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## CAMEROON



## MEET THE CHEF

## MARIE THÉRESE ATEDZOE OWONA

*With over 30 years of local and international experience on the cooking scene, Marie Thérèse is the Executive of the Chain of Owners of Restaurants for the Promotion of Cameroonian Culinary Heritage (CRESPAC), member of the National Tourism Council (CNT), as well as Coordinator of the Cameroonian Federation of Culinary Arts and the promoter of the well-known Restaurant Bois Sainte Anastasie in Yaounde, Cameroon.*

She is a perfect example that nothing is impossible if you have the passion. Cameroon's gastronomy reflects the diversity of its ethnic groups. Rich in quantity and quality. It is affordable to all. Cameroonians are attached to their traditional cuisine: *ndole, songa, eru, ndomba, baobab sauce, a'chu, kati kati, mbol, dakere, mbongo tchobi...*

Eaten, raw or cooked, the African eggplant is also a part of medicinal ingredients in Cameroonian tradition all over the country. It is a vegetable with a high nutritional density, representative of vegetarian cuisine, easy to cook and recommended for anyone.

CAMEROON  
GASTRONOMY  
MUSTS

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OKRA



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YELLOW, RED  
AND DRY PEPPER

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PALM OIL



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CRAYFISH



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PÈBÈ



## CAMEROON



### DO IT YOURSELF! IFIRGUE'ZONG

#### INGREDIENTS

- 312 g *zong* (African eggplant)
- 4 cocoyams
- 115 g onion
- 146 g tomatoes
- 50 ml peanut oil
- 50 g *bifaga*/herring (dried fish)
- 50 g crayfish
- 16 ml water
- 104 g smoked fish
- 20 g salt

#### STEP BY STEP

- ① Rinse the African eggplant abundantly in water then put on the fire for 30 minutes.
- ② Remove the pan from the heat and put in a bowl with ice cubes to stop cooking.
- ③ Clean by removing the thin membrane from the top.
- ④ Crush and drain.
- ⑤ Wash the tomatoes and cut them into quarter moons.
- ⑥ Clean the crayfish then chop them.
- ⑦ Clean the onions then cut into thin slices.
- ⑧ Remove the dry fish bones then soak in hot salted water for 30 minutes, rinse then set aside.
- ⑨ Clean the herring, crush then set aside.