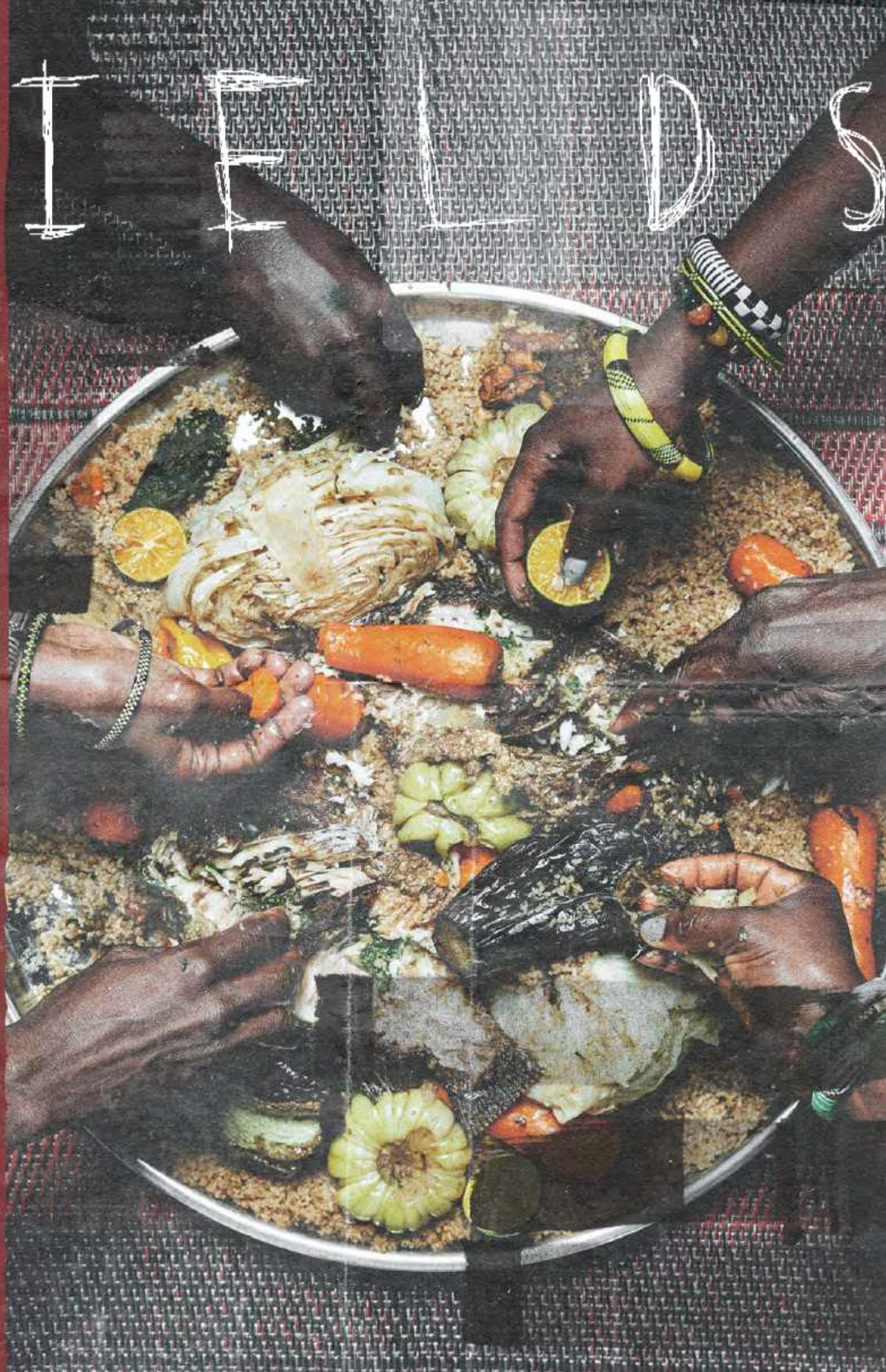


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003

Cover Photo: Sophie Garcia



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03

The Food Issue



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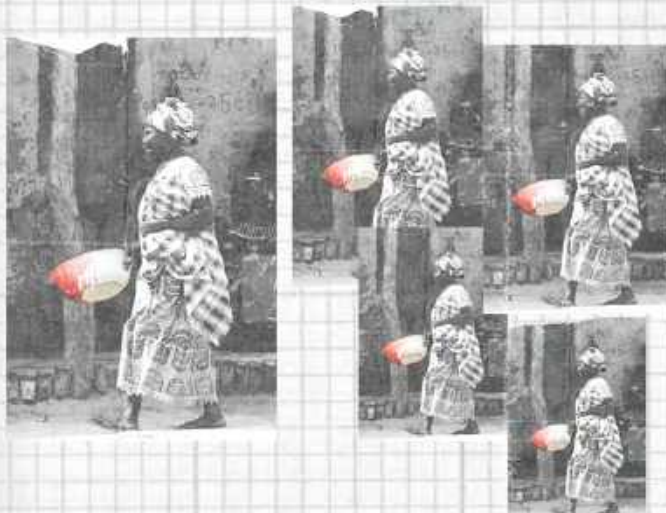
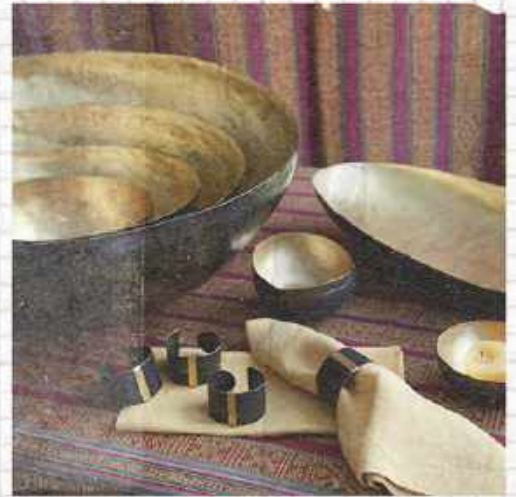
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STAFF

EDITOR IN CHIEF Saran Koly

COPY EDITORS Juliette Fayard
Louise Scrivens

DESIGN + LAYOUT Haruka Sakaguchi

COVER PHOTO Sophie Garcia

EDITOR'S NOTE

C'est la fête !

Where I'm from, we usually don't talk about food, we make it and we eat it, we praise the cook and eat again. Then I moved to France, there, people loved to talk about food ! They'd try to guess which spices you've mixed, what's the secret ingredient. They'd sometimes follow me in the kitchen to know how they could replicate the dish, ask for exact measurements... I would always answer, I cook instinctively, tasting is key. And we'd talk again and again.

This issue is our African way of enjoying food, not much talking but lot of mouth watering photographs and recipes. Let's meet later and talk about it!

Sincerely,

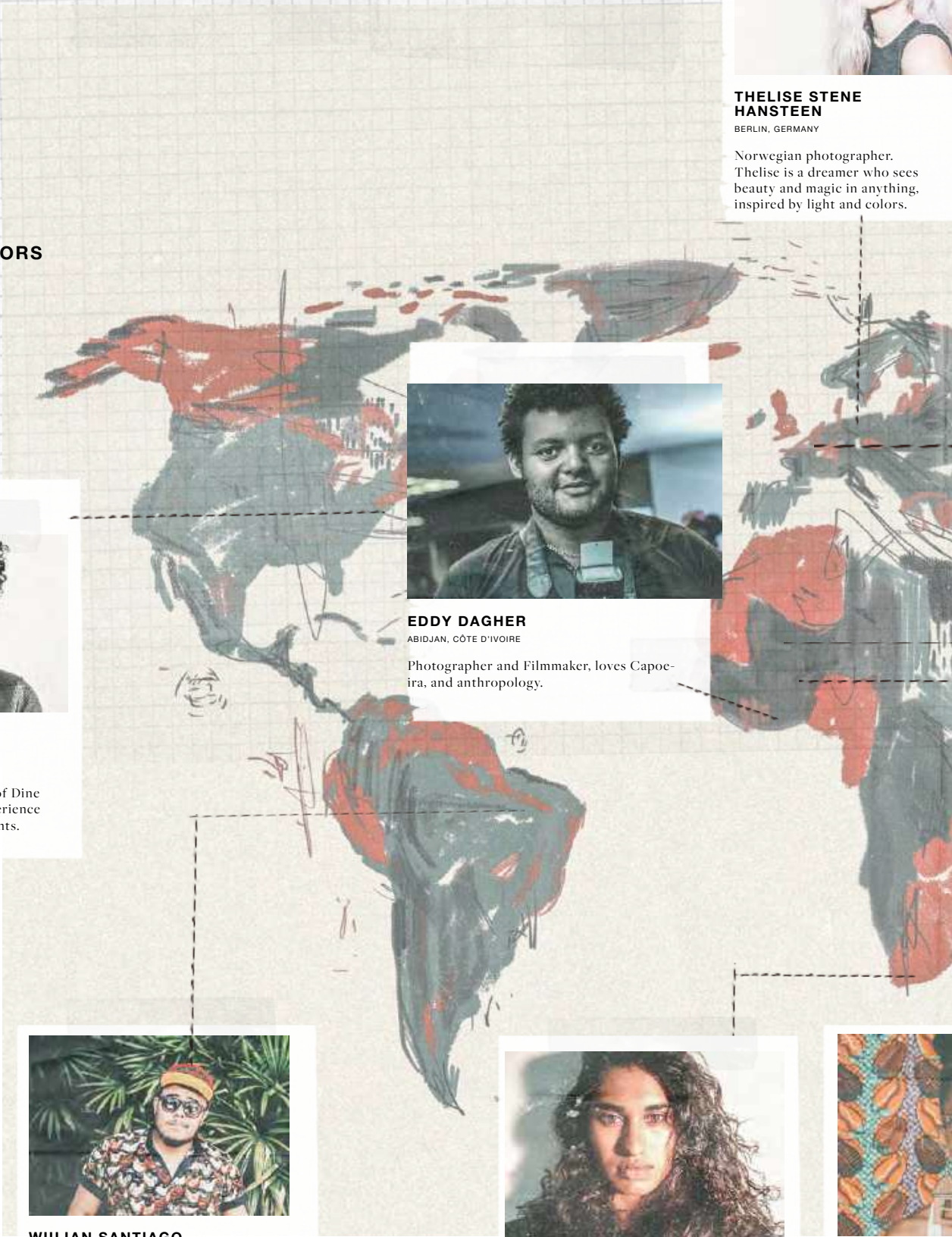
SARAN KOLY

CONTRIBUTORS



THELISE STENE HANSTEEN
BERLIN, GERMANY

Norwegian photographer. Thelise is a dreamer who sees beauty and magic in anything, inspired by light and colors.



NINA ODURO
NEW YORK, USA

Nina Oduro is the co-founder of Dine Diaspora, a curated dining experience that brings Africa's change agents.



EDDY DAGHER
ABIDJAN, CÔTE D'IVOIRE

Photographer and Filmmaker, loves Capoeira, and anthropology.



WILLIAN SANTIAGO
LONDRINA, BRAZIL

Freelance illustrator focusing on print, fashion and visual identity.



PARUSHA NAIDOO
CAPE TOWN, SOUTH AFRICA

Mostly, although not exclusively, a traveling vegan chef.



SARAH WAISWA
NAIROBI, KENYA

Ugandan born Kenyan portrait photographer African Identity.



EMILIE LANGLADE
BERLIN, GERMANY

Atlantic bird, French author and freelance journalist, Emilie loves to tell stories through films and words.



JULIA KÜNTZLE
PARIS, FRANCE

Reporter photographer passionate about all things African.



PAUL BLONDÉ
PARIS, FRANCE

Journalist and photographer, traveller based in Paris.



LIZ GOMIS
PARIS, FRANCE

Mama Djombo's daughter trying to unravel unheard stories with her lens and pen since 2003.



SOPHIE GARCIA
OUAGADOUGOU, BURKINA FASO

French born documentary photographer



MATHIEU GATEILLER
BAMAKO, MALI

Professional Photographer and Filmmaker, he loves street photography, portraits and sunsets.



ya based documentary and
her exploring the New

NAIROBI FOODIES

TEXT & PHOTOS *Sarah Waiswa*





LYRA enjoys a mojito while checking out the Nairobi skyline. Brew is located on the rooftop of a commercial building in the heart of Westlands area in Nairobi and has the most beautiful view of the vast city skyline.

FOODIE NO. 1:

SONI

1. WHERE ARE YOU FROM?

I am from Kenya but my father is American, so I lived there for a while when I was in college.

2. HAVE YOU ALWAYS LIVED IN NAIROBI?

No. I have also lived in Zambia and Indonesia.

3. WHAT INFLUENCES YOUR FOOD CHOICES?

Price. I also try to pick something that I have never had before.

