MEET THE CHEF
BARRY FATOUMATA BINTA

Originally from Middle Guinea, Chef Barry Fatoumata Binta grew up in one of the regions of the lower coast of Guinea, with the Soussou people where she took a taste of the region’s cuisine little by little.

With 15 years of experience in African cuisine, particularly local cuisine, the great Chef has worked for almost ten years in the prestigious catering company By Issa where she continues to delight the taste buds of customers through her African cuisine.
DO IT YOURSELF!
KONKOÉ TOURÉ GBÉLI

Dish in sauce – smoked fish, local rice and palm oil. The sauce, originally from the fish-rich coast of Maritime Guinea, is very popular and traditionally very spicy – to be adjusted according to the taste.

INGREDIENTS

- 1.2 kg smoked fish
- 80 cl palm oil
- 80 g onion
- 80 g sweet eggplant
- 80 g bitter eggplant
- 120 g fresh tomato
- 120 g mashed tomato
- 120 g sorrel leaves
- 120 g squash
- 140 g fresh pepper
- 120 g onion leaves
- 500 g fresh cassava
- 60 g salt and 4 g pepper
- 1 Maggi cube

STEP BY STEP

1. Wash and cut the fish into four large pieces.
2. Peel the onions, clean and cut the squash, wash and remove the heads of the fresh onion leaves.
3. Wash and clean the chili by removing the stem.
4. Wash, prune the tomatoes and cut them into quarters.
5. Wash, clean and cut the eggplants.
6. Put and heat 80 cl red oil about and add the pieces of fish to be seared in the pot.
7. Mix the rest of ingredients in a food processor with the mashed tomato, add the seasoning elements (Maggi cube, salt, pepper).
8. Add 2 litres of water until boiling then add to the mixture the onion leaves, the previously cut cassava. Put everything into the boiling pot and cook and simmer for a half an hour, cover and reduce the heat by constantly adjusting the seasoning elements, and the sauce will be ready after 15 minutes. This sauce is accompanied by rice with okra.