

## Niger Africa

### Menu

#### 1. *Akara* (bean fritters)

##### Ingredients:

- 2 cups dried beans
- Oil for deep-frying
- 1 1/2 cups cold water
- 1/2 tsp. each of minced chili 1/2 tsp. salt
- 1 small onion, finely minced

##### Directions:

Soak beans overnight in water. Remove skins by rubbing them in hands. Heat oil to 375° in a Dutch oven. Place the beans in a food processor and pulse into a smooth paste. Beat the bean paste in a bowl to aerate it, gradually adding water. Add water until mixture falls easily from the spoon. Add chili, salt, and onion to taste. Drop a tablespoon at a time into the hot oil. Fry for 2 minutes on each side. Serve hot.

#### 2. *Tomato and okra salad*

##### Ingredients:

- 1 lb. okra
- 3 tomatoes, peeled, seeded and coarsely chopped
- 1 small head of lettuce
- 1/4 cup vinaigrette

##### Directions:

Wash, cut, and boil the okra. Drain and cool. Place washed lettuce on a platter. Mound the okra on top of the lettuce and top with tomatoes. Add vinaigrette.

#### 3. *Dambun nama* (shredded beef)

##### Ingredients:

- 1 lb lean beef round steak
- 1/4 cup water
- 1 tsp. cayenne pepper
- 1 tsp. ground ginger
- Salt to taste

##### Directions:

Cut beef into 3 in. pieces and place in a saucepan with water. Cook over low heat for 20 minutes. Heat the oil to 375° in a Dutch oven. Remove meat and place in a mortar. Pound until shredded. Deep-fry meat until cooked. Mix the dry ingredients and sprinkle over the beef to season. Serve hot.

### Consumption comparisons

##### Percentage of children underweight

United States of America: 1%

Niger: 43%

### Life in Niger

Niger is the second poorest nation on Earth and is among Africa's largest nations. Most of the population lives where they can grow millet, a type of corn meal. Sixty percent of the country has only enough food to meet their needs for six or seven months.

### Typical meal

Millet is served daily in some form—either soaked in water to make a sort of cloudy "milk" for breakfast, in porridge for lunch, or as pasta in the evenings.

### Yacouba holds a small child



Yacouba, 10, was eating once a day due to a famine.

##### References:

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