4. WHAT IS YOUR RELATIONSHIP WITH FOOD?

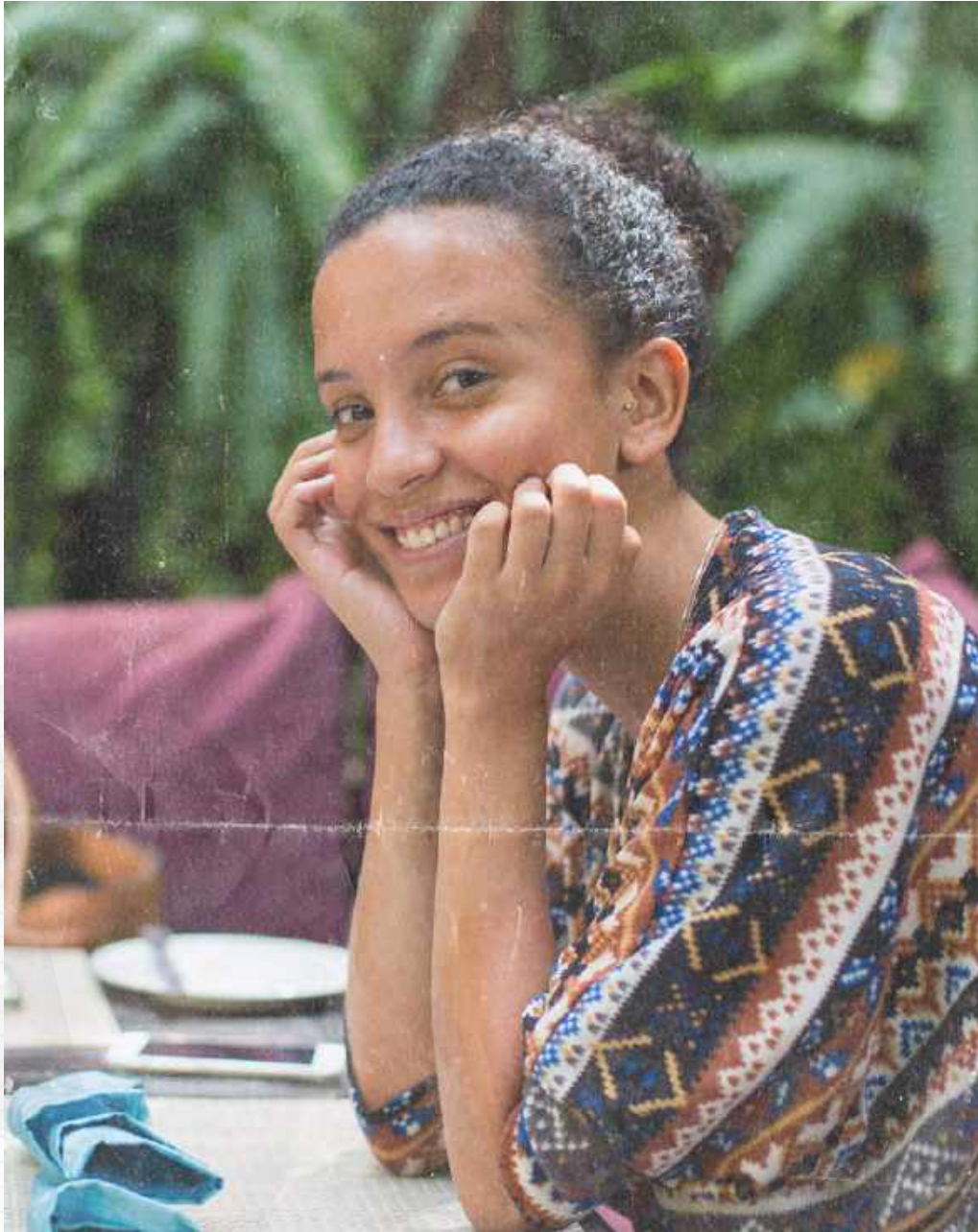
I live to eat not eat to live.

5. WHY IS THIS ONE OF YOUR FAVORITE RESTAURANTS?

I love the consistency of the food and the service is great. There is always manager presence on the floor. You just can't beat the ambiance here.

6. DO YOU COOK?

I love to cook! I find cooking therapeutic.



SONI says she lives to eat and does not eat to live!





This is everyone's favorite seating area at **ABOUT THYME**. The grounds are lush and green and the purple pop of color from the cushions makes it that much more appealing.

7. WHAT WOULD YOU SAY ABOUT THE RESTAURANT SCENE IN NAIROBI?

Now more than ever, it's growing rapidly. With new restaurants popping up it is forcing the older establishments to adopt better standards to keep up.

8. WHAT IS YOUR FAVORITE CUISINE?

American, Italian and South East Asian... it depends really.

9. HOW MANY TIMES A WEEK DO YOU EAT OUT?

Once/twice a week

10. DO YOU BLOG?

Yes at sonisideup.com

11. WHAT CUISINE THAT ISN'T AVAILABLE IN NAIROBI WOULD YOU LIKE TO SEE?

Mexican food!

12. WHAT WOULD YOU LIKE TO CHANGE ABOUT THE FOOD INDUSTRY/CULTURE IN NAIROBI?

I would like to see more appreciation for service industry jobs.



SONI says good burgers are hard to find in Nairobi. But the About Thyme burger is so good she keeps coming back for it.

FOODIE NO. 2:

LYRA

1. WHERE ARE YOU FROM?

I am from Nairobi, Kenya

2. HAVE YOU EVER LIVED OUTSIDE NAIROBI?

No I have not, although I have lived in New York for the past ten years in my dreams.

3. WHAT INFLUENCES YOUR FOOD CHOICES?

Flavor, flavor and even more flavor. I tend to appreciate meals that have soul in them and leave me feeling better than before the meal.

4. WHAT IS YOUR RELATIONSHIP WITH FOOD?

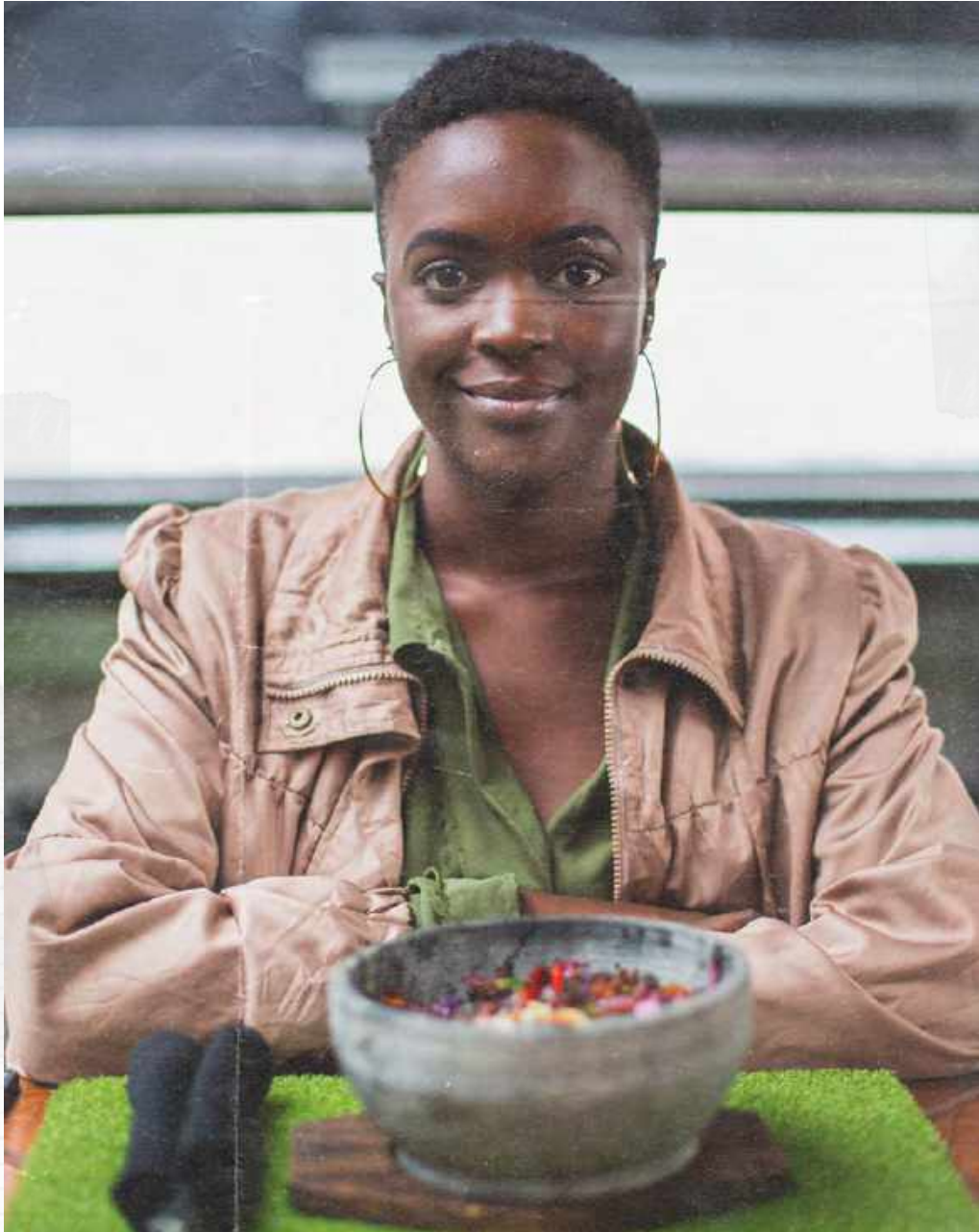
I eat to survive. Food is life.

5. WHY IS BREW ONE OF YOUR FAVORITE RESTAURANTS?

Brew is one of my favorite restaurants firstly because of the ambience. It is also located on the rooftop in the heart of Westlands area in Nairobi and has the most beautiful view of the vast city skyline. Also, Brew bistro provides an internationally inspired menu with uniquely Kenyan twists.

6. DO YOU COOK?

Yes, I cook amazing local dishes.



LYRA'S food choices are influenced by flavor, flavor and even more flavor. She tends to appreciate meals that have soul in them and leave her feeling better than before the meal.

BREW BISTRO provides an internationally inspired menu with uniquely Kenyan twists to them. The noodles from the noodle bar can be customized to your liking. This bowl was a mix of fresh veggies and teriyaki sauce.



7. WHAT WOULD YOU SAY ABOUT THE RESTAURANT SCENE IN NAIROBI?

The restaurant scene in Nairobi is growing at such an amazing and fascinating pace. A few years ago we did not have a wide variety of spaces to eat in and enjoy but this has changed with time. A number of international cuisine and quirky settings have sprung up over recent years and has provided locals with a variety of choices when it comes to eating out.

8. WHAT IS YOUR FAVORITE CUISINE?

My favorite cuisine is Kenyan food all day every day! Not only is it delicious but most of the meals, for example ugali* , chapatti* and githeri* are very healthy.

9. HOW MANY TIMES A WEEK DO YOU EAT OUT?

I prefer eating in when I can but my blog has allowed me to venture out a lot more than before and discover amazing restaurants that serve amazing meals. I eat out twice, sometimes three times a month.

10. TELL ME MORE ABOUT YOUR BLOG?

I run a cultural and lifestyle blog called CYNOSURE on Lyraoko.com

11. WHAT CUISINE IS NOT AVAILABLE IN NAIROBI THAT YOU WOULD LIKE TO SEE?

I have not experienced Italian food as much as I would like to. I have shared meals with people who can whip up amazing Italian meals but my access to authentic Italian restaurants is sadly limited.

12. WHAT WOULD YOU LIKE TO CHANGE ABOUT THE FOOD INDUSTRY/ CULTURE IN NAIROBI?

I would like a wider variety of local choices in our restaurants. It would be amazing for international visitors to get to experience and taste our food everywhere in the city. There is not much I would like to change because there is evident growth in the food scene.

Ugali is a dish of maize flour, millet flour, or Sorghum flour (or a blend) cooked with water to a porridge- or dough-like consistency.

Chapati is an unleavened flatbread. It is a common staple in South Asia. Versions of the dish are also found in Central Asia and the Horn of Africa.

Githeri is a Kenyan traditional meal of maize and any type of beans mixed and boiled together.

FOODIE NO. 3:

MEEERA

1. WHERE ARE YOU FROM?

I am Kenyan born, 4th generation

2. HAVE YOU ALWAYS LIVED IN NAIROBI?

No, I lived in the UK for 3 years while I was studying there. I also spend every summer there since I have family there.

3. WHAT INFLUENCES YOUR FOOD CHOICES?

My husband and I decided to adopt the Paleo diet and way of life so this has had a huge influence on where and what we eat. We eat white meat mostly and a little lamb once in a while. I love good fish and seafood.

4. WHAT IS YOUR RELATIONSHIP WITH FOOD?

It's what gets me out of bed!

5. WHY IS THIS ONE OF YOUR FAVORITE RESTAURANTS?

I love Japanese food! The sushi here is always so fresh and I have been dining here for over 20 years.

6. DO YOU COOK?

I love to cook. Breakfast is my favorite meal. I have about 5 eggs a day and between my husband and I we eat about 50 eggs a week. We do so for the protein factor.



Sushi fits very well into Meera's Paleo diet. **FURU-SATO** serves up a delicious dressing with their salad which Meera loves. She has tried to replicate it but it hasn't been successful.





The Sushi bar at the **FURUSATO** has the freshest produce, fish and seafood. And most importantly the friendliest chefs!



The chef's recommendation of the **SASHIMI, TUNA AND SALMON SUSHI PLATTER** was colorful and fresh!

7. WHAT WOULD YOU SAY ABOUT THE RESTAURANT SCENE IN NAIROBI?

It has really evolved over the past two years and I feel it has become more open. People eat out more than they used to.

8. WHAT IS YOUR FAVORITE CUISINE?

I love Asian and Indian food.

9. HOW MANY TIMES A WEEK DO YOU EAT OUT?

At least once a week

10. DO YOU BLOG?

Yes at fitfabfoodie.com

11. WHAT CUISINE THAT ISN'T AVAILABLE IN NAIROBI WOULD YOU LIKE TO SEE?

A Vietnamese restaurant would be great.

