



Country-Style Pork Ribs and Palm Nut Sauce with Yam Fofou

Chef Honore Gbedze, of Coquitlam, shares the following recipe for a West African staple dish, fofou, and an accompanying meat dish.

Preparation time: 2 hours

Cooking time: 1 hour

Serves: 8 people

Ingredients

4lb country-style ribs meat

2 large onions

3 medium shallot onions

5 cloves of garlic

2lb medium portobello mushrooms

1 medium stick of fresh ginger

1 large bay leaf

1 tsp each of fresh thyme, rosemary, and sage

4 small cloves

4 large jalapeno peppers

6 small organic yellow eggplants

4 tsp tomato paste

1 medium can of palm nut cream concentrate

4 cups yam flour

Country-style Pork Ribs and Palm Nut Sauce

Marinate the rib meat for 12 hours with the chopped shallot, garlic, ginger, thyme, rosemary, sage, and bay leaf.

Open the palm nut cream concentrate and place into a pot and add 8 litres of hot water, mix and bring to a boil on low heat for 30 minutes, pin the 4 cloves to 1 large onion and add to palm nut mixture.

In a different pot, steam the marinated meat with one chopped onion on low heat for 20 minutes, stirring occasionally, add salt, pepper, and the tomato paste.

Transfer the boiled cream palm nut mixture into the meat pot, stir and cook all on low heat for another 40 minutes, add the yellow eggplant, mushrooms, and jalapeno peppers, verify the seasoning, cook for another 20 minutes.

The sauce must be thick, and the meat must be tender. Adjust spice to your taste.

Tip: To thicken the sauce, remove some of the eggplant, mash and add back into the sauce

Yam Fofou

Boil 1 1/2 litres of water. Remove half and put aside, Mix 3 heaping teaspoons of yam flour in cold water. Add it to the half pot of hot water, simmer to a boil on low heat and mix well, let boil for 2 minutes. Use a strong wooden spoon and infuse the rest of the flour. Slowly stir it gradually to become consistent in texture, no lumps! Knead the flour with the wooden spoon for 10 minutes, gradually add a few drops of water that was set aside to maintain the softness of the dough.

Dish the yam fofou into a large bowl, or individual bowls, add the palm nut sauce.

