



SHITTO with Plantains & Yoruba Salad

SHITTO

Ingredients

1 piece Tribal Tastes African Candy (Smoked Salmon)
1 Shallots
2 stalks Parsley
1 Spring onion
1 tbs Obe Ata (African Sauce) Mix
1 tbs Ata Din Din (Berber's Harissa)
3 tbs Epo Pupa*
**(West African Traditional Pure Palm Fruit Oil)*
¾ cup water

Method:

Chop shallots, parsley & spring onion. Heat pure palm fruit oil, (ensuring not to overheat so to avoid destroying natural abundance of carotenes & vitamins A & E.) add chopped ingredients and cook for few minutes. Add granulated smoked fish. Add harrissa & obe ata mix. Add water and allow to simmer.

PLANTAINS

2-3 Semi ripe Plantains
Epo Pupa for frying

YORUBA SALAD

Ingredients

3 Bunches Green Leafy Vegetables (Tete)
1 Red Salad Onion
1 tbs Obe Ata (African Sauce) Mix
Shaved Smoked Fish of choice
3 tbs Epo Pupa
water for boiling

Method

Boil water. Wash and prepare vegetables. Chop roughly. Blanch vegetables. Drain, cool down and squeeze out excess water. Gently heat pure palm fruit oil, add chopped salad onion, obe ata mix and stir. Turn off heat. Add blanched vegetables and shaved smoked fish.

Serve Shitto with fried Plantains and a bowl of Yoruba Salad and ENJOY!



Tribal Tastes – feast from Africa
Shop 83, Dairy Produce Hall
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Product Notes

OGEDE AGBAGBA (*PLANTAINS*)

Plantains have been eaten in West Africa for thousands of years and are a very important crop in West African farming culture.

Plantains can be cooked in various stages. When they are green they can be cooked and pounded to make Fufu (a doughy texture meal accompaniment). They can be processed into gluten free flour for making bread & biscuits. The flour can also be cooked and served as a different variety of meal accompaniment (Amala or Akuru). They can also be cooked into Plantain chips!

When Plantains are ripe they can be fried or roasted. When they are very ripe, they can be processed into various alcoholic beverages.

EPO PUPA (*West African traditional pure PURE PALM FRUIT OIL*)

Palm Fruit oil has been used from Senegal to Angola for thousands of years. It is completely different from Palm Kernel oil, which is only used in West Africa for hair & skin care! Palm Fruit oil is rich in natural carotenes giving food a delightful ruby red colour also adding a fruity flavor to cooking.

Uses:

Essential Ingredient for Jollof Rice. Also, can be used to make paella, pillaf or other rice dishes.

Essential ingredient for Brazilian cuisine - called 'Dende Oil'

Simply add a tablespoon to boiled or steamed rice for colour & flavor

Poach fish, lamb or beef

Use in curries, dhals, soups, casseroles or stir-fries

OBE ATA (*AFRICAN SAUCE*)

Obe Ata is a traditional sauce base eaten across West Africa. Made up of capsicum, tomato, onion, herbs, spices & chilli! Obe Ata mix provides a fabulous sauce base for rice dishes, casseroles & soups.

Uses:

Saute mince meat of choice, in palm fruit oil - (try kangaroo meat for a healthy low fat meat sauce). Add 3 tablespoons of Obe Ata Mix to create an easy, tasty low fat meat sauce. Add a little Suya mix for added spice. Add Obe Ata to vegetables and saute to create a sauce.

ATA DIN DIN (*BERBER'S HARISSA*)

Subsistence farming produces seasonal harvests due to different weather patterns across the globe. During rainy season, there will be plenty of food of different sorts including chili. Through human ingenuity, Africans have been able to process food without chemicals or preservatives so to make them available during times of scarcity. A typical example of this is Atta Din Din which we label as Harissa, which is a tradition of the Berbers, Yorubas, Jollof people just to middle name a few. Different types of chilies, herbs & spices will be carefully cooked in clay pots until there is no water. Pots will be topped up with Palm Fruit Oil and will provide the most exclusive chili condiment until the next season.

