet, couscous, ready cooked
Fonio, rice couscous with spices,
rice couscous with ground meat.*



Photo credit: www.carriessweetlife.com



~ BAOBAB DES SAVEURS' BAOBAB PULP POPSICLES ~

~ CAFES FAMA'S COFFEE-ORANGE SCONES ~

Ingredients

- 60g of Baobab des Saveurs Baobab Pulp
- 500 ml of milk
- 150g of sugar
- Popsicle sticks

Preparation

1. Mix the ingredients together
2. Fill ice cube trays with the mixture
3. Add a popsicle stick to the center of each cube
4. Put in freezer for 4-5 hours
5. Enjoy!

Variation: Add cinammon or mango juice!



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Baobab des Saveurs

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www.baobab-des-saveurs.com

Organic produce and ethnic products: baobab tree products and oils, honey

Ingredients

- ¼ cup Cafés Fama coffee, brewed at double-strength
- 12 raw-cut sugar cubes
- 4 oz orange juice
- 2 cups self-raising flour
- 4 tbsp sugar
- 1 orange rind, zested
- ¾ cup unsalted butter (1½ sticks), cut into small pieces
- 2 eggs
- ¼ cup milk, whole or skimmed
- 1 cup chopped walnuts, unsalted (roasted)

Preparation

1. Preheat oven to 400° F.
2. Grease a large baking sheet, and set aside.
3. Soak the sugar cubes in a small bowl with the orange juice, and set aside.
4. In a medium-sized bowl, stir the loose sugar and flour together then cut the butter into the flour mixture until you get a texture like corn meal.
5. In another bowl, mix eggs, coffee, and milk together, then stir it into the dry mixture forming a soft dough.
6. Stir in the zested orange rind and walnuts.
7. Dust a cutting board with flour, then pat the dough into a round ball (about one-half-inch thick).
8. Slice into pie pieces, or use a biscuit cutter and make rounds.
9. Place scones on the baking sheet at least a half-inch apart, as they will rise.
10. Put one orange juice-soaked sugar cube into the center of each scone.
11. Bake for about 12 to 15 minutes, or until the scones are golden brown.

Serving Suggestions: Best served warm with orange marmalade and butter and a cup of coffee. Also, walnuts or other nuts can be mixed with dried fruit for additional texture.

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Cafés FAMA

Carlos Delgado

CAPE VERDE

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Coffee



Photo credit: www.thewickednoodle.com



Photo credit: spicelines.com

- CODAL'S STEAK WITH GREEN PEPPERCORNS -

- COKAM'S PALM NUT CHICKEN -

Ingredients (for 1)

- 1-2 tps of CODAL Green Peppercorns
- 1 tender beef steak
- 1 tbsp mustard
- 1 tbsp cognac, whisky or rum

Preparation

1. Choose a thick steak and cook as desired.
2. In a bowl, pound and mix: CODAL Green Peppercorns, crème fraîche and mustard
3. Remove the steak and deglaze your frying pan with whisky, cognac or rum.
4. Pour the peppercorn sauce into the hot frying pan. Stir continuously until mixed and heated through.
5. Pour the sauce over the steak and serve.



Photo credit: desihomemcook.files.wordpress.com

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CODAL

Claude Brunot

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Green pepper, fruit pulp, flap mushrooms, chanderelle mushrooms, marmalades

Ingredients (serves 4-6)

- 600g jar of COKAM's Myembwé Sauce
- 300ml water
- 750g chicken (you can also use beef, or fresh or smoked fish)
- 500g chopped vegetables (cassava leaves, carrots, potatoes, etc.)
- Salt, pepper, spices

Preparation

1. Pour the contents of the jar of COKAM's Myembwé Sauce in a pot.
2. Dilute the sauce with the water according to your liking and simmer for a few minutes.
3. Add chicken (or meat or fish) and the vegetables.
4. Season to taste.
5. Simmer for 30 to 40 minutes.
6. Serve hot with white rice.



