

Sierra Leone

Africa

Menu

1. Thiebou dienn sous verre

Ingredients:

- 4 Tbsp. peanut oil
- 2 large minced onions
- 3 in. piece smoked fish
- 6 oz. can of tomato paste
- 9 cups slightly salted cold water
- 1 bunch parsley
- 2 large garlic cloves
- 1 fresh chili
- 2 scallions
- 3 lbs. sea bass tail, cleaned and cut into steaks 1 1/2 in. thick
- 1/2 lb. squash
- 1/2 lb. yucca, cut into 1 in. cubes
- 5 small purple turnips, quartered
- 1 small green cabbage, cut into eighths
- 4 sweet potatoes, quartered
- 2 small eggplants, cut into 1 in. slices
- 5 carrots, cut into chunks
- 12 small okra pods, washed, topped and tailed
- 1 habanero chili
- 2 lbs. broken rice

Directions:

Heat oil in a large stockpot and brown the onions. Add smoked fish, tomato paste and 1/4 cup salted water. While the onions are browning, prepare the stuffing for the sea bass steaks by placing parsley, garlic, chili, and scallions in a food processor and pulsing until they form a thick paste. Score the sea bass steak and poke the stuffing into the slits. Place the sea bass in the stockpot with the onion mixture and allow it to cook for 5 minutes. Add the remaining water. When the fish comes to a boil, cover the pot, lower heat, and add the vegetables in the order given. Cook for 20 minutes. Remove the sea bass steaks, keeping them whole and place them on a serving platter (keep warm). Continue cooking for 15 minutes, remove vegetables and arrange them on a platter. Return the remaining liquid to a boil, add the rice. Cook for 20 minutes. While the rice is cooking, pulverize the chili and add it to 1 cup of liquid (hot sauce). Heat and place it in a sauceboat. Serve.

Consumption comparisons

Percentage of children underweight

United States of America: 1%

Sierra Leone: 29%

Life in Sierra Leone

Sierra Leone is a mosaic of ethnic tribes. Nine of every 10 people are descendents of tribes native to Africa. The remaining 10 percent are descendents of freed slaves, called *Creoles*.

Typical meal

A typical meal is rice with fish or meat.

A little girl holding a cassava



Tity Senessie is a 7-year-old girl and she is holding a harvested cassava.

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