12. WHAT WOULD YOU LIKE TO CHANGE ABOUT THE FOOD INDUSTRY/ CULTURE IN NAIROBI?

I'd like there to be more range in terms of the price of food. Right now a meal at a decent restaurant is quite costly. I would like there to be lower to mid-range priced restaurants in Nairobi that maintain quality and affordability.

FOODIE NO. 4:

SUSAN

1. WHERE ARE YOU FROM?

Toronto

2. HOW LONG HAVE YOU LIVED IN NAIROBI?

I have lived in Nairobi for the past 5 years. Prior to that I lived and worked in Ethiopia for five years.

3. WHAT INFLUENCES YOUR FOOD CHOICES?

My mood influences my food choices, but it can also vary based on weather, ambiance or service.

4. WHAT IS YOUR RELATIONSHIP WITH FOOD?

We are in a committed relationship! My parents were both excellent cooks, so much so they each had their own kitchen. They would use me to sample their food, so I have been critiquing food for a long time.

5. WHY IS THIS ONE OF YOUR FAVORITE RESTAURANTS?

It is effortless. The ambiance is great and their produce is always so fresh. Most importantly it is consistent!

6. DO YOU COOK?

Yes, I am a pasta girl, so I love to cook any pasta-related dishes.



SUSAN loves the Ottolenghi Salad. She says all food at the Tin Roof Cafe is fresh and tasty and always consistent.

 **tin roof Café**

BREAKFAST

- ♡ egg benedict with bacon & ham 790
- ♡ egg Florentine
- ♡ poached eggs
- ♡ Scrambled
- ♡ Fried
- ♡ omelettes
- ♡ MUESLI with yoghurt & fruit 590
- ♡ SWEET PANCAKES
- ♡ banana & Nutella
- ♡ Wild honey 350+
- ♡ Lemon & Sugar

Fruit salad with fresh mint, ginger & yoghurt @ 750/-

Toasted SANDWICHES

- ♡ chicken mayo
- ♡ pollo pesto
- ♡ melting steak
- ♡ spicy melt veg
- ♡ bacon, Avocado & cheese
- ♡ cheese, Tom, pesto

ALL WITH Salad bowl 950+

FRESH OTTOLENGHI SALAD BAR

@ 750+ per plate

Chet's Special

- ♡ Ginger Snapper with cauliflower rice
- ♡ Grilled or pepper steak
- ♡ Seared chicken breast with lemon & thyme
- ♡ Tin Roof Mega burger extra bacon 2 eggs 70+ @ 1100+

SAVOURY

- ♡ Spinach & chicken, Fed egg, Tom, ham, cheese
- ♡ Tex Mex SP

Quick

- ♡ High
- ♡ Sou
- ♡ Chic

SWEET

- ♡ Flourless
- ♡ chocolate
- ♡ Carrot
- ♡ Scone
- ♡ double MOUS





Though the gardens at the **TIN ROOF CAFE** are lush and green, which makes sitting outside very pleasant. The restaurant interior has an intimate romantic ambiance.



The fresh Ottolenghi salad bar sits under the chalk board menu outside the main entrance of **TIN ROOF CAFÉ**. It costs about \$7 per plate and is filled with fresh organic produce.

7. WHAT WOULD YOU SAY ABOUT THE RESTAURANT SCENE IN NAIROBI?

It is very colorful! There are some hits and misses, but it is slowly setting itself up as a culinary destination.

8. WHAT IS YOUR FAVORITE CUISINE?

I love any cuisine that has a sharing plate culture. I also like Italian and any Mediterranean one.

9. HOW MANY TIMES A WEEK DO YOU EAT OUT?

At least 4 times a week; a lot of the time though it is work-related.

10. DO YOU BLOG?

No, but I am the editor of Capital Lifestyle at Capital FM.

11. WHAT CUISINE THAT ISN'T AVAILABLE IN NAIROBI WOULD YOU LIKE TO SEE?

Vietnamese and Mexican would be great!

12. WHAT WOULD YOU LIKE TO CHANGE ABOUT THE FOOD INDUSTRY/ CULTURE IN NAIROBI?

I feel like there is a strong lack of consideration from the consumer towards people in the food service industry. They deserve respect, but people don't think being a waiter or a chef is a worthy career. Basically, the more we praise the industry, the more talent will be nurtured and the more people will learn to appreciate the industry.

FOODIE NO. 5:

JASON

1. WHERE ARE YOU FROM?

Kenya.

2. HAVE YOU ALWAYS LIVED IN NAIROBI?

Yes.

3. WHAT INFLUENCES YOUR FOOD CHOICES?

My mood. But more importantly pop culture. At one point I was all about salads because I saw the Kardashians eating them.

4. WHAT IS YOUR RELATIONSHIP WITH FOOD?

In my culture saying no to food when it is offered is considered rude. That is how I grew up and so even now as an adult, I can't say no to food.

5. WHY IS THIS ONE OF YOUR FAVORITE RESTAURANTS?

I celebrated my 26th birthday here and everyone had a great time. They took really good care of us, and the service and food was great.

6. DO YOU COOK?

Yes I do. I cook a lot of chicken, but I like to make a good shepherds pie.

7. WHAT WOULD YOU SAY ABOUT THE RESTAURANT SCENE IN NAIROBI?

It is growing every day. Restaurants used to act like monopolies; prices were varied but now prices are more consistent on similar items across the board.



The manager prepared this special cocktail: the **CORONA RITA** for Jayson to try.





JAYSON waits for his food to be served at the outside seating area of the News Café. It tends to fill up very quickly over the lunch hour.



Jason about to chow down on his favorite **CHICKEN HALLOUMI AND AVOCADO BURGER**, made with fresh grilled chicken breast.

8. WHAT IS YOUR FAVORITE CUISINE?

South East Asian.

9. HOW MANY TIMES A WEEK DO YOU EAT OUT?

Twice a week.

10. DO YOU BLOG?

Yes, at jaytakeapic.com.

11. WHAT CUISINE THAT ISN'T AVAILABLE IN NAIROBI WOULD YOU LIKE TO INTRODUCE?

French cuisine.

12. WHAT WOULD YOU LIKE TO CHANGE ABOUT THE FOOD INDUSTRY/ CULTURE IN NAIROBI?

I wish the service could be better.

L'ALLOCDROME

TEXT *Mathieu Gateiller*
PHOTOS *Eddy Dagher for Studio Wane*









Le « Cui de dindon » c'est le croupion de dindon ou de dinde frit. En Côte d'Ivoire on ne dit pas « cul » mais plutôt « Cui ».

À Abidjan, l'Allocodrome de Cocody est un des hauts lieux de la "Food culture" à ivoirienne. Une grande cour, des bâtisses qui hébergent les cuisines, des chaises en plastique et des tables : simple, mais tellement efficace.

Ce lieu créé dans les années 1980 à côté des stands d'alloco du quartier Mermoz de Cocody voit passer toutes les couches de la société ivoirienne : étudiants, classes moyennes, touristes, travailleurs. Tout le monde vient manger un poisson braisé, un poulet piqué, de l'alloco¹, de l'attiéké².

Installez-vous, on vous y proposera les différents plats. Chaque jeune homme qui vous aborde est vendeur dans l'une des nombreuses échoppes de la zone. Choisissez votre plat, et installez-vous. Un autre garçon viendra vous servir à boire.

Si vous n'aviez pas encore pu profiter des senteurs, levez-vous et approchez vous des cuisines. Fermez les yeux, écoutez les bruits des poissons et de l'alloco en train de frire dans l'huile, sentez les arômes qui flottent dans l'air. Au cas où vous n'auriez pas encore eu faim, cette petite visite achèvera de vous faire saliver.

Les cuisinières s'affairent. Comme dans un travail à la chaîne, elles répètent inlassablement les mêmes gestes. Une quantité industrielle de viandes et poissons sortent du grill à un rythme effréné. Comme un soulagement, « le samedi soir, c'est jour de paie », nous dit l'une d'elles.

Une fois votre plat arrivé, place au spectacle. Dès la première bouchée, une explosion de saveurs se pose sur vos papilles. Là encore, on ferme les yeux, et on savoure. Vous en redemandez encore. Le plat ne survivra pas à l'expérience gastronomique.

Votre repas fini, des garçons passent entre les plats pour vous proposer des mouchoirs, moyennant une pièce. Ils crient sans arrêt « Lotus, Lotus, Lotus » afin d'attirer l'attention des mangeurs d'alloco.

Repus, vous vous dirigez vers la sortie, en repensant à cet excellent repas.

« La prochaine fois, je prends du poulet », vous dites-vous.

¹ L'alloco ou alloko sont des bananes plantain frites, que l'on trouve dans toute l'Afrique de l'Ouest et l'Afrique centrale.

² L'attiéké est un couscous de manioc, spécialité de Côte d'Ivoire, sa texture est plus légère que le couscous de blé et son goût est très légèrement acide.









A l'origine, le choukouya vient du Niger, il s'agit de viande braisée tendre coupée en lamelles. Le choukouya est souvent accompagné de kankankan, un mélange de poudre de piment sec, mélangé avec du Cube Maggi et autres épices pour rehausser le goût de la viande. On raconte que le kankankan aurait des vertus aphrodisiaques.

CANCHUNGO

TEXT & PHOTOS *Liz Gomis*

AVRIL 2015
CÉRÉMONIE SACRIFICIELLE -
CANCHUNGO, GUINÉE BISSAU.

S'il y a une chose que les colons portugais n'ont jamais réussi à prendre à la Guinée Bissau, c'est nos traditions séculaires. Du pays bijagos au pays manjak d'où je viens, nous sommes profondément animistes et attachés à notre terre.

Malgré ma culture française et mon parlé français, je reviens toujours aux fondamentaux, à mon patrimoine culturel. Chaque voyage au village est ainsi pour moi l'occasion d'honorer les « itchaps », ces statuette sculptées à l'effigie de nos aïeux, par le sacrifice d'un bœuf.

Les ancêtres régissent la vie ici-bas. Ils sont notre système judiciaire céleste et comme nous, ils ont besoin de se nourrir et se vêtir. Alors nous les choyons, pour éviter que le chaos ne s'installe dans nos vies, en quelque sorte.

Dès que nous en avons l'occasion et les moyens, nous organisons « kabol », une cérémonie qui permet de nourrir, par la chair, et de vêtir, par la peau, les deux mondes – au sens propre comme au figuré.

Par le biais de leur itchap, les ancêtres reçoivent le sang, tandis que la famille se partage la bête sacrifiée. Même les « jougris » (vautours) sont au courant de la marche à suivre ; pas en début de ligne ils attendent patiemment que leur tour arrive. Eux aussi sont acteurs de notre cosmogonie : s'ils ne sont pas au rendez-vous, c'est qu'un mauvais présage se profile. Alors comme nous, ils attendent que le sang coule. Ce sang qui donne aux ancêtres le pouvoir d'agir pour nous rendre la vie douce...

