

FONIO FRITTER

Local name: FINI N'GOMI

Geographical origin: Mali, Sikasso, senoufo region, minianka et bamanan

Type of dish: snack

Category: fritter

Cooking time: 5 - 10 min for frying

INGREDIENTS

White Fonio : 100 g

Fonio Flour: 250 g

Sweet potato flour: 100 g

Sugar: 150 g

Oil : 150 ml

Yeast baker: 1 tea spoon

PREPARATION

- Prepare a gruel (type «seri ») with 100 g of fonio grains
- Add fonio flour and sweet potato flour to the gruel
- Mix well and sweeten as needed
- Let ferment the paste for 4 to 6 hours
- Add a little bit of oil in each cell of the fritters mould posed on the stove
- Add a ladle of paste in each cell
- Let fry one side and the other
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NB : potato or sweet potato purée or mashed bananas can be used instead of sweet potato flour,

