



## HOW TO MAKE

# THIEBOUDIENNE

COURTESY OF MOHAMED TRAORE

## INGREDIENTS

1/2 cups rice broken rice  
Large pieces white fish snapper or grouper  
tomatoes mashed  
3 Tablespoons tomato paste  
1 bunch parsley crushed  
1 large Carrot peeled and cut into medium pieces  
1 sweet potato peeled and chopped into large chunks  
1 large onion chopped  
4 cloves garlic finely chopped (divided)  
1 small eggplant sliced  
1 small cabbage cut into 4 pieces  
1/2 cup peanut oil  
2 Maggi cubes  
4 bay leaves  
1 Tablespoon nénéto  
2 Tablespoons smoked fish shredded or ground  
2 habanero peppers de-seeded and diced.  
1 Tablespoon black pepper  
salt to taste  
4 okra  
6 cups hot water

### PREPARE THE STUFFING OR PUREE/MARINADE FOR FISH

In a food processor or mortar and pestle blend or crush the parsley, half the garlic, 1 Maggi cube, plus a little salt and pepper to taste and a spoon of oil.

Cut slits in the flesh of the fish and stuff the puree inside or slather the fillets with the puree and refrigerate for a couple of hours. (Reserve leftover puree)

### MAKE THE TOMATO SAUCE

Heat the oil to medium high and add the onions, tomatoes, tomato paste, the black pepper and remaining garlic. Then fry for 15 minutes.

Add the stuffed or marinated fish into the tomato sauce.

Add the Maggi cube, bay leaves, nénéto, smoked fish, habaneros and 1 cup of water.

Simmer until the fish pieces are cooked through, about 15 minutes.

### REMOVE THE FISH AND ADD VEGETABLES

Remove the fish pieces and add all the vegetables except okra with 1 cup of water and cook the vegetables until they are cooked approximately 25-30 minutes.

You must ensure that the vegetables are tender before removing them, but take care to not overcook them.

Then remove the vegetables and add the okra with water. Cook for 5 minutes more than remove the okra

### COOKING THE RICE

Cook the rice over low heat, stir often and cook until tender.

When the rice is cooked well it's ready for serving. place the rice on a nice dish and arrange the vegetables and fish on top.