ICHAP









LIBATION







DJOUGRIS

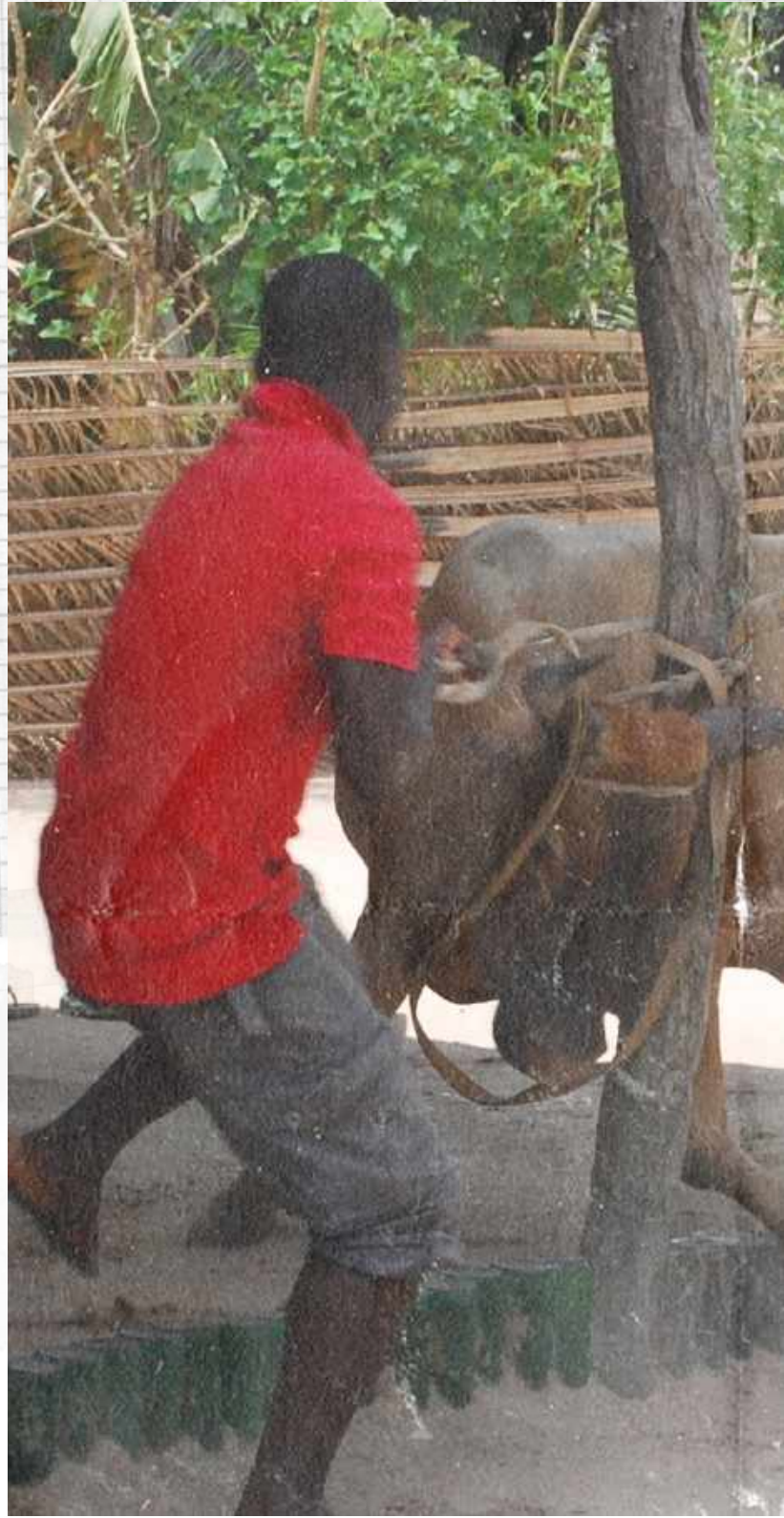








RAGING BULL





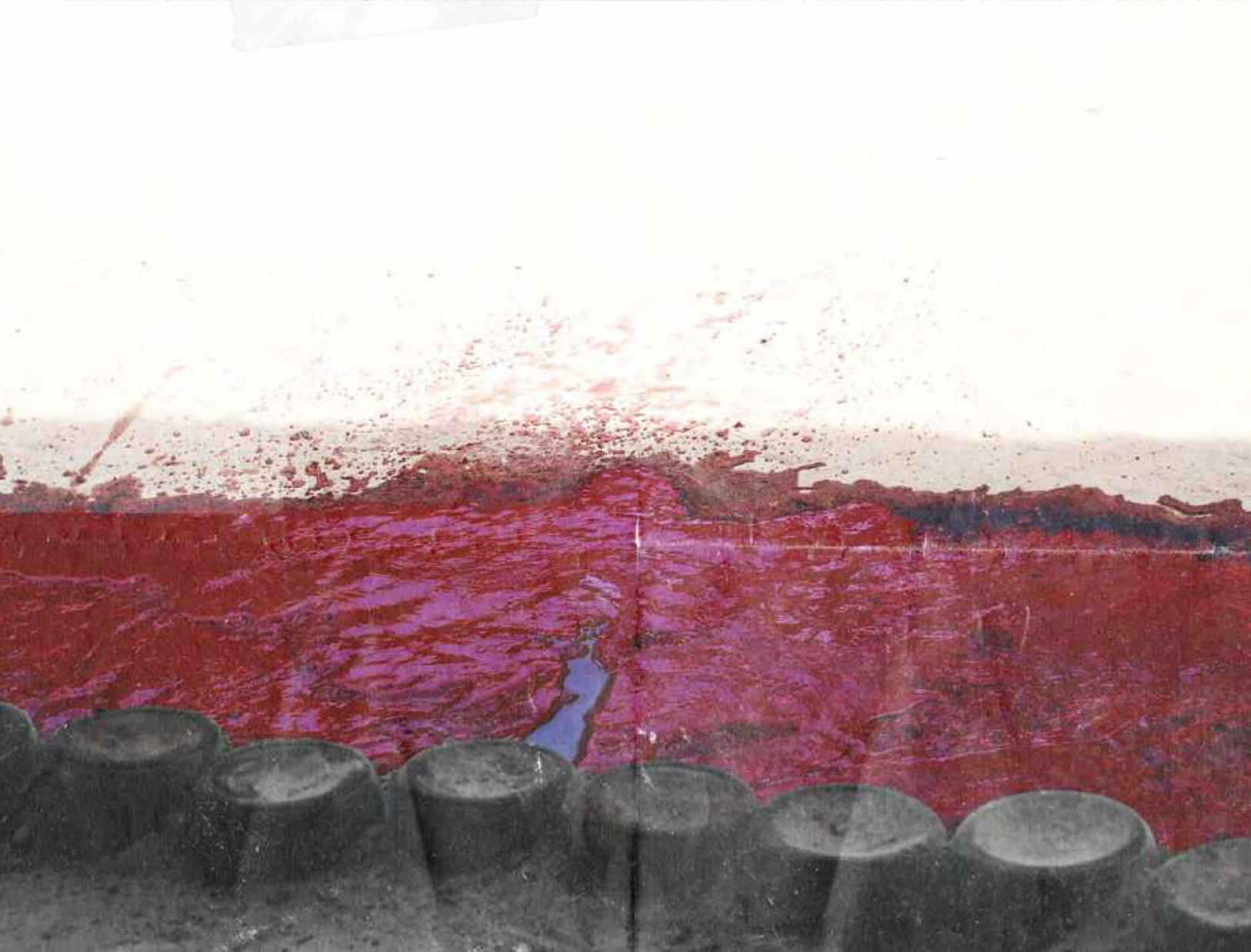




BLOOD









COOKING TIME











**PREGIS GOVENDER,
THE RIGHT TO FOOD**

TEXT & PHOTOS *Parusha Naidoo*

She has worked on human rights in South Africa since the late 1970s, during apartheid and democracy, through parliament, the Women's National Coalition and most recently through the Human Rights Commission.

**WHAT IS SEED OWNERSHIP AND WHY IS IT SUCH
A CONTENTIOUS ISSUE?**

Traditionally seeds have never been owned. Like land and water, in most indigenous communities across the world, a seed doesn't belong to anyone, it belongs to humanity. However, because of the global economic system, we have a situation where a few corporations have attempted to develop ownership of seeds. What they have then

done is to genetically modify these seeds so they can't be reproduced. Once they've been planted in one season they can't be reused in the next season. Genetically modified seeds are often sold together with harmful pesticides and fertilizers. The implications' being that the soil gets destroyed, the workers who are handling the soil are affected, and the water, earth and air is polluted.

IS SEED OWNERSHIP AND GENETIC MODIFICATION OF SEEDS REGULATED?

In the case of medicine, all medicine has to be tested before it is allowed to be released onto the market. This is because of the intention that medicine will improve human health and address certain illnesses. Food too has a huge impact on human health; it either improves it or makes it worse. However, there is little regulation to ensure that the onus is on the producers of genetically modified food to study and reveal the research findings on the effects of their genetically modified seed and food, before it is released on to the market.

HOW DOES SEED OWNERSHIP AFFECT FARMERS?

Large corporations have tried to own seeds all over the world. This takes power away from people to grow their own crops. In many places this has been fought against but in other places people haven't had sufficient power to make sure the ownership of seed remains with them instead of a global corporation.

For example in South Africa, Monsanto has been working with local government officials, who are responsible for helping small farmers, and offering them genetically modified seed, pesticides and fertilizers free of charge in their first year. The cost of genetically modified seed is very high to farmers in the long term as it creates a dependency, is costly and it is not possible to return to non-genetically modified seed easily. The government programs are meant to ensure that small farmers are assisted with land ownership, land use, seeds, education and training to help farmers succeed.

CAN GENETICALLY MODIFIED FOODS BE POSITIVE IN SOLVING WORLD HUNGER?

The claim in South Africa is that genetically modified foods will ensure sufficient food production to feed the country's population. But an Oxfam study states that 1 in 4 people in South Africa go hungry. If you break that down by the former apartheid homelands and townships or areas where people of color live, the statistics are higher. In areas like these, it is over 70%. So the claim is not borne out of the evidence.

South Africa is probably the only country, to my knowledge, that allows its staple food to be genetically modified. What that means is that people are eating genetically modified foods, which may risk their health, on a daily basis. Many countries in Europe and Africa have banned genetically modified foods and some states in the USA such as California. There is a growing global awareness of the dangers of genetically modified food.

WHAT POSITIVE STEPS CAN BE MADE WITH REGARDS TO SEED OWNERSHIP?

Seed ownership affects climate change, an urgent issue that must be addressed. In terms of international agreements, South Africa is a signatory of the Cartagena Protocol of Biosafety, which allows for restrictions to be implemented on a cautionary rather than a reactive basis. Positive results have been that it has led to an increase in research conducted by GMO developers. They need to provide research that has been done on the impact of genetically modified seed before it gets released. South Africa does have labelling but at the same time it has historically high rates of illiteracy, so the ability to read ingredients on packages is relatively small. We need to be better educated on what genetically modified means. The key is to create public awareness and public mobilization so people can claim rights over their own bodies and what they are eating.

AFRICAN CUISINE, A GLOBAL PALATE

TEXT *Nina Oduro*

Step into the kitchen of contemporary African diaspora chefs or culinary entrepreneurs and the innovative ingredients, aroma, and presentation of their food will invigorate you. For centuries, African diaspora chefs and food entrepreneurs have created delicious dishes for people around the world and today, there is a growing number of chefs that are reinventing popular dishes from the African continent. Drawing on their culture and heritage, these culinary creatives use innovative techniques and ideas inspired by their experiences and training to reimagine familiar foods that they grew up eating. Their personal journeys of immigration and first generation experiences in places like New York and Washington DC, influence their cooking techniques and allow them the freedom to add their own creativity to the pots and pans that their parents and grandparents used.





CHEF ADJEPONG

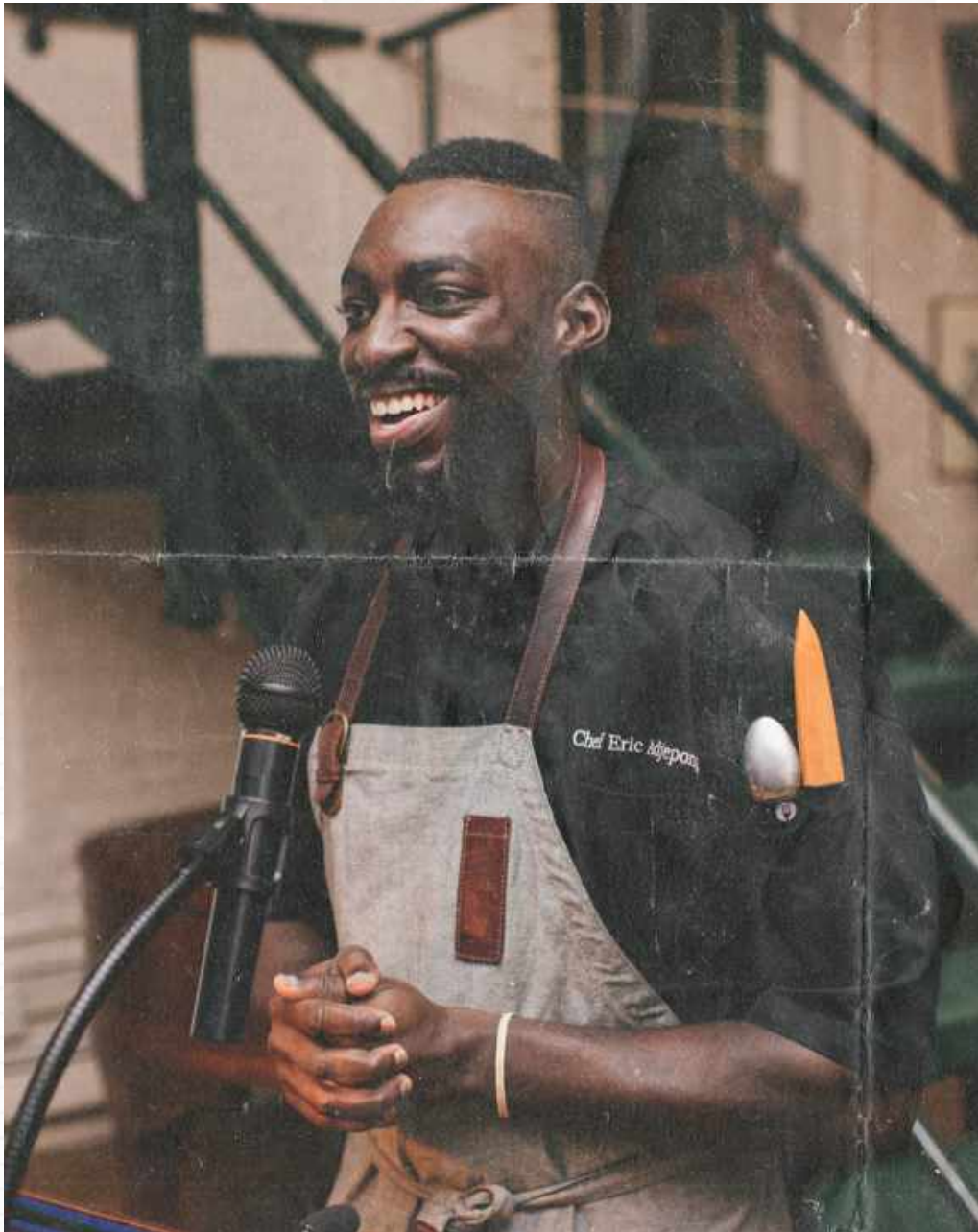
In his own way, Chef Eric Adjepong is honoring the traditions of his Ghanaian heritage when he makes his unconventional jollof rice paella. Approaching one of West Africa's most popular dishes, jollof rice, Chef Adjepong fuses traditional Ghanaian jollof rice with elements of Spain's paella. The New York-born and raised chef, who has lived on three continents, merges his Ghanaian heritage with his global palattes of experiences when making his dishes. Chef Adjepong uses a paella pan to cook the jollof rice while garnishing it with a beautiful concoction of scallops, chicken, and fried plantains.

