



## Recipes and Cuisine of Cameroon June 2013

### Cuisine

Cameroonian cuisine is one of the most varied in Africa due to its location on the crossroads between the north, west, and centre of the continent; added to this is the profound influence of French food, a legacy of the colonial era.

Staple foods in Cameroon include cassava, yam, rice, plantain, potato, maize, beans and millet. The French introduced French bread and Italian pasta, which are not as widely consumed, however, due to their price. The main source of protein for most inhabitants is fish, with poultry and meat being too expensive for anything other than special occasions. Bush meat, however, is commonly consumed - some of the most sought after species being the pangolin, the porcupine and the giant rat.

Among Cameroonian specialties are brochettes (a kind of barbecued kebab made from chicken, beef or goat), sangah (a mixture of maize, cassava leaf and palmtree juice) and ndolé (the national dish - a spicy stew containing bitter-leaf greens, meat, shrimp, pork rind and peanut paste). Curries, soups and fish dishes abound, as well as meats on skewers. Insects are eaten in some parts of the country (particularly the north).

[http://en.wikipedia.org/wiki/Cameroonian\\_cuisine](http://en.wikipedia.org/wiki/Cameroonian_cuisine)

### Cameroonian Dinner Customs

If you are invited to a Cameroonian's house you should dress well – this demonstrates respect towards your hosts. Shake hands with each guest individually starting with the most senior people present. Do not discuss business during a social function.

Cameroonians are somewhat formal and believe good table manners demonstrate respect. When in doubt, watch what others do and emulate their behavior. In traditional homes, men eat first, then women and then children. A foreign woman will generally be invited to eat with the men since she is a guest.

In many homes, a washing basin and soap is brought out before the meal so that guests may wash their hands. Most homes provide your own shallow bowl. Food, however, is taken from a communal bowl.

Hierarchy dictates that the eldest person is the first to take food from the communal bowl. Many Cameroonians eat with their hands, although foreign guests may be offered cutlery. If you do use your hands then use the right hand.

As a guest, you will be offered prized delicacies such as chicken gizzards. This is considered an honor. If you cannot eat them, thank your host profusely and request that it is more appropriate that it be given to the eldest person present.

<http://www.kwintessential.co.uk/resources/global-etiquette/cameroon.html>

## Recipes

### Cameroonian Peanut Soup

#### Ingredients:

3 cups chicken broth or chicken stock  
1 onion, minced  
1 small sweet green pepper, minced  
1 clove garlic, crushed  
1 chili pepper, minced  
1 carrot, chopped fine  
2 tomatoes, chopped  
1 cup natural unsweetened peanut butter  
salt, black pepper and red pepper (to taste)

#### Directions:

Combine all ingredients except the peanut butter. Simmer over medium heat until everything is tender. Reduce heat, add the peanut butter and simmer for a few minutes more. Stir often. Soup should be thick and smooth.

[http://recipes.wikia.com/wiki/Cameroonian\\_Peanut\\_Soup](http://recipes.wikia.com/wiki/Cameroonian_Peanut_Soup)



## Suya (Marinated beef skewers)

### Ingredients:

1 lb flank steaks (or other marinating steak)  
1/2 teaspoon sugar  
1 teaspoon garlic powder  
1 teaspoon ground ginger  
1 teaspoon paprika  
1 teaspoon ground cinnamon  
1 pinch chili powder  
2 teaspoons onion salt  
1/4 cup peanuts, crushed  
vegetable oil, for brushing  
wooden skewers, soaked in water



### Directions:

Cut the steak into strips. Place steak in a bowl with all other ingredients and rub in well. Thread the steak strips onto soaked wooden skewers. Ensure they are all well covered with nuts and spice.

Brush each skewer with oil and grill over a medium high heat on the BBQ, grill or broiler until cooked through. Enjoy with a satay sauce or a sweet chili sauce.

<http://uk.answers.yahoo.com/question/index?qid=20070403083010AAE7oeL>

## **Poulet DG** ("DG" stands for "Directeur Général")

### **Ingredients:**

1 whole chicken  
3 tomatoes  
3 ripe plantains  
1 small onion  
3 sweet peppers (green, red, yellow)  
5 carrots  
2 cloves garlic  
1/3 cup chopped parsley (can use thyme or coriander instead)  
2 Leeks (optional)  
1-2 cubes of chicken stock (e.g. Knorr/Maggi - 4 gram cubes)  
black pepper  
salt  
oil



### **Directions:**

Cut up the chicken and boil in a pot with the chicken stock, salt and pepper. While chicken is cooking, slice and chop the onions (in half-moon shapes), carrots (in discs), sweet peppers (in cubes), garlic, parsley, leeks and tomatoes. When chicken is ready, remove the pieces from the stock and keep the stock aside. Heat some oil in a pot and fry the chicken until brown. Remove from oil and set aside.

In another pot, add a few tablespoons of oil, a teaspoon of salt, the onions and garlic and fry until onions turn glassy. Add tomatoes and the remaining stock. Cook for about 2 minutes on high heat then reduce the heat and allow to further cook, stirring intermittently. While sauce is cooking, peel and cut up the plantains in discs about 1 inch thick. Heat some oil and fry the plantains until brown. Set aside. Put the chicken back in the sauce, add the fried plantains and mix well. Serve hot.

<http://www.macocote.com/2012/01/poulet-dg/>

## Fresh Corn Muffins

### Ingredients:

4 ears fresh corn  
2 1/2 teaspoons baking powder  
1/2 teaspoon salt

### Directions:

Grate the corn off the cobs. Add the baking powder and salt.

Preheat your oven to 425 degrees. Grease muffin cups and fill about halfway with the corn mixture.

Bake for 25 minutes or until a toothpick comes out clean.



<http://www.food.com/recipe/fresh-corn-muffins-cameroon-484738>

## Coconut Rice

### Ingredients:

- 1 1/2 cups long grain rice
- 20 ounces coconut milk
- 1 onion, chopped
- 1 teaspoon saffron (optional and not typical)
- 2 carrots, diced
- 1 lemon, grated zest only
- 1 yellow pepperoni (sweet pepper), seeded and diced
- 1 teaspoon allspice
- 1 1/2 teaspoons dried thyme,
- 1 fresh, hot green chili, chopped finely
- 2 tablespoons olive oil



### Directions:

Heat the oil in a large, heavy bottomed pan and fry the onion until soft and translucent before adding the saffron strands. Cook for about 5 minutes, stirring constantly.

Pour in the coconut milk and bring to boil. Stir in the carrots, the pepperoni, thyme, allspice, chili, lemon zest and the rice and bring to a brisk simmer. Cover and cook over low heat until the rice has absorbed almost all the liquid – stirring occasionally.

Cover the pot with aluminum foil, put the lid on tightly and steam very gently until the rice is cooked.

Serve hot.

<http://www.justfoodnow.com/2010/01/28/african-spirit-the-food-of-cameroon/>

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