

## Recipe 1

### Stirred Fermented CORN dough - Banku

#### Ingredients

1 1/2 cups homemade fermented corn dough with any mold scraped off, or frozen packaged BANKU dough (corn and cassava), defrosted

1 teaspoon salt

#### Directions

1. In a 3-quart saucepan with a handle, mix the dough with 1 1/2 cups water by hand or with a wire whisk to make a smooth paste. Mix in the Salt.
2. Put on the stove to heat on medium-high, stirring constantly with the whisk or with a stirring stick or very strong wooden spoon. After 5 minutes the mixture should begin to thicken. Lower the heat to medium and switch over to a stirring stick or wooden spoon if previously using a whisk.
3. Continue to cook, stirring constantly to keep it from forming lumps, scraping the bottom of the pan and turning the dough as it cooks, also pressing it against the sides of the pan. After another 5 minutes, turn the heat to low and continue stirring and turning. Scrape the spoon against the side of the saucepan occasionally and mix the scrapings into the dough. If necessary, add a little water around the edges of the pan to keep it from scorching, and/or turn down the heat.
4. The BANKU should be quite stiff within 15 to 20 minutes on the stove. Remove it from the heat and let it sit a few minutes. When it is cool enough to handle, wet your hands and shape the BANKU into one large or several small loaves for individual servings.

**To serve:** Banku is usually eaten warm or luke warm. It is a classic accompaniment to egg plant and Okro stews as well as grilled tilapia. It is also eaten with pepper sauce.

### Grilled Tilapia

#### Ingredients

2 tablespoons grated shallots or onion

1 teaspoon salt (or to taste)

1/2 teaspoon dried ground red pepper to taste

1/2 teaspoon grated fresh ginger (or to taste)

1 to 4 tablespoons minced fresh chilli pepper (kpakpo shito if available, or a pepper of similar heat)

4 tablespoons vegetable oil, luke canola, divided

4 medium whole tilapia

## Directions

**If using a charcoal grill:** Before making the seasoning and preparing and seasoning the fish, light charcoal and allow it to burn down for about 30 minutes

## Marinate Fish

1. Combine the shallots or onions, salt, dried ground red pepper, ginger, desired amount fresh chilli pepper (add some and then taste marinade before adding more), and 1 table spoon of the oil in a small bowl and set aside.
2. Clean and wash the fish, removing gills and fins (leave the heads on). (This is not as easy as Ghanaian women make it look. It requires a very sharp knife, patience, and care.) Cut 2 diagonal slits on each side of each of the fish.
3. If you have strong hands, use them to stuff and rub the seasoning mixture all over the fish, rubbing it into the slits and also indie the fish. otherwise use a spoon or gloves. Do not discard and drugs left in the bowl. Leave the marinade on the fish for at least 15 minutes.

## Grill Fish

1. When ready to grill, brush the grill rack with oil, and place it about an inch above the coals. place the fish on the rack and baste them with a little oil to keep them soft and moist. After 3 to 5 minutes, turn over the fish and baste the other side.
2. Put 2 tablespoons of oil into the bowl that held the seasoning mixture and swirl. Using your hands or the brush, shake the seasoned oil over the fish until all the seasoning mixture is used (do not try to brush it on). Continue turning the fish every few minutes. Depending on the thickness of the fish and fires heat it will cook in 10 to 15 minutes. If the fish tails are in danger of burning, cover them with foil. Voila Ghana style Grilled fish.

**To serve:** Grilled tilapia is gar fished with onion and tomato slices, and served with a fresh Pepper sauce.