Beyond the bold flavors and ingredients of the dish, Chef Adjepong's artistry is exemplified in the presentation. The jollof rice paella is intentionally served family-style. This touch is critical for Chef Adjepong, who connects the presentation to his upbringing, saying "The communal way of serving it is important to me because when jollof rice was on the menu in my household, we all ate together. By serving it communal style, you also get the feeling of family."

Chef Eric Adjepong's
jollof rice paella

PHOTO: CAROLINE ADE-





Chef Eric Adjepong sharing his approach to crafting a menu

PHOTO: CHI-CHI AGBIM | TWO TWENTY

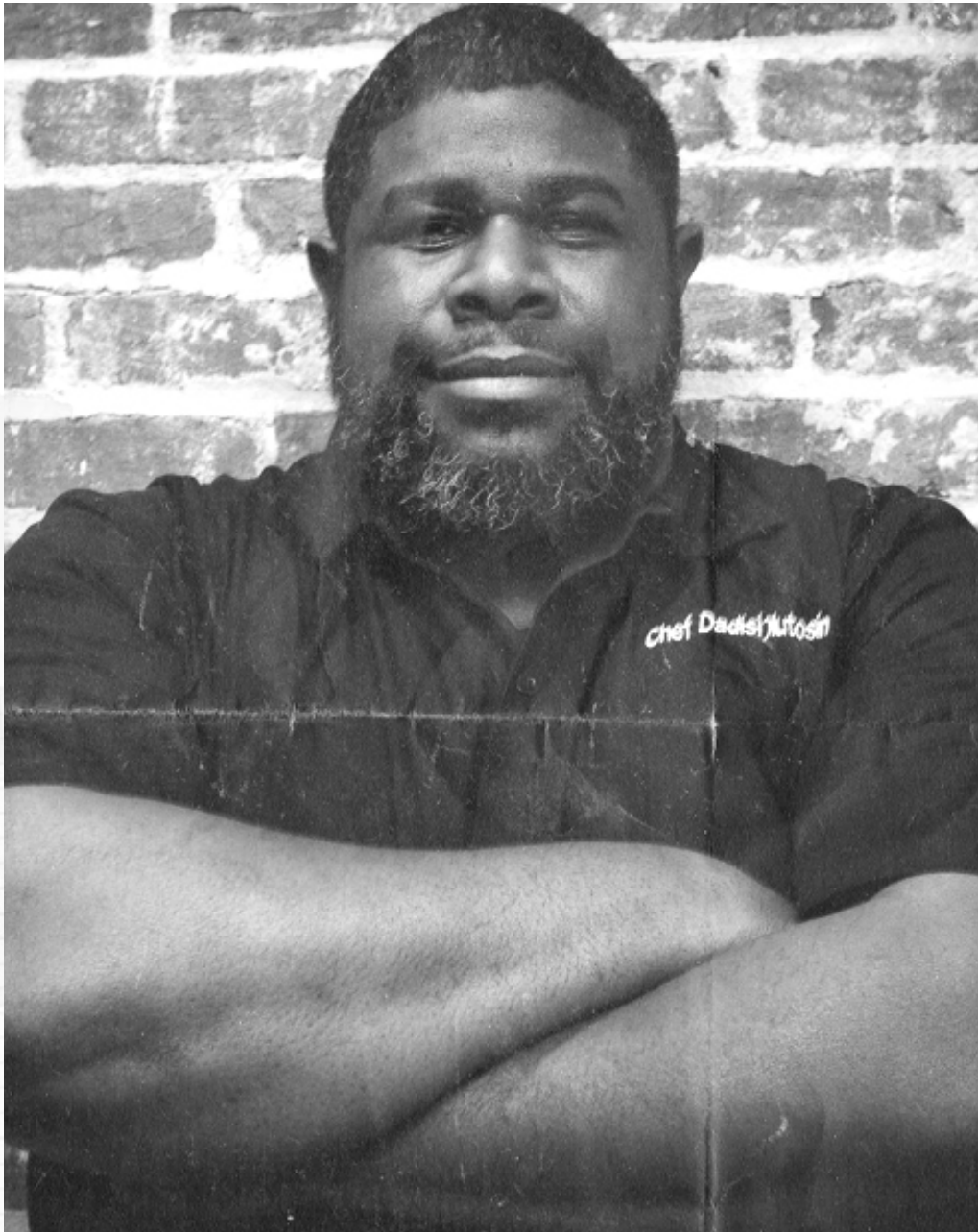
CHEF OLUTOSIN

Raised on the cuisines of West Africa and the American south, French-trained Chef Dadisi Olotosin, incorporates elements of Afro-Caribbean, Afro-Latin, and Western European influences into his food. Using one of West Africa's popular legumes: black-eyed peas, Chef Olotosin cooks Senegal's famous salad Salatu Niebe and adds his own touch. The bell peppers in the dish not only dance in between the black-eyed peas, but also bring bright dashes of red onto each plate. The salad lays on a lettuce leaf that gives the dish a bold backdrop. And finally, the exquisitely carved bell pepper shaving that decorates a tail of lettuce on the side of the salad, brings the dish together in an artistic and colorful way.

A child of Nigerian and African-American parents, Washington DC-based Chef Olotosin, cooks with the goal of helping people break cultural barriers through food. By adding his own flair in technique and presentation to Salatu Niebe, he essentially exemplifies his own mission. As a Nigerian-American chef cooking a Senegalese dish and introducing it to audiences that may not know much about the interconnections between West African cuisine and the soul food of the American south, he is not only recreating and reimagining, but also bridging cultural divides and exercising culinary diplomacy as a modern African-American chef.

Chef Dadisi Olotosin's
Salatu Niebu

PHOTO: RALSTON SMITH



Chef Dadisi Olotosin at
Dine Diaspora Signa-
ture Dinner

SPICE EXPERT

ESSIE BARTELS

African diaspora culinary cognoscente, Essie Bartels is all about spices. With a line of sauces and spices called Essiespice, this culinary entrepreneur began cooking alongside her mother and grandmother. Drawing inspiration from her Ghanaian heritage and her global travels to over 18 countries, her spices represent her journey with names like Mango Chilli Medley and Meko Dry Rub. Deciding to bottle up her creative mixes of spices for the masses made perfect sense and demonstrating the uses of her spices is where her creativity comes alive.

At Dine Diaspora's Signature Dinner for African Diaspora Leaders, Bartels created four courses inspired by her travels. She incorporated her spice collection in each dish including her drink: the spiced tequila sunrise summer cocktail. The drink was made with the Essiespice TamarindOH! sauce which gave it a spicy kick and left guests wanting more. Presentation and flavors are critical and Bartels showcased this by decorating the rim of the cocktail glass with Himalayan salt and a floating slice of orange. The juxtaposing flavors of salt, tamarind, ginger, tequila, elderflower and guava brought an unforgettable flavor to the drink.

From the influences of their culture and their experiences in their travels and upbringing, African diaspora chefs and culinary entrepreneurs are taking advantage of their agency to create. Rather than feeling bound by culinary traditions passed down from their countries of heritage, they feel inspired to reimagine what goes into a pot and how it comes out. Honoring their parents and grandparents in new ways, they are putting a modern spin on the foods they have always loved. From their many creations, these chefs and culinary experts are taking the world by storm, armed with fresh ideas and global perspectives to transform what we all know as African food.

Essie Bartel's spiced
tequila sunrise summer
cocktail





Essie Bartels at Dine
Diaspora Signature
Dinner



**ROUSHANNA GRAY,
CAPE TOWN'S WILD FOOD INNOVATOR**

TEXT *Parusha Naidoo*
PHOTOS *Gabrielle Holmes*
Parusha Naidoo

An indigenous edibles expert and innovative cook, her culinary style draws on her own eclectic background. It incorporates traditional Cape Malay, Jewish and Christian elements, and her palate adapts to the seasonal patterns of edible indigenous plant availability.

“Seaweed is an under-utilized, clean edible re-

source in abundant supply in South Africa,” Roushanna Gray, a wild food innovator in Cape Town, South Africa, tells me as she stretches out her hand holding slimy seaweed for me to touch and taste. She adds: “Wild nori is high in protein. It has 37% more protein than any land plant.”

Here in Scarborough, an hour away from Cape Town city center along the west coast, seaweed is fresh enough to eat straight off the rocks and straight from the sea. Eating seaweed like this is



a new experience. Roushanna rattles off new and interesting facts and moves quickly between rocks and rock pools, collecting samples of sea lettuce, kelp, wrack, nori and two varieties of seaweed with unusual names - ox tongue and slippery orbit - for her food experiments. She tells me that sea lettuce changes its vitamin composition according to the season. In summer it's high in vitamin C and in winter it's high in vitamin A. "There are over 720 seaweed species along the South African shoreline alone and they are almost all edible, ex-

cept for only one that is poisonous," she adds.

Roushanna has acquired her indigenous edible plant knowledge mostly through passion, curiosity and experimentation. "I fell into it," she says laughing. She once wanted to attend a lecture series on the topic of indigenous edible plants at the University of Cape Town but motherhood and her lack of proximity to the venue prevented her from attending. So, instead she decided to invite the lecturers over to her house for a chat and din-

ner, which she prepared. They were so enthused by Roushanna's questions and cooking skills that they invited her to cater for the International Seaweed Symposium in Cape Town. Later she was invited to cater for a Paleoscience Symposium, where her task was to create a menu in line with the diet from the Paleolithic era, consisting of food she collected and dived for including shoots, berries and seaweed.

Her work consists of several activities and she runs courses all year round to share her passion and knowledge about indigenous edible land and coastal plants. In the warmer months, she runs coastal foraging courses and in the cooler months she runs plant foraging courses. These are the best times when both land and coastal plants are most nutrient-dense. She also acts as a consultant for food companies wanting to use edible plants and does pop up food events. Recently we collaborated, bringing together her love of foraging and mine of vegan food in a Food Art Feast.

Roushanna's dream is to see indigenous edible plants being sold commercially and for restaurants to use more wild flavors in their menus. She lives with her husband Tom, a landscape gardener specializing in endemic indigenous plants, and their two children at The Good Hope Garden Nursery, which specializes in indigenous plants. I was intrigued by their "edible and healing plants" section and feel inspired that hopefully this knowledge will soon become more mainstream.









TULEKA PRAH, CELLE QUI DESSINE L'AFRIQUE EN CUISINE

TEXT *Emilie Langlade*
PHOTOS *Thelise Stene Hansteen*

Un caractère perfectionniste et des papilles voyageuses : lors de notre première rencontre, Tuleka partage tout de suite son enthousiasme d'avoir réussi, deux jours plus tôt dans sa cuisine berlinoise, un riz jollof « à la perfection ». « J'ai toujours eu du mal avec le riz », explique-t-elle avec passion. « C'est épais, tout dépend de la casserole, de la température, du type de basmati, de l'eau utilisée... ». Elle précise entretenir « une relation très particulière, presque intime avec sa marmite », avant de déclarer fièrement : « ...et là, pour une fois, mon riz n'était même pas brûlé dans le fond ! Tout le monde a toujours trouvé ma recette délicieuse, mais moi je rêvais quand même de la réaliser un jour parfaitement ! ». Pas de doute, Tuleka Prah aime les choses bien faites. Et elle tient à ce qu'elles soient belles, bien présentées, et appétissantes – à l'image des vidéos en ligne de sa carte de la cuisine africaine, africanfoodmap.com.

C'est au Ghana, le pays de son père, que la réalisatrice est allée chercher les secrets de cette recette. Ce classique de la cuisine ghanéenne commence au son du couteau qui éminee rapidement les oignons. Des mains habiles s'agitent entre les tomates au rouge éclatant et la viande qui mijote dans





l'huile couleur safran. La douce mélodie d'une guitare accompagne le crépitement de la marmite. On salive dès la première minute, encouragé par la voix de la cuisinière qui saupoudre sa recette de conseils tout simples. Quatre minutes de bonheur derrière les fourneaux.

Il faut s'imaginer Tuleka s'affairant dans la cuisine de sa tante Cynthia, plongeant dans chaque casserole brûlante l'objectif de sa caméra toute neuve autant que son envie de « donner à voir en gros plan, à sentir » les saveurs de l'Afrique. La mise en images se fait au feeling, Tuleka se voulant témoin de cet héritage culinaire transmis habituellement à l'oral.

Car ces recettes ne sont pas de celles couchées sur papier glacé : ce sont des recettes personnelles, intuitives, signées du coup de cuillère de leur cuisinier. Une démarche appuyée en parallèle par d'autres vidéos clins d'œil intitulées « My Voice », dans lesquelles chaque chef décrit l'esprit de sa recette. Cynthia le cordon bleu nous y explique par exemple que son riz jollof préféré est celui qui mélange poulet, porc et bœuf. Unique en bouche. C'est celui cuisiné... au Libéria. Celui du Ghana, dit-elle, est appelé le « Ghana Lucky Dip », soit une sorte de « sauce de la chance » où « tu prends une bouchée et tu tombes soit sur de la viande, soit sur des légumes », tout dépend de qui le cuisine. Comme dans un manuel à l'usage des gourmands curieux et non puristes, il n'y a pas un plat : il n'y a que des interprétations de ce plat.

