

FOYO

Local name: FOYO
Geographical origin: Mali, Guinea, Burkina
Type of dish: main dish plat principal
Category: couscous
Cooking time: 1h to 1h 30mn

INGREDIENTS

for 5 persons

Precooked fonio: 1 kg
Water: 750 ml to 1L
Meat: 2 kg
Fresh tomato: 250 to 300g
Tomato puree: 100 g
Onions : 1 kg
Garlic: at will
Fresh chilly peppers: 2 or 3
Vegetables: Carrots, cabbages, aubergines,
green peppers, turnips, zucchinis: at will
Aroma: 1 or 2 bouillon cubes
Oil: 250 ml
Salt: at will
Spice: pepper at will

PREPARATION

- Put the fonio in a container and sprinkle it with water (roughly 0,5 litre of water for 1 kg);
- Steam one time for 10 minutes
- After this first cooking, add a little bit of water on fonio and mix slowly;
- Steam a second time for 5 minutes;
- Then put the fonio and fresh gumbo thin slices in the "couscoussier";
- Steam a third time for 15 minutes;
- Mix the three times steamed fonio with the gumbo.

*NB: With white (and no precooked) fonio, plan 1 litre of water for cooking and 3 steaming.
This dish can be served with various sauces tomato and meat sauce, tomato and fish sauce, groundnut sauce, leaf sauce*

