

The Food of Cameroon

The food of Cameroon is rich in spices. The staple foods eaten by the people of Cameroon vary from region to region, depending on climate, and what is grown locally. In general, the Cameroonian diet is characterized by starchy foods that are eaten with spicy (often very hot) sauces. Meat on skewers, fried and roasted fish, curries and peppery soups are common dishes. In both north and south regions, the starchy foods are cooked, then pounded with a pestle (a hand-held tool, usually wooden) until they form a sticky mass called *fufu* (or *foofoo*), which is then formed into balls and dipped into a sauce.

Traditional Cameroonian Dishes

- Fufu
- Ndole (Bitter leaf Soup)
- Afang soup
- West African Chicken-peanut Soup
- Boiled Cassava
- Cassava leaves and beans
- Caramelized Ripe Plantains
- Safou a la Sauce Tomato (Prunes in Tomato Sauce)
- Chicken in peanut-tomato sauce
- Fish Stew with rice
- Njamma Jamma
- Egusi Spinach
- Sweet Potato Greens with Fish
- Corn Muffins
- Groundnut Sauce
- Curry of beef
- Braised Tilapia
- Okra Greens
- Banana and Pineapple Salad
- Mashed Tarro
- Honey Peanuts
- Beans Cake(EKOKI)
- Groundnut Candy
- Tamarind Drink



West African Chicken-Peanut Soup

Makes 12 servings

- 4 tablespoons Oriental (dark) sesame oil
- 2 cups diced cooked chicken breast
- 1 cup chopped onions
- 1 tablespoon minced garlic
- 1 tablespoon curry powder
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1/2 to 1 teaspoon crushed red pepper flakes
- 6 cups canned or homemade chicken broth
- 1/2 cup tomato paste
- 1 15-ounce can chopped stewed tomatoes
- 1/4 cup plus 2 tablespoons chunky peanut butter

1. In large skillet, over medium heat, heat the sesame oil
2. Add chicken, onion and garlic and sauté over medium heat until onion is translucent

3. Add curry powder, salt, pepper, red pepper flakes, chicken broth, tomato paste, stewed tomatoes and peanut butter. Heat thoroughly, but don't boil. Serve hot.

Fried Sweet Potatoes or Plantains

3-4 medium sweet potatoes well-scrubbed or 3-4 plantains

½ tbsp salt

½ tbsp seasoning of choice/hot sauce

½- 1 cup peanut/soybean/safflower oil

1. Sprinkle them with seasoning of choice such as hot sauce or any combination of powdered ginger, a bit of cayenne or a bit of salt.

2. Slice the sweet potatoes or peeled plantains into 1/4-inch rounds.

3. Use either peanut, soybean or safflower oil to deep-fry

4. Heat the oil in a heavy saucepan

5. Fry the slices a few at a time until they are golden and crisp on the outside but still soft on the inside. 6. Remove them from the oil with a slotted spoon and drain on paper towels or newspaper.

Zom (Spinach with meat)

2 pounds stew beef, cut into small cubes	2 tomatoes chopped finely
water	1 tablespoon tomato paste
4 tablespoons oil	2 tablespoons peanut butter
1 large onion, chopped	salt and pepper
2 pounds spinach, washed and chopped	

1. Put the beef in saucepan with a little salt and enough water to cover.

2. Bring to a boil, covered, and simmer for 1-1/2 to 2 hours until the meat is just tender.

3. Remove the meat and keep the liquid.

4. Using a large pan, heat the oil and soften the onion. Add the meat pieces and cook for two minutes.

5. Take 2 cups of the reserved beef broth. Add water if necessary, then pour this in pan with onion and meat stir thoroughly

6. Add spinach, tomatoes, tomato paste, peanut butter, pepper and salt. Bring to a boil and then cover, reduce heat and simmer for 30 minutes, stirring regularly. Serve with rice.

Banana Bread

1-3/4 cups flour a cup sugar

1 teaspoon baking soda 2 eggs, beaten

1 teaspoon baking powder 3 medium ripe bananas mashed

2 tablespoons margarine salt

1. Preheat oven to 350°F grease and flour one loaf pan.

2. Sift the flour together with baking soda and baking powder and a little salt into a bowl.

3. In a larger bowl, cream the margarine and sugar, then add the beaten eggs a little at a time

4. Add flour alternately with mashed bananas; stir well to mix ingredients but do not over stir.

5. Put mixture into prepared loaf pan. Bake for approximately one hour, or until toothpick inserted in middle comes out clean. Remove from oven and cool in pan for 15 minutes. Turn out on wire rack to finish cooling.