Dans ce manuel en ligne, Tuleka sera donc la passeuse de goûts par l'image et par le son. Par l'écrit aussi malgré tout, puisqu'elle a passé des heures à transcrire en dosage, mesures, et nombre de cuillères les gestes de sa tante et des autres cuistots. Répertorier, cartographier les plats populaires du continent africain, la tâche est

ambitieuse, certes, « mais rien n'est impossible », sourit Tuleka. Déjà une vingtaine de vidéos sont en ligne : Ghana, Kenya, Afrique du Sud. Trois pays dans lesquels Tuleka a vécu enfant et adolescente, trois pays où elle a mené l'enquête une fois adulte, en promenant sa caméra dans les marchés, les restaurants et les cuisines trop petites de chefs et d'inconnus, rencontrés afin de dresser un « Top 5 » par pays des meilleures recettes à reproduire chez soi.

La carte de Tuleka nous emmène ainsi d'un clic sentir les vapeurs de la soupe légère de Monsieur Nkansah, concierge au Ghana. On devine cette bonne odeur qui nous chatouille le nez lorsque la louche attrape les légumes cuits avant d'être mixés. Et Monsieur Nkansah, assis à l'ombre dans sa cour et l'œil malicieux, nous met au défi : « Il n'y a rien de plus simple ! Cette soupe je l'adore, essayez et vous verrez ! ». Tout est là : une cuisine africaine aux milles saveurs, aux mille influences et aux mille visages, cartographiée dans des vidéos de quatre minutes. A l'image du chef Mako, originaire du Zimbabwe, qui a élaboré dans son restaurant de Cap Town une version vegan du Bobotie. Ou de cette créatrice de mode du Ghana qui nous invite dans sa cuisine flashy pour y réaliser un plat de haricots rouges et bananes plantains. Il y a aussi miss Diana, cuisinière des chauffeurs de taxi de Nairobi qui peut tout aussi bien élaborer un festin pour deux cents personnes que présenter en trois minutes l'art de la cuisson du sukuma wiki, un plat d'accompagnement fameux au Kenya. « Et le plus génial, c'est que ces recettes fonctionnent ! », assure Tuleka. « Quand je cuisine comme le conseille Miss Diana, cela a exactement le même goût que ses plats à elle ! » garantit-elle en se réjouissant. Et nous aussi, on se réjouit.

Cette carte culinaire de l'Afrique, Tuleka Prah a commencé à l'élaborer depuis Berlin, où elle vit

depuis 9 ans, alors qu'elle cherchait sur Internet la recette du kontomire, une autre spécialité du Ghana, à base de feuilles de taro (un tubercule des régions tropicales humides). Elle ne trouva alors pour seuls résultats que des photos aux couleurs fades, des plats à l'allure peu réjouissante et surtout, « ça n'avait pas l'air si bon, alors qu'en vrai c'est délicieux ! », s'exclame-t-elle. Elle précise la chose : « Quand on mange du kontomire on fait hummmmm ! ». C'est ainsi qu'elle a décidé d'imaginer une vitrine alléchante, pour connecter nos yeux au « hummmmm » ressenti en bouche. Comme une base de données de plats simples et savoureux. Un genre de Wikipédia des recettes africaines, gratuit car « ces recettes ne lui appartiennent pas », rappelle Tuleka.

Et finalement, Africanfoodmap, c'est beaucoup plus que de la cuisine : c'est aussi une interface habile et engagée pour combattre les clichés autour de l'Afrique. La musique des vidéos est calme, douce, épurée, consciemment non typée africaine. « Surtout pas d'acacias, pas de typographie type Roi Lion, pas de carte d'Afrique en logo ». Tuleka met en avant une autre image de l'Afrique : la sienne. Celle qu'elle a vécue enfant, celle qu'elle continue d'explorer aujourd'hui, inventive et multiple.

Et il y a bien des moyens de donner à cette cuisine ses lettres de noblesse : Tuleka s'amuse ainsi à comparer les subtilités de la cuisine de l'Afrique de l'Ouest avec la richesse des saveurs des cuisines thaï et indienne. Elle voit dans les recettes éthiopiennes des parallèles avec le goût inhabituel des plats coréens, et relie la cuisine kenyane à la japonaise, toutes deux unies dans une recherche de goût naturel.

Les retours sont positifs : 15000 internautes ont suivi sa recette du pilau kenyan, CNN classe la jeune femme de 34 ans parmi les « 5 blogueurs

africains à suivre », et une amie de Copenhague se lance dans la cuisson de bananes plantains alors qu'elle n'en avait jamais mangées de sa vie. Malheureusement l'argent manque encore à ce délicieux projet – pourtant ce ne sont pas les envies ni les idées qui ralentissent. Tuleka voudrait par exemple poursuivre la série « My african food friends », dans laquelle chacun évoque son identité culinaire autour d'un bon repas. Elle voudrait organiser des workshops avec les chefs rencontrés, et rêve de découvrir les racines africaines des plats brésiliens ou cubains. Prochain pays en tête : le Cap-Vert, car elle n'a « aucune idée de ce qu'elle pourrait y trouver ». La seule condition de Tuleka, c'est de ne plus courir à perdre haleine après des financements. Avis aux donateurs... Car après nous avoir donné l'eau à la bouche, Tuleka Prah mérite elle aussi, de savourer son œuvre.

<http://www.africanfoodmap.com/>



MY MIRROR

TEXT & PHOTOS *Nargisse Benkabbou*

AN F O O D



*Moroccan, Nargisse Benkabbou grew up in Brussels; she is now based in London and wants to make her Moroccan food yours through her blog **MYMOROCCANFOOD.COM**.*

ALMOND AND HONEY BRIOUATES - DAIRY FREE (COCONUT OIL)

Briouates are small stuffed pastries that are filled with savory or sweet fillings such as meat, cheese or almond paste.

Almond Briouates are very popular in Morocco, they are mainly made of almonds and honey and gently seasoned with orange blossom water and cinnamon.

The pastry we use to encase the filling in Morocco is warka, which is a crisp thin pastry. Unfortunately there is no warka in London. The best substitute is filo pastry, which I also use to make Bastilla – a layered dish cooked with chicken, eggs and almonds.

Traditionally the almond paste (the filling) is made with ground fried almonds and then the whole Briouate is fried. Here, I am following my mother's recipe for Briouates which means I don't fry any of the ingredients to make the Briouates. I simply roast the almonds in the oven and also bake the Briouates in the oven.

The results are amazing; I find that the baked Briouates feel lighter than the fried ones I have tried in the past.

If you love honey and almonds you have to try this recipe. The pastry is crunchy and covered with honey, the inside has a deep and strong almond flavor with a sweet orange blossom water aroma.

Also, in my quest to make Moroccan recipes more accessible I have used coconut oil instead of butter to brush the filo pastry and to make the almond paste as I think it tastes better than with butter.

Enjoy!









SERVING

25 small Briouates

INGREDIENTS

300g blanched almonds

80g caster sugar

(or fine white sugar)

2 tablespoons olive oil

3 tablespoons orange blossom water, divided

1 teaspoon cinnamon

1 teaspoon salt

20g odorless coconut oil, solid

20g odorless coconut oil, melted

200g filo pastry

300g honey

Ground nuts or chopped dried fruits for decoration

Preheat oven to 160 C (320 F).

In a greased baking tray, place the blanched almonds and drizzle with 2 tablespoons olive oil. Bake in the oven until lightly toasted: for about 20 min on the middle shelf. Give the almonds a good stir halfway through cooking.

In a nut grinder or a food processor transfer the roasted almonds and add the caster sugar, 2 tablespoons orange blossom water, cinnamon and salt. Process until all the almonds are ground.

Transfer the almond mixture to a bowl and add 20g of solid coconut oil. Mix until the ingredients are combined all together and knead to a solid mass.

Unroll the filo and cut the pastry into 6cm width by 30cm long rectangles. Use a sharp knife to cut the pastry and keep the filo rectangles covered with a damp towel until ready to use to prevent them from drying out.

On a work surface place a filo rectangle and brush with coconut oil. Top the corner of the

rectangle with a spoonful of almond paste and fold to form a triangle, up to the right and left, until the Briouate is formed.

Repeat until you've exhausted the almond paste and the filo pastry.

Brush the small Briouates with coconut oil and place in the oven to cook for 10 to 12 min until lightly golden.

Meanwhile heat the honey with 1 tablespoon of orange blossom water. Avoid burning by controlling the heat. Once the honey is foamy reduce the heat.

Once the Briouates are baked and golden, immediately transfer them to the simmering honey and soak the pastries for 2 to 3 minutes (flip them if necessary).

Remove to a flat dish to dry and cool before serving. Decorate with ground nuts and/or chopped dried fruits.

NOTES

If you use butter instead of coconut oil, use the same quantities and replace the solid coconut oil with softened butter and use melted butter instead of the melted coconut oil.

You should be able to close the pastry with the coconut oil (or butter) brushed onto the filo pastry, however if you struggle to do so, use an egg yolk.

Variation: Blanched almonds and honey Briouates - the filling in this variation will taste more like marzipan. Do not roast the almonds and follow the recipe as instructed.

BERKOUKECH SOUP (MHAMSA)

Berkoukech is a simple and earthy soup, it's full of flavor and perfect for chilly winter evenings.

It is a traditional North African Berber dish and is commonly prepared with giant couscous grains similar to pearl pasta; it also contains vegetables, pulses and meat. The name Berkoukech refers to the name of the giant couscous grains used in the soup in the Berber language.

The recipe is very versatile and changes from region to region across North Africa. In Morocco, Berkoukech is also known as Mhamsa. Traditionally the Berkoukech grains were hand rolled and dried out at home, but today thankfully we can easily find them in supermarkets already hand rolled and dried out.

Please make sure to check the notes at the end of the recipe or your soup might end up looking like a risotto rather than a soup.

I recommend enjoying it with a big dollop of Harissa, if you like hot and spicy foods. Enjoy!







**SERVING**

4-6

INGREDIENTS

1 tablespoon olive oil
1 onion, grated
200g braising beef or lamb, boneless, trimmed of excess fat and cut into 3cm pieces (i.e. shoulder, neck fillet, beef shin, etc)
2 medium sized tomatoes, grated
2 tablespoons chopped coriander plus extra for garnish
1 tsp tomato paste
½ tsp ground ginger
Generous pinch of saffron
1 ½ tsp salt
¼ tsp ground black pepper
200g carrots, chopped
100g celery, chopped
100g canned chickpeas, drained, or 50g dried chickpeas, soaked overnight and drained
200g zucchini, chopped
150g giant couscous (also known as Berkoukech or Mhamsa)

In a large casserole warm the olive oil over a medium heat and add the onions, meat, tomatoes, coriander, tomato paste, all the spices, salt and pepper. Leave for 5 to 10 minutes to lightly brown the meat and sweat the onions. Stir occasionally.

Add the celery and the carrots with 1 liter of water; bring to the boil and reduce the heat. Cover with a lid and leave to simmer for 60 minutes or until the meat is almost cooked.

Add the zucchini and the chickpeas then cook for an additional 20 minutes.

When ready to serve, add the giant couscous in the casserole and leave for 7 to 9 minutes or until the couscous is cooked. Depending on your type of giant couscous, the cooking time will vary. Garnish with chopped coriander and serve immediately.

NOTES

I have noticed that if the Berkoukech soup is not served straightaway, the couscous grains keep absorbing the water and the soup loses a significant amount of its liquid. For this reason, I recommend adding the giant couscous in the casserole a few minutes before serving the soup and serving it immediately once cooked.

ESSIE AND HER SPICES

PHOTOS *Evan Sung*

For one little girl, the journey started in her mother's tiny kitchen in Ghana where her love affair with spice was ignited. Her flavorful journey continued all over the globe, spurred by her insatiable appetite for travel. She played with exotic palates; she tested cuisines, she concocted condiments. It all boiled down to what you now find in this jar: bottled up joy handed down through three generations to spice up your life. That little girl was Essie, and this is Essiespice.



**ESSIESPICE DOUBLE CHOCOLATE
TAMARINDOH! CAKE WITH
BANANA BRÛLÉE**

CAKE

2 bars of semi-sweet dark chocolate baking bars
2 cups of all-purpose flour
1 tsp baking soda
1 cup of butter, softened
1 cup of sugar
1/2 cup of pure dark cocoa powder
3 large eggs, separated
1 teaspoon vanilla extract
1/2 cup buttermilk
1/3 Cup TamarindOH! Glaze
1 banana

**CHOCOLATE AND TAMARINDOH!
GLAZE**

3 bars of semi-sweet chocolate
1/2 cup of TamarindOH! Sauce
1/2 cup of cream or milk

BANANA BRÛLÉE TOPPING

1 Banana
1/3 cup sugar





PREPARATION

PREHEAT oven to 350°F. Lightly grease a cake pan with butter and a light dusting of flour.

OVER A DEEP PAN of boiling water, place a metal mixing bowl over the boiling water to melt the chocolate, Tamarind and milk for the glaze. Keep stirring to make sure you have a smooth texture. Set this aside. Do the same for the chocolate going into the cake mixture. Alternatively, you can microwave the chocolate and 1/2 cup water in a large microwave-safe bowl on high for 1 minute or until the chocolate is melted and smooth, stirring once halfway through.

