

# Recipe Details - Main dishes based on beef



## GULF OF GUINEA STEW BEEF & ITS BREADS OF FOUTOU

### □ **Ingredients (serve 4):**

- 250g of RACINES Pounded yam
- 2 tbsp of MAMA AFRICA red palm oil
- 2 tbsp of DIEG BOU DIAR Concentrated tomato paste
- 1kg of beef special stew cut in cubes
- 400g of skinless, bonelss chicken breasts, chopped
- 2 garlic cloves, crushed • 1 big onion
- 400g of plum tomatoes • 2 leaves of bay • 1 tbsp of thyme
- 1 tbsp of mixed spice • salt • ground black pepper

### **RECIPÉ**

#### 1- Preparation of the foutou:

Heat 75 cl of water in a pan, until it is just lukewarm. Add 250 g of Foutou of yam and stir with a wooden spoon until the forming of a very smooth dough.

Place on slow fire, and add a little water. Let cook approximately one minute.

Then stir again with the wooden spoon, until obtaining of the wished consistency.

Take in the dough of yam a part equivalent to a bread of foutou. Get your hand wet, then work the bread until the realization of a smooth bread of foutou. Repeat the same operation for the second bread.

#### 2- Preparation of the stew :

Place the beef in a large saucepan, cover with water and bring to the boil. Skim the surface of any froth, then cover and cook for 1 1/2 hours, adding more water as necessary.

Meanwhile, season the chicken with the crushed garlic and roughly chop one the onion.

Heat the oil in a large saucepan over a moderate heat and fry half of the chopped onion for about 5 minutes until soft. Stir in the concentrated tomato, cook briskly for a few minutes, then add the chicken. Stir well and cook gently for 5 minutes.

Place the plum tomatoes and the remaining half onion in a processor and blend to a purée. Stir into the chicken mixture with the bay leaves, thyme, mixed spice and seasoning.

Add about 600 ml of stock from the cooked beef and simmer for 35 minutes.

Add the beef to the chicken and heat gently, adjust the seasoning. Ready!

Serve hot with the foutou breads in accompaniment. Enjoy!



### Other main dish based on beef :

