

TÔ FONIO

Local name: FINI TÔ (Mali, Burkina), TORI, TÔ (Guinea) ,

Geographical origin: Mali, Burkina, Guinea.

Type of dish: main dish.

Category: Thick paste with sauce

Average cooking time: 30 min after boiling of water

INGREDIENTS for 5 to 8 persons

White fonio: 1 Kg

Other flour (cassava, millet, sorghum,) : 500 g

Water: 3 to 4 litres

Potash or lemon or tamarind juice (optional)

Provide the ingredients for the served sauce
(tomato sauce, gumbo sauce, leaf sauce or
groundnut sauce).

PREPARATION

- Bring water to a boil in a pot over a stove
- Sprinkle white fonio while stirring and allow the mixture to cook until obtaining a consistent paste.
- Add to the mixture a potash pinch dissolved in a little water or the lemon or tamarind juice.
- Add gradually to the mixture the necessary quantity of flour (cassava, millet, sorghum, corn...) to obtain the required consistency
- Continue cooking while stirring vigorously until obtaining a thick, smooth and homogeneous paste
- Cover the pot and simmer for an additional 5 minutes
- Transfer, by successive ladles, the paste in a dish
- Let cool a little and serve with a sauce.

NB: Tô can also be prepared with fonio flour instead of white fonio grains.