COMBINE flour, baking soda, buttermilk, sugar and butter in a medium bowl.

IN A SEPARATE BOWL beat butter and sugar at medium speed with an electric mixer until fluffy. Add the eggs, 1 at a time, beating until blended. Stir in chocolate mixture and vanilla. Add the dry ingredients and beat until smooth. Pour into the cake pan.

BAKE at 350°F for 25 to 30 minutes or until a wooden pick inserted in center comes out clean. Remove from oven

and leave for 10 minutes, then remove from the pan and lay it on a plate or wire rack to cool.

DRIZZLE the glaze all over the cake and spread out the layer so it's even on all sides.

PEEL the banana and slice it along the middle to expose seeds. Place gently on the cake with seed side facing up.

SPRINKLE about a tablespoon of sugar on each banana, get your food torch and gently but expertly brûlée the sugar on the banana until you see the sugar go from white to golden brown. Alternatively you can melt the sugar on the bananas under a grill and then place them on top of the cake. Serves about 8 people.

**ESSIESPICE OKRO STEW WITH CO-
CO-FOR-GARLIC & MANGO CHILI
MEDLEY SAUCES**

INGREDIENTS

2 lbs of oxtail meat
 1 lb of jumbo prawns
 1 lb of blue crabs or land crabs
 cleaned
 3 packs of Okro/Okra or about 40-
 50 oz chopped
 4 tbsl Essiespice Coco-For-Garlic
 sauce
 1.5 cups of water/vegetable or beef
 broth/stock
 3 tbsl of freshly blended garlic
 2 tbsl of freshly blended ginger
 2 tbsl of salt
 1/3 cup of Red Palm Oil
 1 tbsl Coconut Oil; melted
 3 Habanero or Scotch Bonnet pep-
 pers
 30 oz of fresh tomatoes (about 6
 medium-sized tomatoes) blended
 6 oz tomato paste
 3 medium-sized onions; sliced
 2 tbsl of Mango Chili Medley Sauce





PREPARATION

HEAT the coconut oil in a large, deep cooking pot on a medium heat.

ADD 1 tablespoon of the garlic with 1/2 cup onion and allow it to cook slowly on a medium to low heat. While the onions caramelize, blend the fresh tomatoes with the Habanero/Scotch bonnet pepper.

ADD the oxtails to the pot and stir coating the meat with the garlic and onions for about 2-3 minutes on a high heat to allow the oxtails to sear. Add the water to the oxtails with a pinch of salt and one tablespoon of Essiespice Co-co-For-Garlic sauce. Stir continuously for another minute allowing even distribution of the sauce and salt then reduce the heat to a low simmer to allow the oxtails to cook. This can take about 45 minutes. Then remove the oxtails and save the stock.

IN ANOTHER SAUCEPAN, heat the red palm oil on a medium heat. Add the remainder of the onions, blended scotch bonnet peppers and garlic.

TURN the heat down and allow to cook still stirring con-

tinuously to allow even cooking of onions and garlic. Allow to cook until the onions begin to slightly wilt and caramelize.

ADD the blended tomato to the onions along with the tomato paste and bring the heat back up slightly so the sauce can simmer and thicken. This will help bring out the sugars in the tomatoes and onions to flavor your sauce. Add the remainder of the Co-co-For-Garlic sauce to the sauce and allow to cook again on low to medium heat.

THE SAUCE needs to continue cooking for 20 - 25 minutes. Check every 8 to 10 minutes and stir to allow the sauce to cook evenly.

ADD the stock you got from steaming the oxtail to the sauce and continue to cook for 5 more minutes.

ADD the crabs and shrimp to the sauce and continue simmering for an additional 10 minutes. Then add the okro and the cooked oxtails and stir in the Mango Chili Medley for additional sweetness and kick. Add the remainder of the salt, stir and allow for all ingredients to simmer and cook for 10-15 minutes. This should serve between 4-5 people as a side to rice, Eba, Kenkey, Banku or Akple.

ESSIESPICE SPICY SEAFOOD & PINEAPPLE KEBAB

INGREDIENTS

1/2 lb of prawns or jumbo shrimp deveined
 1/2 lb of fresh scallops
 2 tbl Essiespice Mango Chili Medley
 1 pineapple
 1 tbl Coconut Oil

PREPARATION

MIX the prawns and scallops with the Mango Chili Medley and place in a sealable bag for 4 hours or overnight in a fridge.

PEEL the pineapple and cut along the grain, not across, to reveal the core.

CUT the core into thin 1/4 inch cubes about 6 inches long.

ON A FLAT PAN OR GRIDDLE, pour the coconut oil and allow to heat.

ONCE the prawns and scallops have fully marinated, use a chopstick or kebab prong to poke holes through the prawns and scallops, because the pineapple core skewer will be too soft to make the holes.

GENTLY slide the pineapple core skewers you've made through the holes in the prawn and scallops. About 4 scallops should fit on the skewer or 2 prawns and a scallop.

PLACE the assembled kebab on one side and allow to sear on your pan or griddle and cook for 2-3 minutes on each side

SERVE with rice or quinoa.



INGREDIENTS

2 shots of Tequila
1 shot of Triple Sec
2 Tablespoons of Essiespice Co-
co-For-Garlic Sauce
1/2 cup pineapple juice
1/4 cup orange juice
1 tablespoon of TamarindOH![®]
sauce
Ice

PREPARATION

Put all the ingredients together into a cocktail shaker and then there must be lots of shaking; not stirring! Pour into a glass of your choice and add a cherry on top. This recipe serves two.

**ESSIESPICE TAMARIN-
DOH! TEQUILA SUNRISE**

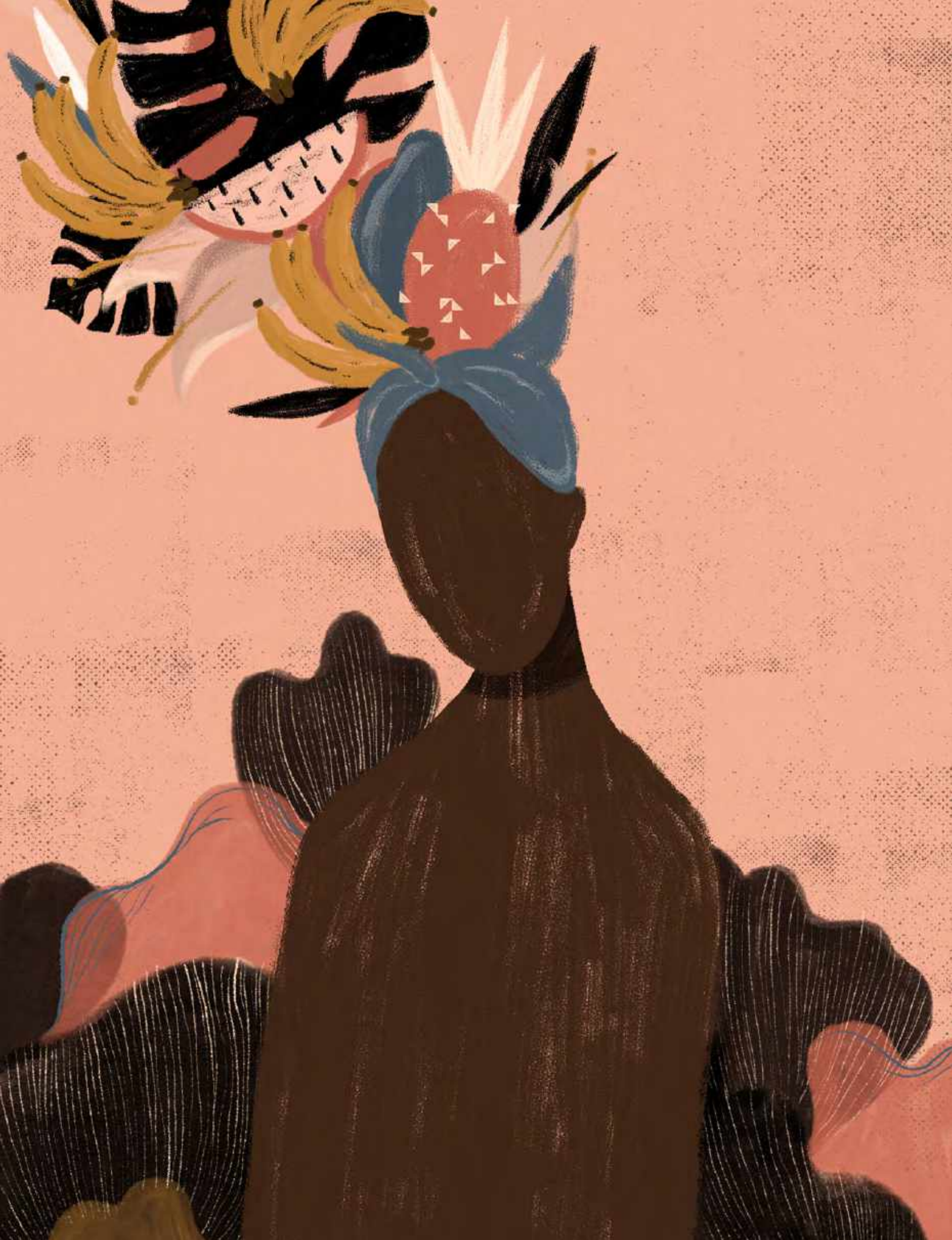
IS BANANA SEXY? IS BANANA RACIST?

ILLUSTRATIONS *Willian Santiago*

Upon its arrival in the United States and Europe, bananas rapidly formed an ubiquitous presence not only in the twentieth century marketplace, but also in popular culture.

THE LADY IN THE TUTTI-FRUTTI HAT

In 1943, Busby Berkeley's bizarre performance "The Lady in the Tutti-Frutti Hat" from *The Gang's All Here* featured dancers riding gigantic banana and strawberry props as Carmen Miranda sang. By the 1940s, the sexual images of the banana became increasingly associated with exoticized and racist images of the fruit, as the creation of the "Miss Chiquita" character for the United Fruit Company's advertisements shows. Miranda herself often featured bananas prominently on stage, which formed connections between the fruit and her sensual dancing.



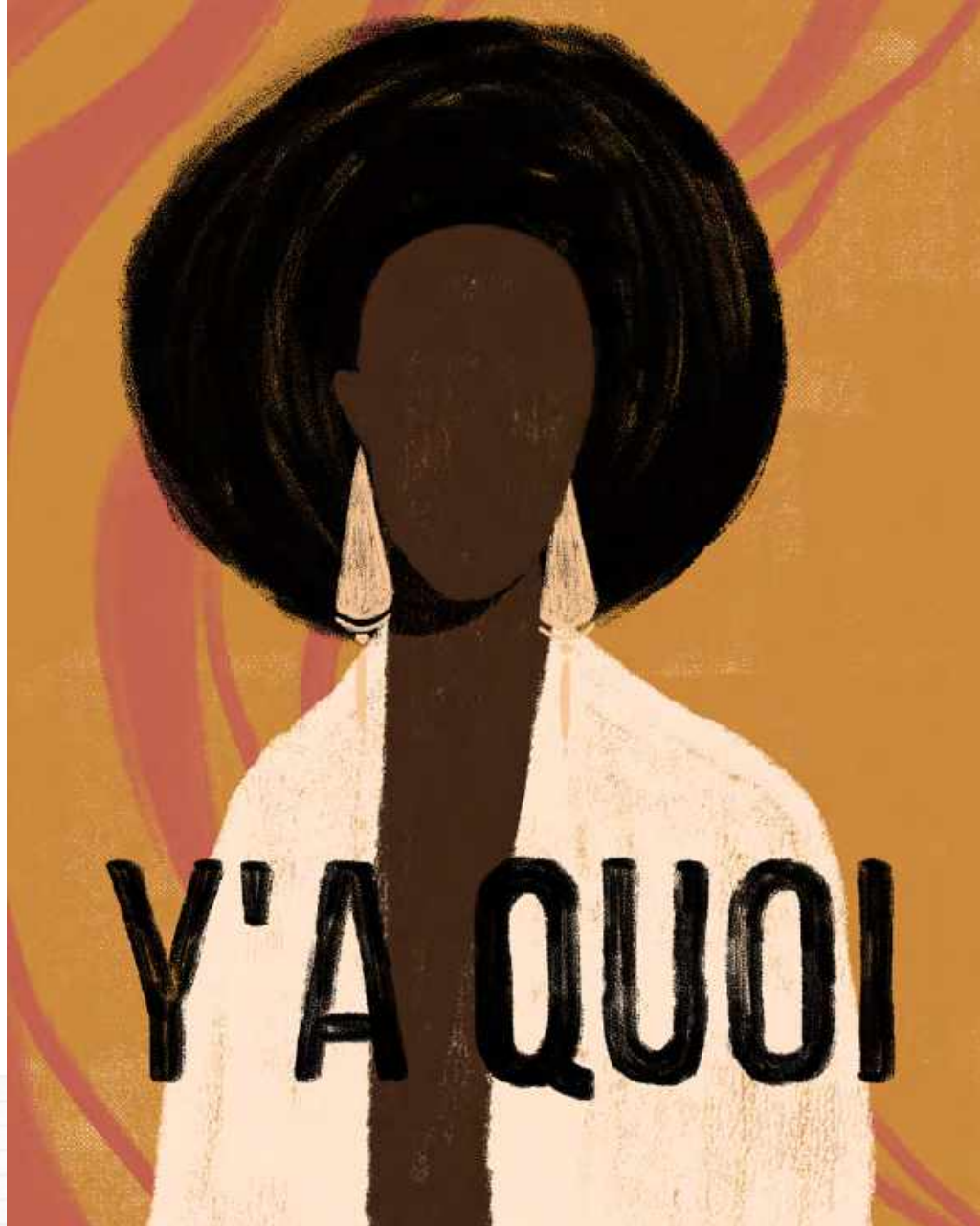
JOSEPHINE BAKER'S BANANA SKIRT

The archive of Josephine Baker's images is staggering¹. Hundreds of her photographs—dancing or frozen as in a reverie, with melancholic or comically crossed eyes, naked or glamorously clad—illustrate numerous books and writings, which portray, and attempt to explain, the celebrated African American expatriate in Paris. These photographs, paintings, and memorabilia are stored in museums and private collections; they are read and reread by performance and film scholars and those who are simply fascinated or intrigued by her countless personae.