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Conserves Kanyunyi Muroha (COKAM)

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Hot sauce, palm nut sauce, cassava leaf sauce, peanut butter, palm nut pulp sauce, Razor clams



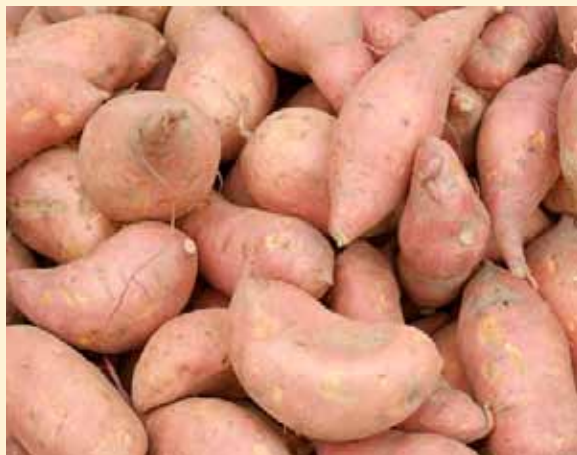
- E. DARKEY AND ASSOCIATES' CANDIED YAMS -

Ingredients


- 1kg of E. Darkey's Yams
- ¼ cup butter, cut into pieces
- ½ cup brown sugar
- 1 ½ cups miniature marshmallows

Preparation

1. Preheat oven to 400°F (200°C).
2. Place the yams in a medium baking dish. Distribute butter pieces evenly over the yams. Sprinkle with brown sugar. Layer with miniature marshmallows.
3. Cover and bake in the preheated oven 25 minutes, or until yams are tender and marshmallows have melted.



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Emmanuel Darkey

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Vegetables (yams) and spices: ginger powder, paprika, flour, complete seasoning, garlic powder, etc.)



- FREE WORK SERVICE'S MILLET PIZZA -

Ingredients


- 150g Kumba's Millet Flour
- 50g of wheat flour
- A pinch of salt
- 100g butter or margarine (cut in pieces)
- 2 tbsp water
- 100g sliced swiss cheese
- 250g chopped fresh tomatoes
- 2 tbsp oil
- Salt and thyme

Preparation

1. Sift the flour onto a plate.
2. Make a hole in the dough, and add the salt and butter.
3. Slowly work the flour and butter back and forth to incorporate the flour and butter.
4. Wet, gather the dough, knead it together and make a ball. Do not overwork it.
5. Pound the ball two to three times with the palm of the hand. Let it rest for 20 minutes. Make two pies of 15-20 cm in diameter. Use a fork to prick the dough.
6. Add the toppings on the stretched dough: cheese, tomatoes, thyme and a drizzle of oil.
7. Cook in the oven for 25 to 30 minutes
8. Serve hot and enjoy.



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Free Work Services « La maison du consommateur sénégalais »
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kumba@orange.sn

Millet and corn (semolina, couscous, flour), ginger and bissap (hibiscus) powder, Baobab pulp, beans, natural local juices.



~ FRUITALES' FISH WITH HIBISCUS LEAVES SAUCE ~

Ingredients

- 1 jar of Fruitales Hibiscus Leaves Sauce
- 4 small tilapias, groupers or snappers (1 per person)
- 1 large onion, thinly sliced
- 2 diced tomatoes
- 1 bunch of parsley, finely cut
- Garlic, salt, pepper
- 2 tbsp of oil

Preparation

1. Preheat oven to 400°F.
2. Line the bottom of an oven-safe pan with thin slices of onion.
3. Clean the fish and season with salt, pepper and chopped garlic.
4. Place the seasoned fish in the pan.
5. Add finely cut parsley, diced tomatoes to the pan, and sprinkle with oil.
6. Place in oven. Cook for 15 minutes. Add the Fruitales Hibiscus Leaves Sauce. Cook for 5 more minutes, or until fully cooked.

Serving suggestion: Enjoy with Fruitales hot pepper purée.



