



Recipes from Sierra Leone for your Project Sierra dinner

Banana Pancakes

Ingredients

3 ripe bananas, mashed
220g rice flour
2 tbsp sugar
1 tsp baking powder
1/2 tsp nutmeg
1/2 tsp salt
1 tsp groundnut oil
1 medium egg, beaten water

Method

Mix the banana with all the dry ingredients in a bowl. Add the remaining ingredients and mix thoroughly. Finally add enough water to make a thick batter.

Add a little butter to a hot frying pan and add a ladle of the batter. Tip the pan to cover with the pancake mix and fry until the pancake sets on one side. Turn over and cook on the other side. Set aside in a warm oven and continue until all the batter has been cooked.

Prawn Palava

Ingredients

2 tbsp oil
1 medium onion, finely chopped
210g plum tomatoes, finely chopped
2 tbsp peanut butter
560ml water
sprig of thyme
1 scotch bonnet chilli, finely chopped
450g spinach, washed and finely chopped

1 fillet smoked fish
450g prawns
salt and black pepper to taste

Method

Place the oil in a heavy-bottomed pan and when hot add the onions and tomatoes. Cook on high heat, stirring frequently, for 5 minutes. Reduce the heat to a simmer and add the peanut butter, ensuring it's completely combined into the sauce. Add half the water at this stage. Stir well and allow to simmer for about 9 minutes, stirring frequently.

Add the remaining water, along with the thyme, chilli, salt and pepper. Add the spinach, stir into the sauce and allow to simmer for 20 minutes. Flake the smoked fish and add at this point, along with the prawns. Stir in and cook for a further 10 minutes. Serve with boiled yams and rice.

Red Palm Stew

Ingredients

1.4kg chicken, cubed
450g beef, cubed
120ml red palm oil (or 120ml groundnut oil + 1 tbsp paprika)
2 medium onions, finely chopped
4 scotch bonnet chillies, finely chopped
1 tsp salt
1/2 tsp black pepper
1/2 tsp mint
1/2 tsp thyme
1/2 tsp Patminger (use lemongrass as a replacement)
8 large, ripe, tomatoes, chopped
250ml beef stock

Method

Brown the meats in the red palm oil (or a mix of peanut oil and paprika) in a large pan then lower the heat and allow to simmer for 10 minutes. Add the onion and chillies and fry for five minutes. Add the tomatoes and cook until they begin to soften (about 5 minutes). Then add the remaining ingredients, bring to the boil then reduce to a simmer, cover and cook for 30 minutes. Serve on a bed of rice.

Grannat Chop (groundnut stew)

Ingredients

1.4kg chicken, cut into large pieces
3 tbsp olive oil
3 medium onions, chopped
6 scotch bonnet chillies, chopped

8 ripe tomatoes chopped
450ml chicken stock
240ml peanut butter
1 can tomato purée
1 tsp salt
1 tsp black pepper
1/2 tsp thyme
6 medium eggs, hard-boiled
50g parsley, chopped

Method

Heat the oil in a large pan and fry the chicken until just browned. Remove and set aside then add the onions and chillies. Fry until the onion is soft then add the tomatoes and fry for two minutes. Return the chicken to the pan and add the stock. Bring to the boil then add the peanut butter, salt and pepper. Stir until the peanut butter is completely blended then add the thyme, reduce to a simmer and cook for 30 minutes. Serve on a bed of rice, garnished with halved hard-boiled eggs and sprinkled with parsley.

Kanyah (also known as Kanya)

a sweet snack from Sierra Leone that's simple to make

Ingredients

200g peanuts, shelled and roasted
200g rice flour
100g sugar

Method

Using a pestle and mortar or a heavy rolling pin break the peanuts into pieces (do not render them to a powder or a paste). Place the rice flour in a dry non-stick frying pan and heat gently, stirring continuously until it browns slightly. Combine the peanuts and rice together and grind together until they form a powder then add the sugar and mix well. Using your hands form the mixture into cubes or pyramids, or press into a pan and then cut into squares. You can serve this immediately as a snack or you can store for several days in an air-tight container.

Plasas

Plasas is a stew of greens, meat and fish most commonly found in Sierra Leone and The Gambia where it is effectively the local version of **Palaver Sauce**.

Ingredients

300ml Palm oil
1.2kg chicken cut into serving-sized pieces
450g stewing beef, cut into bite-sized pieces
1/2 tsp ground ginger
tomatoes, chopped

2 onions, chopped
1 hot chilli, finely chopped
2 Maggi, or bouillon, cubes
900g shredded greens (sweet potato greens, cassava leaves, collard greens, kale, turnip greens)
6 okra, sliced
2 dried smoked fish, washed and flaked into pieces
200g dried prawns
100g ground egusi (or pumpkin) seeds
salt, black pepper, cayenne pepper to taste

Method

Heat the oil in a large pot and cook the meat in this for a few minutes. Add the chillies, onions, bouillon cubes and some 450ml water. Bring to a boil then reduce to a simmer. Add the greens at this stage, season with the cayenne pepper, salt and baking soda then cover the pot and cook until tender (spinach will cook in 20 minutes, the other greens may take up to 35minutes). When the greens are done add the dried fish and dried prawns. Mean while combine the or egusi seeds (or pumpkin seeds [you can also substitute peanut butter]) with hot water and stir until smooth before adding to the greens and meat. Allow the mixture to simmer for ten minutes more so that the stock thickens. Serve with FuFu or on a bed of rice.

For more recipes see the [SI Club Protocol for Project Sierra: a Family and a Future](#) (or visit www.projectSierra.org)

Further recipe ideas can also be found by visiting www.sierra-leone.org/recipes and www.celtnet.org.uk/recipes/sierra-leone.php