



## LOCAL DISHES

Banku and Okro Stew

Banku and Tomatoes Stew with Grilled Fish

Boiled Yam and Garden Eggs

Boiled Yam and Palava Sauce

Red Plantain in Chicken Stew With Steamed Rice

Red Red With Egg and Tuna

Waakye with Braised Beef Stew or Chicken