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Fruitales

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Hot pepper sauce, hibiscus leaves sauce, preserved lime, exotic jams, ginger jelly, traditional senegalese cooking sauces



Photo credit: degusto.files.wordpress.com

~ KIRENE'S PRÈSSÉA PRÈSSÉA MOON ~

Ingredients (serves 10)

- 120 ml Prèsséa Apple Juice
- 120 ml Prèsséa Bissap Juice
- 10 ml honey

Preparation

1. Mix the ingredients in a martini shaker
2. Strain in a frosted tumbler.
3. Decorate with a lemon peel



Photo credit: 3.bp.blogspot.com

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Kirene

Alexandre Alcantara

KIRENE - PRESSEA – CANDIA
– JIP
Av. Malick SY - Immeuble
SENRHAN 6ème Et.
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www.kirene.sn
www.kireneavecorange.sn

Mineral water, UHT milk and fruit juices



Photo credit: anissat

- LA VIVRIERE'S MILLET COUSCOUS WITH MUSHROOMS -

Ingredients

- 4 cups La Vivriere Thiackry-Degué Millet Couscous
- 4 cups water
- ¼ kg cleaned and sliced mushrooms
- 1 medium onion, thinly sliced
- 4 tablespoons fresh cream or cream of soy
- Coriander seeds
- ½ lemon
- Olive oil
- Salt and Pepper to taste

Preparation

1. Cook the millet according to the package directions. During this time, sauté the onion in the oil, add the fresh mushrooms, a small spoonful of coriander, salt and pepper.
2. When the water from the mushrooms has evaporated, add the juice of half a lemon and the cream.
3. Toss with the cooked couscous.
4. Garnish with parsley and serve.

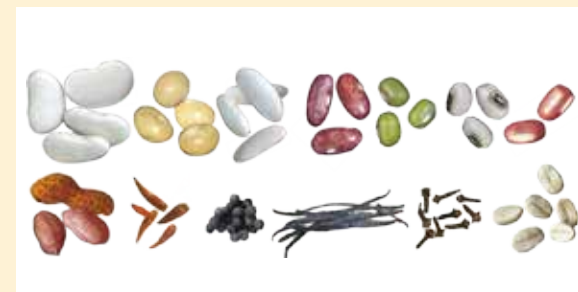


Photo credit: hopeeternalcookbook.files.wordpress.com

- MASOUMIN TRADE'S RED & WHITE BEAN SALAD -

Ingredients

- 1 14½ oz Masoumin's Red & White Beans
- 2 tbsp chopped red onion
- A squeeze of lemon juice
- 2 tsp wine vinegar (red or white)
- 1 tbsp extra-virgin olive oil
- ½ tsp dry herbes de provence (crumbled) or 1 tsp of some combination of finely chopped rosemary, tarragon, thyme, and lavender
- Salt and freshly ground pepper to taste



Preparation

1. Soak the beans overnight
2. Boil until tender and put aside
3. Chop up the onion, squeeze a little lemon juice over it and let it sit while prepping the other ingredients.
4. Combine all ingredients into a serving dish and serve right away

Serving suggestion: Chill for a few hours and the flavors will come together better!

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La Vivriere

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Processed local cereals: ready to cook millet (semolina, couscous, flour), ready to cook fonio, broken maize, corn flour.

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Masoumin Trade

Mohamed Raza

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Cap peas, red and white beans, groundnut, maize, vanilla



Photo credit: www.mangiandobene.com

- NMA'S MEAT PIES -

Ingredients

- 250g NMA Cake Flour
- 1 tsp baking powder
- 75 ml water
- 700g of ground meat
- 1 bunch parsley, chopped
- 2 cloves garlic, minced
- 1 chili pepper, chopped
- 2 tomatoes, peeled
- 2 tbsp concentrated tomato paste
- 2 onions, chopped
- 1 lemon
- 1 bouillon cube
- salt and pepper
- olive oil

