



Cuisines from Around the World
April 1st, 2021

Cassava Leaf Stew (Hako Bantara from Guinea):

Recipe by Mariama Bah

Ingredients for Paste:

- 1 ½ cups of pounded cassava leaves
- ½ cup peanut butter
- 2 Tbs. red palm oil
- 1 medium white onion, sliced
- 4 scallion stalks, chopped
- 1 medium thawed fish (e.g. Croaker or other boneless fish)
- 2 Tbs. dried fish powder
- 3 medium fresh okra (grated)
- 6 cups water
- salt (to taste)

Directions:

- Add fish to a medium pot and cover with one cup of water.
- Bring to boil.
- Simmer on low flame until fish is cooked (app. 7-10 minutes)
- Remove from heat, drain water from fish, and remove any fish bones. Set aside.
- In a separate pot, combine cassava leaves, peanut butter, and 4 cups of water.
- Bring to a low boil for 10 minutes.
- Chop white onion and scallions (with a mixer or by hand).

- Add the onion mixture, fish, and oil to the boiling cassava stew.
- Cover stew with one more cup of water and add salt (to taste).
- Bring to boil again and simmer on low flame with a covered lid for 30 minutes, stirring occasionally.
- Add the grated okra to stew after it is cooked (keep the lid on and let it sit for 3-5 minutes).
- Serve with rice and enjoy!