

## Danielle Njinwoua's three favourite recipes

### 1 - DG chicken

*"I have a lot of fun making this dish, which is a bit complex, given all the ingredients, but very simple to make."*

Ingredients for 4 people (allow about 1 hour for preparation)

- 1 whole chicken
- 200 grams green beans
- 3 carrots
- 2 peppers
- 2 garlic cloves
- 4 yellow plantains
- 3 round tomatoes
- Bay leaves
- white part of a leek
- 1 tbsp chopped parsley
- a whole onion
- one green bell pepper
- 1 tsp ginger powder
- 1 chicken bouillon cube
- 1 glass water
- 2 tbsp oil of your choice
- Salt and pepper and golden spices chicken

#### Step 1:

- Cut the chicken into easy-to-eat pieces and wash with lemon juice. Fry the chicken pieces in frying oil.
- Do the same for the plantains, cut them into fairly large slices and fry them as well.

#### Step 2:

- Finely slice the leek, onion, green beans, carrots and peppers.
- Brown the onions with the crushed garlic (approx. 3 minutes) and when translucent, add the crushed or finely chopped tomatoes. Simmer for 5 minutes.

- Add the green beans, peppers and carrots. Then add the ginger, chilli (optional), stock and bay leaves. Season with salt and pepper. Add the golden chicken and cook over low heat for about 30 minutes. <sup>[1]</sup><sub>SEP</sub>

- Add the banana to the above mixture, simmer for about 10 minutes and you're all set.

Serve with a good white or red wine, according to taste.

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## **2 - Tomato sauce with meat**

*"In Africa, we accompany most of our dishes with a sauce. Here's a little sauce that's very easy to make: tomato sauce with meat". (meat of your choice)*

Ingredients for 4 people:

- 5 fresh tomatoes (reserve one whole tomato)
- 3 onions (reserve 1 onion)
- 2 garlic cloves (reserve 5 small garlic quarters)
- 1 tbsp chopped parsley
- 4 sprigs fresh basil
- 1 whole leek
- 1 teaspoon ginger, white and black pepper
- 2 tbsp golden meat spice
- 8 njansang seeds (optional)
- 1 green bell pepper, 1 red bell pepper, 1 yellow bell pepper
- Oil of choice, salt and bouillon cube
- 1 kilo meat of your choice

### **Step 1**

- Cook the meat with a chopped onion in a little salted water for 10 minutes and set aside.

### **Step 2**

- Finely slice tomatoes, garlic, onions, peppers and leeks, except for the reserved ingredients.
- Then blend tomatoes, reserved garlic and onions, basil and njansang in a blender.

### **Step 3**

- Brown the meat in oil, sprinkle with ginger, golden meat spice, salt, stock cube, white and black pepper.
- Add the ingredients, cut into thin strips, except for the peppers. Cook for 10 minutes.

- Add the mixed ingredients and cook for around 20 minutes.
- Add the peppers and simmer for 7 to 10 minutes before serving.

You can accompany it with rice, potatoes, plantain boiled in water or simply vegetables.

### **3 - Braised fish**

*"I always make this when I'm having people over."*

Ingredients for 4 people:

- 2 large fish of your choice
- 2 onions
- 1 celery stalk
- White of leek
- 2 sprigs parsley
- Salt, stock cube and white pepper, golden fish spice for seasoning
- 50 grams ginger
- 2 large garlic cloves
- Half a handful of njansang
- 5 grains pèbè, also known as Gabonese nutmeg
- Seasoning oil
- 1 tablespoon lemon juice
- Chili pepper (optional)

To begin, clean the fish and wash it with lemon juice. Slice and salt the fish.

- Next, blend an onion, ginger, garlic, pepper, golden fish spice, pèbè and djansang. Separate the mixture into 2 and pour a tablespoon of oil into one of the 2 halves.
- Coat the fish with this mixture (inside and out) and leave to marinate for at least 30 minutes.
- For the sauce: mix the other half with the celery and parsley. Cook over low heat for 5 minutes.
- Place the fish on the grill and brush each side with a mixture of oil and stock cube. Turn occasionally and continue brushing until both sides are cooked.
- Serve garnished with finely chopped onion and parsley.

Serve with ripe plantain French fries, manioc sticks or vegetables.