



BASS WITH GINGER & ITS FOUFOU OF CASSAVA

□ **Ingredients (serve 8):**

For the Foufou of cassava:

• 2 liters of water • 1kg BOUFOUFOU Cassava flour

For the fish:

• 1 bass of 2kg • 2 blades of thyme
• 1 pinch of hot pepper in powder
• 3 tbsp of PAN corn flour
• 4 tbsp of groundnut oil • salt

For the pickle of tomatoes (aja sauce):

• 1 onion (or 4 shallots) • 1 glove of garlic
• 1 1/2 glass of groundnut • 4 tomatoes
• 1 tbsp of prawns in powder
• 1 piece of ginger (the size of a thumb)
• 1 bunch of aromatic herbs (thyme, laurel, basil)
• 2 lemons • salt

RECIPE

1- Preparation of the foufou of cassava:

Bring some water to the boil. Remove a third of this water and reserve it. Pour the flour into the water on the stove. Stir energetically with a wide wooden spoon, scraping the edges of the pan. Proceed so until the obtaining of a substantial dough. If all the flour is not incorporated, do not hesitate to add a little water.

Pour the water put aside in the beginning of the recipe on this dough little by little to obtain a mixture of the same consistency as the bread dough (take care that there are no lumps). Reserve.

2- Preparation of the fish:

Place the fish (that your fishmonger will beforehand have emptied and scaled) in a dish that goes to the oven. Salt slightly the inside and put the thyme on it.

Mix the hot pepper in powder to the PAN corn flour and sprinkle the fish with it. Then pour the peanut oil on the fish.

Insert the dish into the oven (preheated at 170 ° approximately) during 20 minutes spray the fish, one or two times, with the juice of cooking.

3- Preparation of the pickles of tomatoes:

Make browned the finely chopped onion (or shallots) in a pot (being careful not to burn them) .

Add the crushed garlic, a half-glass of oil and the tomatoes beforehand peeled and reduced into purée. Stir and let the mixture warm, until a light crackling. Incorporate the powder of shrimps. Then mix and add the juice of lemons. Salt. Let reduce on average fire.

Add to this *aja* sauce, the grated and crushed ginger with the aromatic bunch. End the cooking on a very light fire.

Serve the fish accompanied with this sauce and with the foufou of cassava. Bon appétit !



Other main dishes based on fish :

