TATALE
Tatale are delicious small spicy plantain patties that are also called the "golden pancakes of Ghana". They are generally served with bambara beans.

Prep Time            Cook Time        Total Time
15 min   45 min  1 hr

COURSE: Appetizer, Side Dish
CUISINE: African, Ghanaian, Vegan, Vegetarian

Servings: 20 tatale

INGREDIENTS
2 yellow plantains (very ripe)
½ cup corn flour (fine corn meal)
1 onion, chopped
1 teaspoon grated fresh ginger
1 small lemon (freshly squeezed)
½ teaspoon red pepper powder
½ pinch salt
Vegetable oil (for frying)

INSTRUCTIONS
Slice the plantains, place in a large bowl and immediately sprinkle with lemon juice. With a fork, mash the plantains and add the onion and ginger. Add the corn flour, chilli and salt and mix well with a wooden spoon. In a deep skillet, heat a large amount of vegetable oil over medium heat. Maintain the temperature of the oil around 340 F (175 C) during frying. Form balls the size of a ping pong ball, flatten them slightly and fry on both sides until they are golden brown. Serve immediately.

AUTHOR: Kriszti Terei-Vigh
SOURCE: www.196flavors.com/ghana-tatale
BAMBARA BEANS

Bambara beans or Bambara nuts is a popular dish from Ghana, west Africa and also a readily available street food which I enjoyed growing up and was always my mother’s favorite dish. This nut is rich in protein and typically served with “tatale”, a ripened plantain pancake. Enjoy!!

INGREDIENTS
1 c. Bambara beans/nuts (or dried chickpeas)
2 - 3c. Water
Pinch of salt
1/4 tsp baking soda
1 tsp of chili powder
1 Tbsp finely chopped Seeded Habanero Pepper
1 Tbsp of finely chopped seeded Fresno Pepper
1 Tbsp molasses  (White or Brown sugar will work as well)

INSTRUCTIONS
Bambara beans take a long time to cook. Add beans to water. Add the salt and baking soda to help tenderize the beans. The baking soda will also neutralize the gasses in this dish. Bring the beans to a boil and reduce heat to a rolling simmer and cover. Beans will continue to cook for 2 - 3 hours. At around 2 hours add chili powder, peppers and molasses. Continue to cook for about an hour to allow the flavors to be absorbed. Serve with tatale.

SOURCE: Nanaaba's kitchen channel
VIDEO: https://www.youtube.com/nanaabaskitchen
JOLLOF RICE WITH CHICKEN

A one-pot chicken and rice casserole with a deliciously mild tomato-based curry sauce that’s great for the whole family. (gluten-free, dairy-free)

Prep Time           Cook Time        Total Time
15min  45min  1hr

INGREDIENTS

4 lbs boneless chicken breast, cut into 1 1/2 inch cubes 8-10 carrots, scraped and sliced into thin rounds (3 cup)
2 tablespoon minced garlic, divided 2 medium yellow onion, finely chopped (2 cup)
2 tablespoon finely minced or grated ginger root, divided 2 teaspoon curry powder (Madras curry powder suggested)
tea spoon kosher salt, divided 2 6-oz can tomato paste
1 teaspoon Aleppo pepper or crushed red pepper 2 bay leaf
1 teaspoon freshly ground black pepper 6 - 8 cups low salt chicken broth, divided
10 tablespoon cooking oil (such as light olive oil or canola) 4 cups raw long-grain white rice - rinsed.
2 red bell peppers, trimmed of ribs and seeds, chopped 4 cups tomato puree (San Marzano Plum and puree in
(about 3 cups) blender)

INSTRUCTIONS

Preheat oven to 350 F

1. Marinate the chicken: in a large bowl, toss chicken with garlic (1 tsp), ginger (1 tsp), salt (1/2 tsp) pepper (1/2tsp), and black pepper (1/2tsp). Marinate for 10 minutes

2. Heat oil (2 Tbsp) over medium-high heat in a large heavy oven-ready pot or dutch oven with a lid. Add half the chicken and cook for about 3 minutes, tossing occasionally, until lightly browned but not cooked through. Transfer to plate. Add 2 more Tbsp of oil to the pot and re-repeat with the remaining chicken.

3. Heat the remaining Tablespoons of oil, add the rest of the garlic (2 tsp) and ginger (2 tsp), the bell pepper (1 1/2 c.), carrots (1 1/2 c.), and onion (1c.). Cook stirring for 3 minutes until slightly softened and fragrant. Add the curry powder (1 tsp) and cook, stirring, for 30 seconds or so. Add tomato paste, 1 cup of chicken broth, the remaining 1-1/2 tsp salt an the bay leaves. Stir to combine. Add the raw rice (2c.) and stir well. So all the grains are coated. Add the chicken back to the pot, along with any accumulated juices. Add tomato puree (2c.) and chicken broth (2c.). Bring to a boil. Turn off the heat. Cover the casserole and bake for 20 minutes. Remove from oven briefly, add the peas and stir through. If rice looks dry add another half cup of broth. Cover and return to the oven for 15 - 20 minutes longer., or until the rice is tender.

4. Serve hot with a side of sauteed greens or a simple green salad.

Source: www.panningtheglobe.com/jollof-rice-with-chicken/
Author: Lisa