Preparation

1. Put 350g of NMA Cake Flour in a bowl with the baking powder. Add 3 tbsp olive oil, 75 ml water, and 1 tsp salt.
2. Mix everything until it forms a dough that is not too elastic.
3. In a separate bowl, mix the ground meat with the garlic, onion, salt, pepper, half the chilli pepper and parsley.
4. Fry this mixture in 2 tbsp oil
5. Add the peeled tomatoes and simmer over a low heat for 20 minutes.
6. Roll out the dough on a cutting board and cut it into small squares of 6-7 cm. Put 1-2 tbsp of stuffing in the center, fold the dough in two, and flatten the edges with a fork to seal. Do not fill entirely, as this could cause the contents to overflow.
7. Heat 2 tbsp of oil and brown the meat pies.
8. In another pan, heat a little oil and sauté the onions.
9. Add lemon juice, tomato paste, and the rest of the chili. Heat through to prepare a sauce.
10. Serve the meatpies hot with the onion and chili sauce. Bon Appetit!



- NWCA'S KOLA COFFEE MOCHA -

Ingredients

- 32oz brewed NWCA Kola Coffee
- 8oz cream
- 4oz Takai, or other chocolate or coffee liqueur
- Sugar to taste

Preparation

1. Mix together coffee, Takai and sugar.
2. Pour the coffee into 4 glasses.
3. Froth the cream, either with a steamer or with a small electric mixer.
4. Pour the cream into glasses and serve.



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NMA: Nouvelle Minoterie Africaine

Abdoul Wahab Toure

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Pasta and flour

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www.drinkkolacoffee.com

Roasted whole bean coffee



- PATISEN'S CHOCOLATE COFFEE HAZELNUT LAYER CAKE -



- PROTEIN KISSEE-LA'S ATTIÉKÉ VRAI VRAI SALAD -

Ingredients

- 1 jar Patisen's Chocotion Chocolate Hazelnut Spread
- 3 oz semisweet chocolate
- 1 ½ cups hot brewed coffee
- 3 cups sugar
- 2 ½ cups all-purpose flour
- 1 ½ cups unsweetened cocoa powder (not Dutch process)
- 1 ½ cups well-shaken buttermilk
- 2 tsp baking soda
- ¾ tsp baking powder
- 1 ¼ tsp salt
- 3 large eggs
- ¾ cup vegetable oil
- ¾ tsp vanilla



Preparation

1. Preheat oven to 300°F. and grease 2 cake pans. Line bottoms with rounds of wax paper and grease paper.
2. Finely chop chocolate and combine with hot coffee in a bowl. Let mixture stand, stirring occasionally, until chocolate is melted and mixture is smooth.
3. Sift together sugar, flour, cocoa powder, baking soda, baking powder, and salt. In another large bowl beat eggs with a hand mixer until thickened slightly and lemon colored (about 3-5 minutes). Slowly add oil, buttermilk, vanilla, and melted chocolate mixture to eggs, beating until combined well. Add sugar mixture and beat on medium speed until combined well. Bake in middle of oven until a toothpick inserted in center comes out clean (60-70 minutes).
4. Cool layers completely in pans on racks. Run a thin knife around edges of pans and invert layers onto racks. Carefully remove wax paper and cool layers completely.
5. Spread Chocotion Spread between cake layers and over top and sides. Cake keeps, covered and chilled, for 3 days. Bring cake to room temperature before serving.

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Adja/Mami tomato and spice powdered mix, Adja white and colored vinegar, Dakaroise peanut butter, Chocotion Chocolate spread, Hazelnut spread, Chocolate drink

Ingredients

- 600g Protein Kissee-La Attieke Vrai Vrai
- 4 tomatoes, sliced
- 1 bouquet chives, chopped
- 1 bouquet parsley, chopped
- 1 bouquet green mint, chopped
- 2 fillets of fish
- 1 lemon
- 3 tbsp vegetable oil
- 1 tbsp vinegar
- Salt and pepper

Preparation

1. Fry the fish fillets and cut into small pieces.
2. Mix the fish with the tomatoes, parsley, chives and mint.
3. Add the Attieke, prepared according to package directions.
4. Prepare a vinaigrette by mixing the lemon juice, oil, vinegar, and a pinch of salt and pepper.
5. Toss and serve cold.



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Protein Kissee-La (PKL SA)

Kouamé Koffi

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Enriched infant flours, enriched adult cereals, Attieke (rolled and steamed cassava semolina), animal feeds.



