

Favourite Food of Ghana

Fufu – a mixture of cassava and yams or plantain which is boiled and then pounded into a sticky dumpling. The dumpling is boiled and served with soup or stew.

Adua froi - black bean stew which contains vegetables, meat or fish

Groundnut stew – (peanut stew) which contains vegetables, meat or fish

Palm oil soup - which contains vegetables, meat or fish

Corn – roasted or boiled on the cob. Kernels can also be ground into flour and made into kenkey and banku dumplings

Kontumire - a green leafy vegetable similar to spinach. It is mixed with palm oil to make a stew and served with slices of boiled plantain.

Fried or boiled plantain (a type of banana)

Rice

Favourite Recipes from Ghana

Hot Plantain Crisps - a Snack or Appetizer

4 plantains (should be firm)
4 tsp lemon juice
1/4 tsp ground ginger
1/4 tsp cayenne pepper
Oil for frying

1. Cut plantain 1/2-inch thick.
2. Sprinkle lemon juice over the pieces, stirring to moisten.
3. In a separate bowl, combine the ginger and pepper.
4. Roll plantain pieces a few at a time in the spice mixture to coat surfaces.
5. Heat about 1/4 inch of oil in a heavy skillet until a test piece of plantain sputters, then transfer plantain slices to the skillet.
6. Fry until outsides are crisp and golden.
7. With a slotted spoon, remove plantains to paper towel. Serve hot.

Tatale (Ghanaian Plantain Cakes) - a Snack or Appetizer

2 over-ripe medium plantains (black and soft)
1 small onion, finely chopped or grated
25 to 50 g (1 to 2 oz) self-raising flour
5 ml (1 tsp) palm oil
Optional: salt and hot pepper to taste
oil, for frying

1. Peel and mash the plantains well.
2. Put into a bowl and add enough of the flour to bind.
3. Add the onion, palm oil, salt and pepper to taste.

4. Mix well and leave to stand for 20 minutes.
5. Fry in spoonfuls in a little hot oil until golden brown.
6. Drain on paper towel and serve hot.

Fufu

Note: Conventional West African fufu is made by boiling such starchy foods as cassava, yam, plantain or rice, then pounding them into a glutinous mass, usually in a giant, wooden mortar and pestle. This adaptation is not authentic, but is worth trying at least once with West African groundnut stews.

2 1/2 cups Bisquick
2 1/2 cups instant potato flakes
6 c. water

1. Bring 6 cups of water to a rapid boil in a large, heavy pot.
2. Combine the two ingredients and add to the water.
3. Stir constantly for 10-15 minutes. Use two people for best results: one to hold the pot while the other stirs vigorously with a thick wooden spoon. The mixture will become very thick and difficult to stir, but unless you are energetic, you'll get a lumpy mess.
4. When the fufu is ready (or you've stirred to the limits of your endurance!), dump about a cup of the mixture into a wet bowl and shake until it forms itself into a smooth ball.
5. Serve on a plate beside soup or stew.

Hkatenkwan (Groundnut Stew) - good served with Fufu, or dumpling

1 chicken, cut into pieces
1-inch piece of ginger
1/2 of a whole onion
2 tbsp tomato paste
1 tbsp peanut oil or other cooking oil
1 cup onion, well chopped
1 cup tomatoes, chopped
2/3 cup peanut butter
2 tsp salt
2 hot chillies, crushed, or 1 tsp cayenne pepper
1 medium-size eggplant, peeled and cubed
Optional - 2 cups fresh or frozen okra

1. Boil chicken with ginger and the onion half, in 2 cups water.
2. In a separate large pot, fry tomato paste in the oil over low heat for about 5 minutes.
3. Add chopped onions and tomatoes to the paste, stirring occasionally until the onions are clear.

4. Remove the partially-cooked chicken pieces and put them, along with about half the broth, in the large pot.
5. Add the peanut butter, salt and peppers.
6. Cook for 5 minutes before stirring in the eggplant and okra.
7. Continue cooking until the chicken and vegetables are tender. Add more broth as needed to maintain a thick, stew consistency.

Jollof Rice

2 1/2 to 3 lb chicken pieces
2 cans (16 oz each) stewed tomatoes
2 cups water
2 tsp salt
1/4 tsp pepper
1 cup uncooked regular rice
1/4 lb fully cooked smoked ham, cubed (3/4 cup)
1/4 tsp ground cinnamon
1/4 to 1/2 tsp ground red pepper (to taste)
3 cups coarsely shredded cabbage
8 oz green beans (fresh or 10 oz pkg frozen French-style green beans, thawed)
2 onions cut into 1/2-inch slices
1/2 tsp salt
Optional: a bunch of fresh thyme

1. Heat chicken, tomatoes (with liquid), water, 2 tsp salt and pepper to boiling in 5-quart Dutch oven
2. Reduce heat. Cover and simmer 30 minutes.
3. Remove chicken.
4. Stir in rice, ham, cinnamon and red pepper.
5. Add chicken, cabbage, green beans and onions. Sprinkle with 1/2 tsp salt and add thyme.
6. Heat to boiling
7. Reduce heat. Cover and simmer until thickest pieces of chicken are done, 20 to 30 minutes.

Edited from: http://www.sas.upenn.edu/African_Studies/Miscellany/Recipes_from_12913.html