





# **MEET THE CHEF**

### **AZIZ AWESSO**

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He trained for three years at the Hotel Central de Sokodé in Togo. He was also a Laureate at the Happy Festival in Johannesburg, and at the WAFFEST Festival in Ghana.

## TOGO GASTRONOMY MUSTS





YAMS



ZOMI



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GBOYÉBÉSSÉ







## DO IT YOURSELF!

## ADÉMÈ DÉSSI AND EWOKOUMÈ STICKY GREEN LEAF SAUCE

This dish is the most popular in the whole country and has therapeutic and nutritional virtues.

#### INGREDIENTS

#### ADÉMÈ DÉSSI:

- 500 g adémè leaves
- 500 g smoked fish
- 1 kg beef
- 200 cl red oil
- 5 g lanhoin fish
- 0.5 g ginger
- 500 g mixture (green pepper, white onion, salt, pepper)

#### EWOKOUMÈ:

• 300 g maize flour

#### STFP BY STFP

#### SAUCE ADÉMÈ:

- (1) Wash the leaves, drain in a sieve. Wash smoked fish (remove skin and bones, crumble into large pieces).
- (2) Cut the beef into pieces, wash, season and prepare.
- Put a little water in the pot. Add liquid potash. Pour in the leaves when the water boils. After 5 minutes, add salted fish (*lanhoin*), whip for 5 minutes until glue. Add fish, meat, ginger, green pepper, oil. Cook for 3 minutes. Add onion and salt and remove from heat when everything is cooked.

#### EWOKOUMÈ (MAÏZE PASTE):

- (1) Make a porridge (1 litre) with maize flour.
- 2) Stir with a wooden spatula. Bring to boil.
- (3) Add 300 g of maize flour.
- (4) Stir for 5 minutes to obtain a paste texture.
- (5) Cut into pieces with a palette.
- 6 Serve in soup plates.