Photo credit: blog.foodnetwork.com

~ SITA'S VANILLA CAKE WITH CASHEW CRUST ~

Ingredients

- 125g of crushed SITA Cashew Nuts
- 2 cups sugar
- 4 eggs
- 2-½ cups all-purpose flour
- 1 cup (250 ml) milk
- ¼ cup (175 ml) vegetable oil
- 2-¼ tsp baking powder
- 1 tsp vanilla sugar



Preparation

1. Preheat oven to 350 °F. Line two 9 inch round cake pans or one 9x13 inch rectangular baking pan with parchment paper. Grease the paper and the sides of the pan well.
2. Beat sugar and eggs together until slightly thickened (about 1 minute). Add flour, milk, oil, baking powder, and vanilla and beat for another minute until the batter is smooth and creamy. Don't overbeat. Pour batter into the prepared baking pan(s).
3. Sprinkle the crushed cashew nuts on top of the batter.
4. Bake in preheated oven for 30-40 minutes or until the tops are golden and a toothpick poked into the center of the layer comes out clean. Loosen the sides of the cake from the pan with a thin knife, then turn out onto a rack and peel off the paper. Let cool completely before covering with frosting, if desired.



Photo credit: foodiefriday.files.wordpress.com

~ SOGEPAL'S CHOCOLATE-DIPPED COOKIES ~

Ingredients

- 3-4 packages Sogepal's BABA our MARIE Cookies
- 1 package (12 oz) semi-sweet chocolate chips
- 1 tbsp shortening
- Assorted sprinkles or small candies (optional)
- ½ cup white chocolate chips (optional)

Preparation

1. Prepare a baking pan by lining it with aluminum foil.
2. Combine the chocolate chips and the shortening in a large microwave-safe bowl, and microwave until melted, stirring every minute.
3. Finely crush 3-4 BABA or MARIE Cookies and set them aside to use for decoration.
4. Drop the rest of the cookies in the melted chocolate and submerge it slightly. Use a fork to remove it from the chocolate, and tap it against the side of the bowl to remove excess chocolate. Drag the bottom of the fork against the lip of the bowl to remove any remaining excess chocolate, and place the dipped cookie on the prepared baking sheet.
5. Sprinkle the cookie with the cookie crumbs immediately, while the chocolate is still wet. You can also use sprinkles or small candies, or leave the cookies plain and decorate with white chocolate later. Repeat with remaining chocolate and cookies.
6. Place the cookies in the refrigerator for about 30 minutes to set the chocolate.
7. If desired, melt the white chocolate and drizzle it over the cookies for a decorative look. Briefly return the candy to the refrigerator to set the white chocolate before serving.



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*Salted and grilled cashews, raw
cashew nuts (all grades)*

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Cookies and sweets



- SOSAGRIN'S CHICKEN YASSA -

Ingredients

- 2 tablespoons of "Reine" Mustard
- 1 chicken
- dry chili pepper
- black pepper
- 1 clove of garlic
- 1kg of onions
- 1 tsp salt
- ¼ liter of oil
- 2 tbsp vinegar

Preparation

1. Clean the chicken.
2. Grind the chilli, pepper and garlic.
3. Marinade and stuff the chicken with ground chilies, pepper and garlic.
4. Dice the onions.
5. Marinade the onions in the vinegar and Reine Mustard.
6. Cook the chicken over low heat in a cooking pot with a small amount of water for 15 minutes.
7. Remove the marinaded chicken and grill in a sauce pan for 15 minutes
8. Put the rest of the oil in another cooking pot. Heat and add the diced onions.
9. Add the chicken and let simmer for 10 minutes.
10. Serve with white rice.



- TAIMEX'S OWN VANILLA EXTRACT -

Ingredients

- 3 Taimex Ltd vanilla beans
- 1 cup vodka
- glass jar with tight-fitting lid



Preparation

1. Use kitchen scissors or a sharp knife to cut lengthwise down each vanilla bean, splitting each in half, leaving an inch at the end connected.
2. Put vanilla beans in a glass jar or bottle with a tight-fitting lid. Cover completely with vodka.
3. Give the bottle a good shake every once in a while. Store in a dark, cool place for 2 months or longer. It will last for years. You can keep topping it off with vodka once in a while as you use it, just remember to give it a good shake!