Initially made of rubber, and rather playful in tone, the banana skirt gradually became glittering, then pointy, eventually turning into strategically-placed, menacing spikes that all-too-obviously invoked mental associations with male organs. Thus, she girded herself with “phalluses” catering to



European sexual desires and fantasies of savage primitivism. By playing the “other” in the colonial fantasy, she teased white imagination and encouraged objectification of her body. However, it is arguable whether she reduced herself to a mere spectacle. When the curtain dropped, La Baker, as the French called her, “tried to be as civilized as possible.” Her en vogue status dictated fashion and social life trends in interwar Paris. By “combining tropes of civilization and savagery” and, thus, troubling the binary oppositions by which spectators tried to define her, she invites us to see her as playing with and in-between primitivist conventions and refinement. Shaking her scantily-dressed behind on stage, Baker exploited European eroticisation of the black body only to deconstruct this self-constructed image on the Parisian streets.



Y A QUOI?

The French dessert product made of banana flour and cocoa “Banania” featured a highly caricatured image of a black man, replete with a phrase in broken french “Y’a bon” (it’s good), to help sell the product. FIELDS reinterpretation of the racist is this empowered Black woman asking you “Y a quoi?” (What’s up?). What do you say?

¹Dialectics of the Banana Skirt: The Ambiguities of Josephine Baker’s Self-Representation

Alicja Sowinska

vol. 19, Fall 2005-Spring 2006

Issue title: Bodies: Physical and Abstract

EDITOR'S PICKS. GOODS WE THINK YOU SHOULD NOTICE.

By Saran Koly

DARA ARTISANS

Media veterans Dara and Dan Brewster founded DARA Artisans to share the work of incredible craftspeople worldwide and we thank them! They believe that handmade designs have the power to enrich our lives with beauty and meaning. Connecting artisans with the global marketplace their work deserves, enables them to make larger contributions to their own communities. It was hard to choose but here is a little selection of the gems available at: WWW.DARAARTISANS.COM

WONKI WARE

Unique South African hand crafted designer dinnerware, by Di Marshall Pottery. Di Marshall, the founder, says it all: "Wonki Ware is a product that got developed purely by chance. It was born from a collective energy of 3 people whose excitement and enthusiasm were boundless."

WWW.WONKIWARE.CO.ZA



Banded Plate, \$19
PHOTO: DARA ARTISANS

CRAFTSMANSHIP AT ITS BEST.

Adhya Design works to elevate handmade production in Indian craftsmanship. Handcrafted by artisans in India, this stunning bowl reinterprets ancient techniques with a modern twist. Bold, beautiful and also food safe.

WWW.ADHYADESIGN.IN



Cuff Napkin Rings,
Set of 6, \$29
PHOTO: DARA ARTISANS






INDIGO, LET'S GO!

HANDMADE BY ABOUBAKAR FOFANA

Made in Mali, the pattern is delicate and detailed, the product of Fofana's expertise in his craft. He uses traditional indigo-dyeing techniques, and each piece is unique.

WWW.ABOUBAKAR-FOFANA.COM



RIGHT: Arrow Stripe 20" Pillow, \$490

ABOVE: Stitch Resist Lumbar Pillow, \$320

PHOTO: DARA ARTISANS




PHOTO: KUDU HOME

KUDU HOME

Kudu's mantra is Africa is beautiful – Africa is home. KuDu is an online boutique founded by London-born South-African British Thandi Mbali that specialises in “beautiful homeware, decor, accessories and lifestyle goods from the African continent.”

KUDUHOME.COM



GONE RURAL

Founded with a vision to empower women in some of the most remote areas of Swaziland, Gone Rural has evolved into a handcraft company and design brand that uses creativity to ignite change at a community level. Gone Rural is working with 770 artisans across 53 communities in Swaziland.

**BRYANT TERRY,
POWER TO THE PEOPLE**

TEXT *Julia Küntzle
Paul Blondé*

PHOTOS *Paige Green*

He fights for justice and his weapons are fruits and vegetables, seasonal products and farm-fresh ingredients. The reputed chef and author, whose books promote a new approach to African-American cuisine, is an Afro-Vegan - according to the title of his last publication. The current chef-in-residence at the San Francisco Museum of the African Diaspora, talks about his struggle for food justice and his inspirations : from the Black Panther to Senegalese chef Pierre Thiam.



YOUR LAST BOOK WAS CALLED AFRO-VEGAN.

HOW WOULD YOU DEFINE THIS CONCEPT?

Imagine if you removed the animal products from African, Caribbean, Southern, and other Afro-influenced cuisines, then meticulously cut, pasted, and remixed the food to produce recipes with farm-fresh ingredients as their heart and soul: that is Afro-Vegan. I approach cooking as a collagist: blending vegetables, grains, legumes, fruits, nuts, and seeds to reflect the flavors of the African diaspora.

BEYOND BEING A REPUTED CHEF, YOU ARE DESCRIBED AS A "FOOD JUSTICE ACTIVIST"

WHICH FOOD INJUSTICES ARE YOU FIGHTING?

Food justice is a movement to ensure that everyone is afforded the human right to healthy, safe, affordable, and culturally appropriate food. I'm simply using my national platform to, first, bring light to the economic, physical and geographic barriers that many people in communities across this country have in accessing good food and second, to build power in those communities, so people can create solutions to food injustice.

IN EUROPE, THERE ARE A LOT OF STEREOTYPES CONCERNING AMERICAN FOOD CONSUMPTION SUCH AS EXCESSIVE FAT, BURGERS, DEEP-FRIED CHICKEN AND SODAS.

WHAT IS YOUR GENERAL OPINION ABOUT HOW AMERICANS EAT AND ALSO AFRO-AMERICANS?

Many Americans are deeply influenced by the billions of dollars that multinational food and beverage corporations spend on marketing the worst foods and beverages. As a result obesity has reached near epidemic proportions, and the rate of type 2 diabetes, heart disease, cer-

tain cancers, and other preventable diet-related illnesses continues to grow every year. African Americans have some of the highest rates of preventable diet-related illnesses as a result of complicated cultural and structural realities.

IN MANY COUNTRIES, ONLY THE WEALTHY CAN AFFORD HEALTHY, ORGANIC FOOD. ARE POORER AMERICANS CONDEMNED TO JUNK FOOD?

There are many economic, physical, and geographical barriers that make it difficult for a lot of poor and working poor people to access fresh food in communities across America. Over the past decade, I have seen a lot more awareness about the disparity in access to real food in this country, and there have been a lot of efforts to bring more fresh food to communities. But we have a long way to go.

IN YOUR OPINION, WHAT'S THE NEXT STEP TOWARDS FOOD JUSTICE?

I do not think food justice is going to come from not-for-profits working in historically marginalized communities or from starting farmers' markets in these communities... and certainly not building Walmarts that sell organic produce. I think food justice is about shifting power into the hands of everyday people.

When communities have the knowledge, skills, and resources to grow their own food and when they own the means of production and distribution of fresh food - that will be real food justice.

WHAT ARE THE ROOTS OF YOUR COMMITMENT?

My work is deeply inspired by the Black Panther

Party programs, in the late 1960s and 1970s, that addressed the intersection of poverty, malnutrition, and institutional racism. Such programs included grocery giveaways and a Free Breakfast for School Children Program to ensure that poor inner city children didn't go to school on an empty stomach.

**THERE IS A MOVEMENT INVOLVING
AFRO-AMERICANS TO TRY AND GET CLOSER
TO THEIR AFRICAN ORIGINS. IS THERE SUCH
A MOVEMENT WITHIN FOOD?**

I have seen a lot more African Americans looking beyond the comfort foods of our cuisine and embracing the diverse and healthy foundation foods of African American cuisine. I think it is important to remember that throughout the 20th Century, there have been people of African descent calling for more healthy diets, from Rastafarians embracing an Ital diet to Hip Hop artists such as K.R.S.One rapping about the horrors of animal factory farming and its effects on human health.

**HAS YOUR CHILDHOOD EXPERIENCES WITH
FOOD INFLUENCED YOUR VIEWS TODAY?**

When I was a child I had a diverse omnivorous diet. I grew up eating food as local as my family's backyard gardens in Memphis, Tennessee, and farms in rural Tennessee and Mississippi. We mostly ate what was in season, except food that we canned, pickled, and preserved. We would often harvest ingredients right before the meal. Breakfast is sacred in the USA.

**AS AN AFRO-VEGAN, WHAT DO YOU HAVE FOR
BREAKFAST?**

As I cook fresh products, it varies with the seasons. Since it is winter in the US, I have been enjoying millet and sweet potato porridge from Afro-Vegan.

**THERE ARE AS MANY AMERICAN DISHES AS
THERE ARE STATES. WHICH AREA IN THE USA
IS THE MOST INSPIRATIONAL FOR YOU?**

I would definitely say Louisiana. Discovering the rich culinary history of New Orleans was one of the most important parts of my educational experience as a university student living there. To this day that food has influenced my culinary palette more than any other cuisine.

AND IN AFRICA ?

As for the African continent... it is hard to choose one particular country or region, since I am so inspired by places throughout the continent.

BUT IF YOU HAD TO NAME ONE?

Lately, I have been cooking a lot of dishes from Chef Pierre Thiam's books about Senegalese food such as Yolele ! Recipes from the Heart of Senegal and Senegal: Modern Senegalese Recipes from the Source to the Bowl.

**DO YOU HAVE, OR ARE YOU THINKING ABOUT
PROJECTS IN AFRICA?**

A friend of mine from college and I have been talking about launching a project in Kenya. I hope to make a trip there later this year.

AND TODAY, WHAT ARE YOUR PROJECTS?

GLAZED CARROT SALAD

Cinnamon, Raw Cane Sugar, Peanuts, Cilantro, Mint

SOUNDTRACK *"Sweet Bite" by
George Duke from The Inner Source*

This dish is a mashup of glazed carrots, which are popular in the South, and Moroccan carrot salad. The savory coating is rich, intense, and delicious, and as you can see in the photo, this is a gorgeous dish.



**SERVING**

6-8

INGREDIENTS

1 ½ pounds carrots (about 10 medium carrots)

1 tablespoon plus ½ teaspoon coarse sea salt

2 tablespoons peanut oil

1 tablespoon freshly squeezed lemon juice

2 teaspoons maple syrup

1 teaspoon ground cinnamon

1 clove garlic, minced

1 teaspoon cumin seeds, toasted (see sidebar, page 9)

¼ cup packed chopped cilantro

2 tablespoons roasted peanuts, crushed

2 tablespoons chopped fresh mint

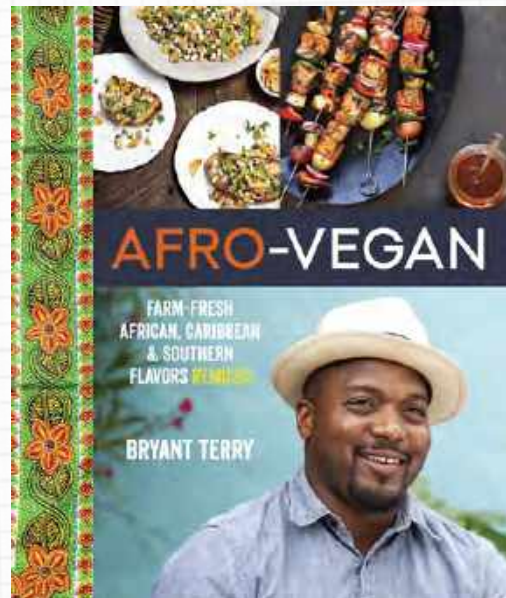
Preheat the oven to 425°F. Line a large roasting pan with parchment paper.

Put about 12 cups of water in a large pot and bring to a boil over high heat. While the water is heating up, cut the carrots into sticks by cutting them in half crosswise, trimming away the edges of each piece to form a rough rectangle, then quartering each rectangle length-wise. (Compost the scraps or save them for another use.)

When the water is boiling, add 1 tablespoon of the salt, then add the carrots and blanch for 1 minute. Drain the carrots well, then pat them dry with a clean kitchen towel.

Put the oil, lemon juice, maple syrup, cinnamon, garlic, cumin seeds, and the remaining ½ teaspoon salt in a large bowl and mix well. Add the carrots and toss until evenly coated. Transfer to the lined pan (no need to clean the bowl). Cover with aluminum foil and bake for 10 minutes. Remove the foil, gently stir with a wooden spoon, then bake uncovered for about 10 minutes, until the carrots start to brown.

Return the carrots to the bowl. Add the cilantro and toss gently to combine. Serve garnished with the peanuts and mint.



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