



## I AM THAT CHILD CAMEROONIAN RECIPES

### *Sister Jane's Sweet Potato Cake*

2 pounds sweet potatoes  
1 cup butter  
4 eggs  
1 1/4 cups sugar  
Lime zest  
2 tablespoons rum or whisky  
Butter for greasing the pan

Preheat oven to 375 degrees. Boil sweet potatoes for 20 minutes, then drain. Peel the sweet potatoes while they are still warm and mash with a fork. Mix with the butter. Whip the eggs together with sugar until white. Add the lime zest and mix both into the sweet potato mixture. Add the rum. Pour the batter into a buttered cake pan. Cook for 1 hour. Let cool then turn upside-down onto a plate and serve. Top with shredded coconut if desired. Serves 6.

### *Banana & Pineapple Salad*

2 firm ripe bananas, peeled and sliced  
2 firm apples, sliced (optional, not traditional)  
1 small pineapple, peeled and sliced  
1 avocado, peeled, pitted, and sliced  
1 tablespoon roasted peanuts, chopped  
1 can coconut milk  
Sprig of fresh mint

Boil the coconut milk until it thickens. Set it aside to cool. Pile the bananas, tomatoes, pineapple, and avocado alternately in layers in individual glass bowls. Top with chopped peanuts and the thickened coconut milk. Serve cold. Garnish with a sprig of fresh mint if desired. Serves 4-6.

\*Note: Traditionally, 2 firm tomatoes are used in place of the apples.

### *Fish Stew*

1 pound fresh fish	2 tomatoes
3-4 tablespoons cooking oil	1 onion
Seasoned flour	1 green pepper
A little tomato paste	Salt and pepper to taste
1 cup water or stock	1 tablespoon flour

Prepare fish and cut into moderate-size pieces. Season. Dice the tomatoes, onion, and green pepper. Heat the oil. When oil is ready, dip pieces of fish, one at a time, in flour seasoned with salt and pepper. Fry on either side until well cooked and brown. Add 1 tablespoon flour to oil and cook until brown, stirring constantly. Add onion and green pepper and fry; then add tomatoes. Add water and tomato paste and bring to a boil. Add salt. Reduce heat and simmer. At this stage the consistency will be thick. Add the fried fish carefully. Continue to simmer until the correct consistency is obtained. A pinch of thyme may be added to improve the flavor.

### *African Chicken Peanut Stew*

3 tablespoons peanut oil	1 cup chopped tomatoes
3 lbs. chicken, cut in serving pieces	½ cup chicken stock
1 medium sliced onion	¾ cup coconut milk
3 cloves garlic, crushed	1 cup peanut butter
1 red or green bell pepper	1 (15.5 oz) can garbanzo beans, optional
1 medium potato, diced	1 tsp. <i>each</i> coriander, cumin,
1 medium sweet potato, diced	salt, pepper, red pepper flakes

In a deep heavy saucepan, heat oil until very hot. Add chicken and brown. When meat is browned, remove from pan and set heat to medium. Add onions, garlic, and all other vegetables except garbanzo beans. Cook for 3-4 minutes only, being careful not to burn the garlic. Add spices and seasonings; stir for several

seconds. Add browned chicken and all juices, coconut milk and chicken broth. Cover with lid and cook for 10 – 15 minutes, stirring occasionally. Remove lid and add peanut butter and garbanzo beans, if using them. Stir. Replace lid again and cook for 15 – 20 minutes or until chicken and potatoes are done. Taste and adjust seasonings if necessary. Serve over rice.

### *Braised Chicken with Chilies*

3 green chilies  
3 pound chicken, cut up  
2 tablespoons butter  
1 tablespoons peanut oil  
1 onion, sliced  
1 cup chicken broth  
½ tsp. ground nutmeg  
Salt and pepper to taste

Melt the butter and oil and brown the chicken, a few pieces at a time. As the chicken browns, remove and keep warm. Add the onion rings and sauté until soft. Add the broth, nutmeg, salt, pepper, and chili and bring to a boil. Put chicken back into the pan; cover with the stock. Reduce the heat and simmer for 45 minutes.

### *Coconut Rice*

12.5 ounces long grain rice  
2 ½ cups coconut milk  
1 onion, chopped  
1 teaspoon saffron (optional and not typical)  
2 carrots, diced  
1 lemon, grated zest only  
1 yellow sweet pepper, seeded and diced  
1 teaspoon allspice  
1 teaspoon dried thyme  
1 fresh, hot green chili, chopped finely  
2 tablespoons olive oil

Heat the oil in a large, heavy bottomed pan and fry the onion until soft and translucent before adding the saffron strands dissolved in a little milk and cook for about 5 minutes, stirring constantly.

Pour in the coconut milk and bring to a boil; then stir in the carrots, the pepper, thyme, allspice, chili, lemon zest and rice and bring to a brisk simmer.

Cover and cook over low heat until the rice has absorbed almost all the liquid – stirring every now and again.

At this point, cover the pot with aluminum foil; put the lid on tightly and steam very gently until the rice is cooked.

### *Fried Plantains*

Several ripe plantains  
½ to 1 cup cooking oil

Peel plantains and slice in half, length-wise. Then cut into ¼” to 1/8” long slices, not round like a quarter. Heat oil to medium heat in large frying pan. Fry plantains on both sides until golden brown, turning with a fork. Drain on paper towels; remove to a serving platter. Salt to taste, if desired.

### *Cameroonian Fried Spinach*

1 (10 ounce) package baby spinach, rinsed  
1 cup fresh shiitake mushrooms, stemmed and quartered  
1 medium onion, coarsely chopped  
1 tablespoon olive oil  
Fresh garlic cloves, mashed

Heat olive oil in a large frying pan over medium-high heat. Add the mushrooms and onion, and sauté until they are about halfway done. Add spinach and liberally sprinkle with mashed garlic. Fry until the spinach has wilted, about 5 to 7 minutes.

Serve with whole grilled chicken, grilled potatoes and plantains. Eat all with your fingers. It will taste much better that way!