MEET THE CHEF

GEORGIANA VIOU

Born in 1977 in Benin, Georgiana lived a multietnic childhood. She is self-educated and has three children.

She studied Communication in Paris for a few years before she went back to her first love, culinary art.

Since 2009, Georgiana has arboried professional kitchens of French starred chefs, such as Lionel Lévy (1 Michelin Star) and Sarah and Sylvain Sendra’s (1 Michelin Star).

In 2012, Georgiana opened her first restaurant Chez Georgiana and undertook different TV cooking workshops in Marseille.

Currently, she is working on a new restaurant and another book with recipes from Benin.

According to her, Beninese cuisine also tells a story. Many recipes are linked to parts of Benin’s history and/or born of traditional rites before moving into everyday life.

BENIN

GASTRONOMY

MUSTS

- GBATAKIN
  (Green chili pepper)

- AFINTI
  (African mustard)

- DÉ
  (Palm nuts)

- NINNOUWI
  (Vegetable coret)

- DÉGON
  (Smoked shrimps)
STEP BY STEP

1. Marinate the chicken and grill.
2. Pour the water and the chicken broth in a pan. Add the tomato puree, salt and pepper. Bring the mixture to boil.
3. In the meanwhile, put half of the corn flour in a bowl and mix with a half cup of water.
4. Pour it into the boiling tomato sauce, mix and bring to boil at medium heat.
5. Then, sprinkle the rest of the corn flour and mix vigorously and quickly with a wooden spatula. Avoid lumps. Keep on slow heat for 10 minutes. Put into oiled moulds.
6. Heat two tablespoons of oil in a pan and stir-fry the onions, add a pinch of salt, the tomatoes, a tablespoon of water and green pepper. Cook on medium heat for about 2 to 5 minutes.
7. To serve, turn the mold/ramekin into a plate and add the sautéed sauce.

INGREDIENTS

- 1 chicken, cut into pieces
- Chicken marinade
- 1 cup of tomato sauce
- ½ l of vegetable oil
- 2 onions, chopped
- 8 tomatoes, chopped
- Green hot chilies, chopped
- 6 cups of corn flour
- 1 cup of homemade chicken broth
- Salt and pepper

DO IT YOURSELF!
AMIWO WITH GRILLED CHICKEN

Originally and till today, *amiwo* is one of the main dishes of Benin households. This ritual dish from the Vodoun convents, in which red palm oil was the main ingredient then replaced by tomato sauce, is identical to the Afro-Brazilian (Agouda) cuisine of Ouidah. We invite you to enjoy it on your next trip to Benin.