

# FONIO CAKES

Origin: IER/LTA (Mali)

Type of dish: Dessert, snack food

Preparation time: about 1h 30 min

## INGREDIENTS

**For 1kg of flour 50% fonio 50% wheat**

Fonio flour: 500g

Wheat flour: 500g

Sugar: 650 g

Margarine: 125 g

Dried milk: 125 g

Eggs : 3

Brewers' yeast: 2,5 to 3 sachets of 10 g

Vanilla: 2 sachets (optional)

Water: about ½ litre

## PREPARATION

### **Kneading** (manual or mechanical)

Dissolve sugar in the water of kneading, then add eggs, dried milk and margarine.

Add the flour gradually and mix in a hollow and stable container with a spatula. Kneading is finished when the paste is smooth and homogeneous.

Let the paste rest for 30 minutes

### **Moulding.**

Coat the cake tins with a little oil using a brush or a clean piece of fabric. Just before moulding, mix the yeast with the paste. Fill the cake tins half up

### **Cooking**

With a gas furnace

- Preheat up to 220°C

- Cook in bottom for approximately 10 min at 180°C

- Cook gently in top for approximately 10 min  
*(a charcoal furnace can also be used)*

After cooking, the cakes are cooled in open air before being consumed or packed in suitable packaging according to the expected shelf life.

