

BLUEFISH STEW



Bluefish stew is one of my favorite dishes to prepare. It reminds me of the delicious fish stews I enjoyed with cassava and yams growing up. The coarse texture and moist meat of the bluefish combined with the herbs, vegetables, and spices, gives the stew a delicious and distinctive flavor.

This recipe is quick and easy to prepare, and sure to put a smile on your face! It can be served with rice, cassava and any other starch. I personally enjoy this recipe with rice and steamed okra.

SERVES 4 – 6

4 small bluefish, about 5 pounds total weight, cleaned, scaled, cut into 3 pieces, with head and tail left on

3 cups vegetable oil

4 yellow onions (3 sliced)

1 green bell pepper, sliced

1 red bell pepper, sliced

2 tomatoes, sliced

3 cloves garlic, chopped

salt and pepper to taste

2 chicken bouillon cubes

½ teaspoon turmeric

½ teaspoon thyme

4 bay leaves

habanero peppers to taste

2 tablespoons tomato paste

- 1 Season fish with salt and black pepper. Heat 2 cups of oil in large frying pan. Fry fish until golden brown and set aside in a bowl.
- 2 Heat remaining oil in medium saucepan. Add onions, bell peppers, tomatoes, and garlic. Stir and sauté over medium heat for 5 minutes.
- 3 Add salt, black pepper, chicken bouillon cubes, turmeric, thyme, and bay leaves. Stir and sauté for 5 minutes.
- 4 Blend remaining onion and habanero peppers with 2 cups of water and pour into the pot. Add tomato paste, stir, and cook for 10 minutes on medium-low heat.
- 5 Add fried fish, stir gently and simmer on low for 15 minutes. Stew is ready when there is no longer water bubbling in the stew.

In her new cookbook, *Cooking with Mai: Easy to Prepare West African Food*, Chef Mai Burnette shares some of her family's traditional Sierra Leonean dishes as well as other well-known West African favorites. Her cookbook is available on Amazon or at DinnerwithMai.com



CHICKEN STEW

Stews are a staple in West African Cuisine. They are a must have at holidays, celebrations, and gatherings. While there are slight variations of stews, depending on the country or individual preference, the base of stews is usually tomatoes, onions, and hot peppers.

In some countries, tomatoes are the key ingredient in stews. In other countries, they are a perfect balance of tomatoes, onions, garlic, peppers, herbs and spices. Stews can be prepared with beef, chicken, fish or shrimp. Stews can be served with jollof rice, white or brown rice, cassava, yams or plantains.

SERVES 6 – 8

3 pounds chicken (cut into pieces)
2 cups vegetable oil
4 yellow onions (3 sliced)
1 green bell pepper, sliced
1 orange bell pepper, sliced
2 tomatoes, sliced
4 cloves garlic, chopped
salt and black pepper to taste
4 chicken bouillon cubes
½ teaspoon turmeric
½ teaspoon thyme
4 bay leaves
habanero peppers to taste
2 tablespoons tomato paste

- 1 Season chicken with salt and black pepper. Heat oil in a medium saucepan and fry chicken until light brown. Remove chicken from saucepan and set aside in a bowl.
- 2 Add sliced onions, bell peppers, tomatoes, and garlic. Stir and sauté over medium-low heat for 5 minutes.
- 3 Add salt, black pepper, chicken bouillon cubes, turmeric, thyme, and bay leaves. Stir and cook over medium-low heat for 5 minutes, or until vegetables are soft.
- 4 Blend remaining onion and habanero peppers with 1 cup of water and pour into saucepan. Add tomato paste, stir and cook for 10 minutes.
- 5 Add chicken, then add 1 cup of water. Stir and simmer on medium-low heat for 20 minutes, or until there is no longer water bubbling in the stew.

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LAMB CHOPS & COUS COUS

LAMB CHOPS INGREDIENTS

- 8 lamb chops
- salt and black pepper to taste
- 1 teaspoon rosemary, chopped
- 4 garlic cloves, chopped
- 1 tablespoon butter
- habanero peppers to taste
- 1 tablespoon lemon juice
- 2 beef bouillon cubes
- 2 tablespoons extra-virgin olive oil

COUS COUS INGREDIENTS

- ½ cup extra-virgin olive oil
- 1 garlic clove, minced
- 2 teaspoons minced fresh parsley
- 2 chicken bouillon cubes
- salt and black pepper to taste
- 4 cups of cous cous

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Lamb is one of the most consumed meats in the sub-region. It is usually cooked in soups and sauces or served as the main course.

In this recipe I marinated the lamb in lemon juice, hot peppers, rosemary and spices. The delicious blend of ingredients creates a burst of mild flavor in your mouth. Lamb goes well with cous cous and rice. It can also be served with a salad or vegetables.

SERVES 4 – 6

LAMB CHOPS DIRECTIONS

- 1 Season chops with salt, black pepper, and rosemary, and set aside in a bowl.
- 2 **Marinade:** Blend garlic, butter, habanero peppers, lemon juice, beef bouillon cubes, extra-virgin olive oil and 4 ounces of water into a smooth consistency. Pour blend on chops. Mix well and marinate for 2 hours or more.
- 3 Place chops on baking sheet and bake on 375°F for 35 minutes. Then broil the chops on high for 5 minutes. Remove from oven, rest for 10 minutes and serve.

COUS COUS DIRECTIONS

- 1 Heat oil in medium stockpot. Add garlic, parsley, chicken bouillon cubes, salt and black pepper. Stir and cook over low heat for 5 minutes.
- 2 Add 4 cups of water to pot. Bring to a boil. Add the cous cous, steam for 10 minutes over low heat. Stir and serve.