

## YASSA AU POULET DE LA CASAMANCE

*- the same meal can be made with beef, pork, or fish*

Note that chicken in the Yassa is marinated, partially broiled or barbecued to obtain required browning, and then finished in the oven, smothered in the onion- lemon sauce. For the onion lover (and we belong to the Onion Lover's League), this dish is superb.

### **Yield: 8 portions**

Rub: 1 LEMON, cut in half heavily over  
4 2 1/2-lb. CHICKENS cut in halves.

Spread chickens out in a 12 x 18 x 2-inch baking pan.

Cover with: 3 lbs. WHITE ONIONS, thinly sliced  
1/2 cup CHOPPED PARSLEY  
1 Tbs. COARSE BLACK PEPPER  
1 Tbs. COARSE SALT  
3 BAY LEAVES  
1 tsp. THYME  
1 tsp. CRUSHED RED PEPPER (optional).

Pour: 1 cup LEMON JUICE and  
1 cup SALAD OIL over the chickens.

Allow to marinate for 30 minutes.

Remove the chickens and broil (preferably over charcoal) until chickens brown on all sides and are about half done.

Simmer the onion mixture above over direct heat stirring up from bottom to prevent onions from browning. Onions should remain white. Cook no longer than 5 minutes.

Return chickens to pan, smothering them with the onions.  
Pour 1 qt. CHICKEN STOCK (including giblets) over the mixture.  
Bake at 375' for 20 minutes until onions turn a light golden color.

Cook 1/2 to 1 lb. WHITE RICE as directed on package.

Place serving of COOKED RICE on a dinner plate.

Top with 1 BROILED CHICKEN HALF.

Cover with 1/2 to 1 cup YASSA ONION MIXTURE.

Garnish with WATERCRESS or PARSLEY.

## **WEST AFRICAN GROUNDNUT STEW - Mafé**

### **(West African meat in peanut sauce)**

*Mafé* is a famous and popular West African dish, particularly in Senegal, Gambia, Mali and the Ivory Coast. It is a stew with meat simmered in a sauce thickened with ground peanuts and has a wonderful sweet-salty flavor. *Mafé* is known by many names, including groundnut stew, *mafe*, *maffé*, *maffe*, *sauce d'arachide*, *sauce z'ara*, *tigadèguèna* and *tigadene*.

### **6-8 servings**

#### **Ingredients**

Oil -- 2 tablespoons  
Stewing beef, cut into cubes -- 2 pounds  
Onion, minced -- 1  
Garlic, minced -- 3-6 cloves  
Ginger (optional), minced -- 1 tablespoon  
Tomato paste -- 2 tablespoons  
Tomatoes, peeled, seeded and chopped -- 2 cups  
Water or stock -- 1-2 cups  
Natural, unsalted peanut butter -- 1 cup  
Salt and pepper -- to taste

#### **Method**

1. Heat the oil in a large pot over medium-high flame. Add the beef and sauté until lightly browned on all sides, 5-6 minutes. Remove to a bowl and set aside.
2. Add the onion to the oil in the pot and sauté until translucent, 3-4 minutes. Stir in the garlic and ginger and sauté another 1-2 minutes.
3. Return the beef to the pot, stir in the tomato paste and cook for about 1 minute. Stir in the chopped tomatoes and bring to a boil. Reduce heat to medium-low and simmer for 8-10 minutes to reduce the volume of the tomatoes somewhat.
4. Add enough water or stock to loosen the dish to a stewlike consistency. Simmer for another 10 minutes.
5. Stir in the peanut butter, salt and pepper and simmer for another 40 minutes, or until the beef is tender and oil rises to the surface of the dish. Add water as necessary to keep the dish stewlike.
6. Adjust seasoning and serve over rice or couscous.

#### **Variations**

- Use goat instead of beef. Or use chicken pieces.
- When you add the water or stock, stir in some vegetables such as cabbage, yams, squash, okra, eggplant, potatoes, peppers or carrots if you like. Vegetarian versions are made with only vegetables.
- Some recipes call for cooking the peanut butter with the tomato paste, before adding the chopped tomatoes.