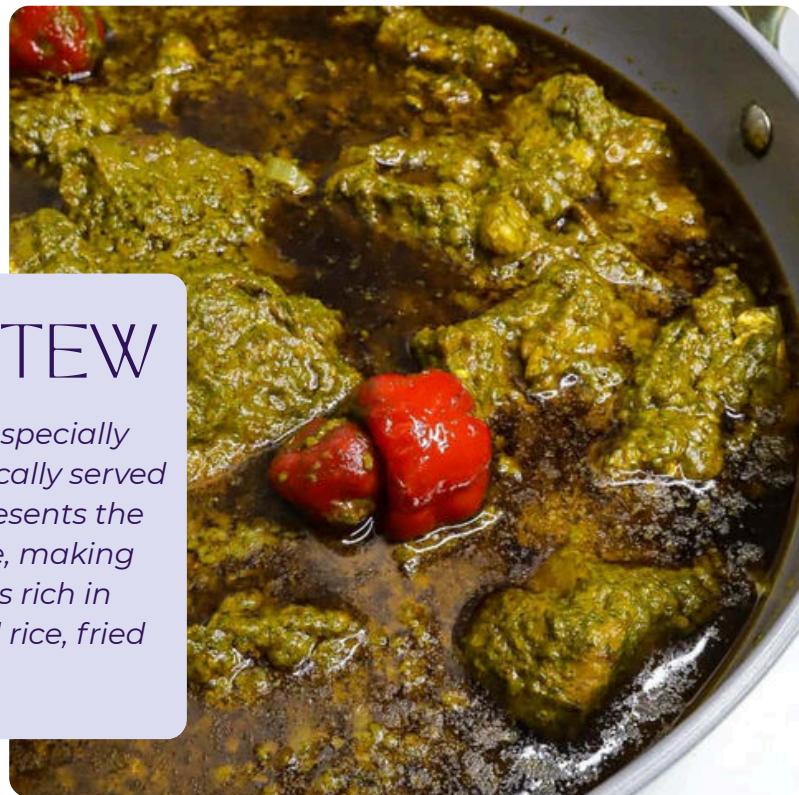




Recipes from
Sierra Leone/Liberia



CASSAVA LEAF STEW

Cassava Leaf Stew is a comfort food especially loved in **Sierra Leone** and **Liberia**, typically served at gatherings and celebrations. It represents the resourcefulness of West African cuisine, making use of locally grown cassava leaves. It is rich in flavour, pairing perfectly with steamed rice, fried plantain or fufu.

SERVINGS: 6

PREP TIME: 10 MINS

COOK TIME: 1 HR 10 MINS

INGREDIENTS

- Cooking oil
- 1kg beef or goat stewing meat
- Salt and pepper, to taste
- 1 large onion, diced
- 2 habanero peppers, finely chopped (optional)
- 2 tbsp dried mixed herbs
- 2 tbsp ogiri (optional)
- 3 garlic cloves, minced
- 2 tsp ginger, minced
- 1 cup beef stock
- 1/2 cup smooth peanut butter
- 500g cassava leaves, crushed
- Boiling water
- 1/4 cup palm oil

INSTRUCTIONS

1. Heat cooking oil in a pan over medium-high heat. Season the meat and fry for 2-3 minutes per side until brown. Remove from the pan and set aside.
2. Add a tbsp of cooking oil to a large pot and place it over medium heat. Add the onion and saute for 3-5 minutes or until translucent.
3. Add the peppers, herbs, ogiri, garlic and ginger, and stir. Fry for 2 minutes.
4. Add the meat and mix well. Place a lid on the pot and cook for 5 minutes. The meat will release juices as it cooks. Stir every 5 minutes to prevent the mixture from burning.
5. After 10 minutes, add the stock and scrape the sides of the pot to help dissolve the juices.
6. Bring the mixture to a simmer and cook for 5 minutes.
7. Add the peanut butter and mix well.
8. Add the cassava leaves, breaking them apart with a spoon or spatula. Add 1 cup of water at a time, mixing well each time to determine how much water you need to add. Only add water until it just covers the ingredients.
9. Place the lid on the pot and simmer on the lowest heat for 15 minutes.
10. Add the palm oil and mix well. Place the lid back on the pot and cook for 25 minutes.
11. Season with salt and pepper to your liking. Your dish is ready once the meat and cassava leaves are soft and tender. Serve with steamed rice, fried plantain or fufu.