

## SENEGAL MENU



Live a day in the food of a woman living in chronic hunger from Senegal, with rice at breakfast, lunch and dinner.

A Day in Her Food fact:

She would have these same dishes almost every day of the week. Could you imagine if that was your reality?

### INGREDIENTS FOR THE DAY (for one person):

- 370g white long grain rice
- 40g dried or smoked fish. Traditionally, dried fish would be used for these recipes. For this challenge, however, you can use smoked fish, as dried fish can be tricky to find. If using dried fish, please follow packet instructions, including pre-soaking and washing thoroughly to get rid of salt.
- 40g black eyed beans (cooked)
- 1/2 an onion
- 1 large tomato
- 1 tablespoon sugar
- 4 tablespoons of peanut oil, or vegetable oil
- Salt

## DRINKS

To drink on the challenge: Water throughout the day (no tea, coffee or other drinks)

## BREAKFAST - Bouillie de riz blanc

Sweet rice porridge

### Ingredients:

- 70g white long grain rice
- 1 tablespoon of sugar
- 300ml water
- Pinch of salt

### Method:

- Add the water to a saucepan and bring to a boil.
- Wash the rice and add to water.
- Add a pinch of salt, and simmer until rice is cooked.
- Once the rice is cooked, and the water is gone, add the sugar and stir well.
- Remove from the heat and allow to cool before serving.

## LUNCH - Tiébou guédji

A rice dish with (a very small amount of) dried or smoked fish. A Day in Her Food Fact: Tiébou guédji is traditionally served to the family in a big pot or dish, and everyone shares. To make this recipe for a large group, simply multiply the portions above by the size of the group!

### Ingredients:

- 200g white long grain rice
- 3 tablespoons of peanut oil or vegetable oil
- 20g dried or smoked fish
- 20g black eyed beans (cooked). If using dried beans please follow packet instructions, including soaking and boiling before using. For tinned beans, boil per tin instructions before use.
- Quarter of onion, finely chopped
- 1/2 a large tomato, finely chopped
- 650ml of water
- Salt

## Method:

- Prepare the fish. For smoked fish: Cut into small pieces, removing any bones, and rinsing, if you prefer. If you are using dried fish, please follow packet instructions, including pre-soaking and rinsing thoroughly to remove all the salt, before removing any bones and cutting into small pieces.
- Heat the oil in a saucepan.
- Add the fish, onion and tomato and fry till ingredients are soft.
- Add a pinch of salt.
- Add the cooked black eyed beans and mix ingredients thoroughly.
- Rinse the rice, and then add to the pan. Mix ingredients thoroughly.
- Add the water, a pinch of salt, cover pan and simmer until rice is cooked (add more water if you need to).
- Once rice is cooked, serve.

## DINNER - Mbakhalou Guedj

Rice, again... A lighter version of lunchtime's Tiébou guédji, for the evening, with half the rice, and more water, but still only a small amount of fish

## Ingredients:

- 100g rice
- 1 tablespoon peanut oil or vegetable oil
- 20g dried or smoked fish
- 20g black eyed beans (cooked)
- 1/4 of onion, finely chopped
- 1/2 a large tomato, finely chopped
- 700ml water

## Method:

- Prepare the fish. For smoked fish: Cut into small pieces, removing any bones, and rinsing, if you prefer. If you are using dried fish, please follow packet instructions, including pre-soaking and rinsing thoroughly to remove all the salt.
- Heat the oil in a saucepan.
- Add fish, onion and tomato, and fry till ingredients are soft.
- Add a pinch of salt.
- Add the cooked black eyed beans and mix ingredients thoroughly.
- Rinse the rice and then add to the pan. Mix ingredients thoroughly.
- Add the water, a pinch of salt, cover the pan and simmer until rice is cooked.
- Once rice is cooked, serve.