HALL 2 M026



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Reine Dijon mustard, Hunters Dijon mustard, Hunters Vintage mustard

HALL 2 M026



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Cured aromatic vanilla beans



Photo credit: theartful.files.wordpress.com

~ TRADE UNION'S ISLAND FLAVORED MADAGASCAR SHRIMPS ~

Ingredients (serves 4)

- 20 shrimps (depending on the size), cleaned
- 1 shallot, finely sliced
- 1 garlic clove, crushed
- 2 tsp Trade Union's ginger zest
- 1 Trade Union vanilla pod with seeds, split
- 2 tbsp white wine
- 2 tbsp crème fraîche
- 1 tbsp olive oil
- Thyme, chive, salt, black pepper

Preparation

1. Heat the oil in a frying pan over brisk heat, throw in the clean shrimps (remove shell, tail and bowel).
2. Reduce the heat and add the shallot, ginger, thyme and garlic.
3. Remove the shrimps as soon as they become opaque.
4. Deglaze with the white wine and let reduce.
5. Return the shrimps in the frying pan. Add the split vanilla pod and crème fraîche to finish the sauce.



Serving suggestion: Serve in a warm plate with fried onions and rice. Sprinkle with chives.

HALL 8 No77



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Spices, soap made from the plants of Madagascar, roasted coffee packaged in jute bags



~ UCCAO'S COFFEE CAKE ~

Ingredients

- ½ cup packed brown sugar
- ¼ cup chopped walnuts
- 2 tsp ground cinnamon
- 1 cup granulated sugar
- ¼ cup butter, softened
- 2 large egg whites
- 1 cup reduced-fat sour cream
- 1 tsp vanilla extract
- 1 ¾ cups all-purpose flour
- 1 tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- Cooking spray



Preparation

1. Preheat oven to 350 °F.
2. Combine brown sugar, walnuts and cinnamon; set aside.
3. Place granulated sugar and butter in a large bowl and beat with a mixer at medium speed until well-blended (about 5 minutes).
4. Add egg whites, one at a time, beating well after each addition. Beat in sour cream and vanilla.
5. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking powder, baking soda, and salt, stirring well with a whisk.
6. Gradually add flour mixture to sugar mixture; beat well.
7. Spread half of the batter into two loaf pans coated with butter. Sprinkle half of walnut mixture over batter. Spread remaining batter over the walnut mixture. Top with remaining walnut mixture.
8. Bake for 45 minutes or until a toothpick inserted in center comes out clean. Cool the cake on a wire rack.
9. Slice and enjoy with freshly brewed UCCAO coffee.

HALL 2 Mo26



UCCAO

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Ground and roasted coffee (100% Arabica) and Ground and roasted mixed coffee (70% Arabica -30% Robusta)



~ UCODAL'S FONIO SALAD ~

Ingredients

- 1 1/3 cups UCODAL Fonio Couscous
- 4 tbsp extra-virgin olive oil, divided
- 2 tbsp fresh lemon juice
- 2 large garlic cloves, minced, divided
- 1/2 tsp finely grated lemon peel
- 1 1/3 cups water
- 14 oz slender asparagus spears, trimmed, cut diagonally into 3/4-inch pieces (about 2 1/2 cups)
- 8 oz sugar snap peas, trimmed, cut diagonally into 1/2-inch pieces (about 2 1/2 cups)
- 1 cup shelled fresh green peas or frozen, thawed
- 1/3 cup chopped fresh chives
- 1/2 cup finely grated Parmesan cheese

Preparation

1. Whisk 2 tablespoons oil, lemon juice, 1 garlic clove, and lemon peel in small bowl; set dressing aside.
2. Heat 1 tbsp oil in heavy medium saucepan over medium heat. Add 1 3/4 cups water, increase heat, and bring to boil. Add Fonio couscous. Reduce heat to medium-low, cover, and simmer until liquid is absorbed and Fonio is tender. Add more water if needed.
3. Meanwhile, heat remaining 1 tbsp oil in a heavy large non-stick skillet over high heat. Add asparagus, sugar snap peas, green peas, and remaining garlic clove. Sprinkle with salt and pepper; sauté until crisp-tender, about 3 minutes. Transfer vegetables to large bowl.
4. Add couscous to bowl with vegetables. Drizzle dressing over. Add chives and cheese; toss. Season with salt and pepper.



