

# PILAF FONIO

Local name: FINI ZAME (Mali), FOUNDEN YOLIFEBANDE (Guinea)

Geographical origin: Mali, Guinea, Burkina

Type of dish: main dish

Category: pilaf

Average preparing time: 45 min to 1h

## INGREDIENTS For 5 persons

Precooked fonio: 500 g to 1 kg

Meat, chicken or fish : 500 g to 1 kg

Onions : 2 big ones

Tomatoes: 6 big ones

Choice of vegetables :

Carrots: 6 average size

Turnips: 2 average size

Zucchini: 2 average size

Aubergines: 2 average size

Cabbages: 2 small slices

Green pepper: 1 large one

Red peppers: 2 small ones

Fresh Gumbo: 5 small ones

Tomato puree: 2 tea spoons

Oils: ¼ litre

Salt: at will

Spices, herbs: bay-tree, pepper, bouillon cubes, garlic, parsley...

Water: 2 litres

## PREPARATION

- In fry oil, brown meat (chicken or fish), thin sliced onions, garlic and parsley crushed, tomatoes peeled, deseeded and cut and the tomato purée. Add salt
- Add 2 litres of water, spices and herbs and simmer for about 1 hour.
- At mid-time cooking, add vegetables washed and regularly cut.
- Take out the vegetables as they are cooked and set aside in a serving dish
- Let cook the meat well and check the seasoning.
- Take one to two ladles of bouillon and remove the meat. Add to the vegetables and keep it hot.
- "Sprinkle" precooked fonio in the remaining bouillon while stirring; the bouillon must cover fonio
- Cover the cooking pot and simmer while stirring from time to time. Sprinkle with the bouillon put aside if needed.
- Serve hot with vegetables, meat (chicken or fish) over the fonio or serve separately

