



TASTE THE WORLD

JOJO ABOT'S RED RED (STEWED BEANS AND FRIED PLANTAIN)

INGREDIENTS:

8 ripened plantain
1 jar crunchy peanut butter
1 can coconut milk
2 cans Black eyed beans
(or 800g dried beans)
100g bacon
2 cans chopped tomatoes
1 clove garlic
2 onions, diced
3-4 red chillis
2 x Maggi cubes (stock cube)
1 tsp tumeric
1 tsp paprika
50ml olive oil
50g butter
knob of ginger
bunch of basil

Serve plantain and beans, with chilli sauce on the side

INSTRUCTIONS:

Fried Plantain:

1. Fry sliced plantain in butter for 5 minutes on each side, or until they turn golden brown.
2. Lightly season with paprika, salt and pepper.

Stewed Beans:

1. If dried beans, soak in water for 24 hours prior to cooking
2. Boil beans for 1 hour in water.
3. Blend together 1 chopped onion, half a clove of garlic and ginger, put to one side.
4. In pan, lightly fry the remaining chopped onion in olive oil.
5. Add canned tomatoes and simmer for 5 minutes.
6. Add blended onion, garlic and ginger to pan, let simmer for 5 minutes.
7. Add Maggi cubes, tumeric, chilli, basil and seasoning - simmer for 10 minutes.
8. Add coconut milk and simmer for further 10 minutes.
9. Add cooked beans to the stew and let simmer for 20 minutes

Chilli Sauce

1. Blend chilli, garlic and ginger. Fry with bacon for 10 minutes.