~ WEST-WEST'S MOUKO SHIW ~

Ingredients

- 200g jar West-West Hot Green Mashed Chili Pepper
- 10 tbsp olive or coconut oil
- 5 bulbs of fresh whole shallots, chopped
- iodized salt to taste
- 1lb chicken, turkey or duck breast
- 1lb unpeeled potatoes
- rosemary leaves



Preparation

1. Scoop the West-West Hot Green Mashed Chili Pepper into a glass bowl.
2. Put olive or coconut oil into a frying pan and heat.
3. Add some chopped shallots into the hot olive or coconut oil to burn and deodorize the oil.
4. Pour the West-West Hot Green Mashed Chili Pepper and stir until fried.
5. Steam the chicken/turkey/duck breast with rosemary leaves with salt to taste.
6. Boil the unpeeled potatoes with a pinch of salt and rosemary leaves.
7. Chop the chicken/turkey/duck breast and the boiled chopped potatoes (with peel). Add to the frying West-West Hot Green Mashed Chili Pepper.
8. Add about a half-glass of water.
9. Allow it to simmer for about 15 minutes.

Serving suggestion: Serve hot with a slice of bread and chilled red wine or beer.

HALL 2 M026



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*Pre-cooked fonio, millet
couscous, enriched flour, thiakry,
millet flour, moni kuru*

HALL 2 M026



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*Red Hot Chili Pepper Paste,
Mashed Red Chili Pepper, Green
Hot Chili Pepper Paste, Green
Hot Mashed Chili Pepper, cooking
sauces*



~ ZENA'S BANANA TARTE ~

Ingredients

- 300g Zena Chunky Banana Jam
- 200g pastry crust (pâte brisée)
- 150g flour
- 100g granulated sugar
- 4 eggs
- 1 tsp vanilla essence
- 1 tsp ground cardamom



Preparation

1. Preheat the oven to 350°F.
2. In a medium bowl, add the flour, sugar, eggs, vanilla and cardamom. Stir well until completely mixed. Set aside.
3. Form the pie crust in a pie tin.
4. Stir the jam four times with a fork, then spread the jam onto the pie crust.
5. Pour the flour and egg mixture into the pie tin.
6. Bake for 35 minutes or until golden brown.
7. Let the tarte cool, then sprinkle with powdered sugar for decoration.

Variation: For a more exotic flavor, substitute the banana jam with:

- Zena Baobab Jam
- Zena Corossal Jam
- Zena Hibiscus Jam

CONVERSION GUIDE

Weight

¼ oz	7 g
½ oz	14 g
1 oz	28 g
2 oz	57 g
3 oz	85 g
4 oz	113 g
8 oz	227 g
12 oz	340 g
1 lb	454 g
2 lb	907 g
5 lb	2270 g

Temperature

°C	°F
110	225
120	250
140	275
150	300
160	325
180	350
190	375
200	400
220	425
230	450
240	475
270	525

Volume

1 teaspoon		5 ml
1 tablespoon	½ fluid oz	15 ml
¼ pint	5 fluid oz	145 ml
⅕ pint	4 fluid oz	116 ml
½ pint	10 fluid oz	285 ml
¾ pint	15 fluid oz	430 ml
1 pint	20 fluid oz	570 ml
1 ¾ pint	35 fluid oz	1000 ml

HALL 2 M026

Zena

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Zena Exotic Fruit jams, jellies, butters, marmalade and syrups



For more information on Taste of Africa, visit:

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