

The Gambia Recipes

Domoda (Peanut Butter Stew)

Ingredients:

2 cups smooth peanut butter
1 large onion, chopped
8 cups water
2 lemons
4 bitter tomatoes
2 pounds chicken
½ pound pumpkin
4 tablespoons tomato paste
2 fresh tomatoes
Salt and pepper to taste



Directions:

Wash and cut chicken into bite-sized pieces.

In a saucepan, boil the chicken, onions, and chopped fresh tomatoes in water for 10 minutes.

Add peanut butter and other ingredients; bring to a boil, stirring occasionally. Reduce heat after 10 minutes and simmer for 45 minutes.

Serve with rice.

Superkanja (Okra Stew)

Ingredients:

2 pounds lean beef
1 pound fish
2 cups oil
2 pounds cut okra
¼ teaspoon baking powder
2 large onions, chopped
8 cups water
Salt and pepper to taste



Directions:

Wash and cut meat into bite-sized pieces. In a large pan, boil fish and meat in water for 15 minutes. Remove the fish.

Add onions, salt, pepper, and okra. Simmer for 15 minutes and then add oil. Reduce heat and simmer for 20 minutes stirring occasionally. Add fish and continue simmering in low heat for 10 minutes.

Chicken Yassa

Ingredients:

4 large onions, finely chopped
3 lemons, juiced
½ cup red wine vinegar
2 tablespoons Dijon mustard
6 cloves garlic, chopped
1 habanero pepper, chopped
2 bay leaves
5 skin-on chicken breast halves, cut in half
¼ cup oil
3 cubes chicken bouillon
½ cup hot water
1 cup pitted green olives
Ground black pepper



Directions:

Mix onions, lemon juice, red wine vinegar, Dijon mustard, garlic, habanero pepper, and bay leaves in a large pot. Add chicken; cover and marinate in the refrigerator, at least 1 hour.

Preheat grill for medium heat and lightly oil the grate. Transfer chicken to the grill, reserving onions and marinade in the pot. Grill until browned.

Heat oil in a deep skillet over medium heat. Add onions to the hot oil. Cook until golden brown. Pour in marinade; cook and stir until heated through. Stir in chicken.

Crumble chicken bouillon cubes into hot water in a small bowl. Pour into the skillet. Cover and simmer for 30 minutes. Stir in olives and black pepper.

Serve over rice.

Chakery

Ingredients:

1 cup evaporated milk
2 cups plain unsweetened yogurt
1 cup sour cream
1 cup chopped fruit
Pinch of nutmeg
Vanilla extract
1 cup couscous
Sugar to taste

**Directions:**

Mix all the ingredients, except the couscous, to make the sweet mix. Cook the couscous separately in water.

Pour the sweet mix onto the couscous and serve.

Oyster Stew

Ingredients:

4 tablespoons butter
1 large onion, finely diced
2 garlic cloves, minced
¼ teaspoon red pepper
¼ teaspoon paprika
¼ teaspoon salt
½ teaspoon ground black pepper
6 cups whole milk or half and half
1 teaspoon dried parsley
16 ounces fresh raw oysters, undrained



Directions:

Heat butter over medium heat in heavy bottom 3-quart saucepan. Add diced onion and sauté until tender, about 5 minutes. Add garlic and continue to sauté for another 1-2 minutes. Add red pepper, paprika, salt, and black pepper; stir about 1 minute.

Drain oysters and reserve liquid.

Reduce heat to low; add milk, parsley, and oyster liquid. Cook over low heat until mixture is hot and beginning to steam. Do not allow to come to a boil. Salt and pepper to taste.

Add oysters and continue to cook over low heat until oyster edges begin to curl.