

DJOUKA FONIO

Local name: DJOUKA
Geographical origin: Mali, Burkina
Type of dish: main dish
Category: couscous
Cooking time: 1h to 1h 30m

INGREDIENTS for 5 persons

Fonio: 1 kg
Groundnut : 2 kg
Water: 1 litre
Oil: ¼ L
Onions: 1 kg
Potash: 45g
Fresh Gumbo: 500 g
Aubergines: 4 to 5
Chilly pepper : 2 to 3
Salt: as needed
Spices: garlic, pepper,
bouillon cubes,... :as
needed

PREPARATION

- Winnow, sort, wash and then dry groundnuts;
- Steam groundnut grains for 5 minutes ;
- Pound and sieve to remove the grain skin;
- Mix crushed groundnut with potash (about 40 g) and salt;
- 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 (about 300 to 400 ml) on fonio and mix slowly;
- Steam a second time for 5 minutes;
- On fonio, add the groundnut powder and the spices (pepper, chilly pepper, ...)
- Steam a third time for 5 to 10 minutes;
- Cook the fresh gumbo pieces cut into thin slices in a small quantity of water; add a pinch of potash (about 5 g)
- Mix the three times steamed fonio with the gumbo sauce.
- Cook aubergines and chilly peppers in boiling water for 10 to 15 min.
- Fry in oil the finely minced onions with salt, bouillon cubes, pepper and a dash of vinegar;
- Arrange the cooked fonio with the onion sauce, the chilly pepper and the aubergines.

NB: cooking times are given as an indication because the cooking is good when the fonio grain becomes soft enough.

The onions sauce can be prepared with meat balls or with fish

