

BENNA CHIN



Chef Fanta ~ Baham



TURN UP THE HEAT

It has different names depending on where you are in the world, but cooks everywhere use cayenne pepper to bring the heat. From Domoda, the peanut stew that is considered the national dish of Gambia, to seafood dishes across Europe, to the boiled crawfish, gumbo and jambalaya of New Orleans, the cayenne pepper provides the kick to dishes around the globe.



Cayenne Pepper



BENNACHIN

BAHAM

1212 Royal St., New Orleans, LA 70116 (504) 522-1230

MOST PEOPLE FIRST ENCOUNTERED BENNACHIN AT JAZZ FEST. Fanta Tambajang, who opened the restaurant selling the food of her native Gambia in 1992, has been a vendor at the annual mega-festival for years, selling plates of poulet fricassee (chicken on a stick) with jama jama (sautéed spinach) and fried plantains. The menu at her French Quarter restaurant is much more extensive. Try the black-eyed pea fritters, or the ndole, a stew of beef, spinach and ground peanuts served over coconut rice. The namesake bennachin will remind you of a Creole jambalaya, highlighting the similarities between the cuisines of Creole New Orleans and West Africa.

INGREDIENTS

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| + 1 onion, chopped | + 1 head cauliflower, chopped into florets |
| + 1 tbsp ginger, grated | + salt, to taste |
| + 2 cloves garlic, minced | + cayenne pepper, to taste |
| + 3 carrots, sliced into disks | + oil |
| + 1 head broccoli, chopped into florets | + couscous or rice, steamed |

METHOD *Serves 4*

In large pan, sauté onion, garlic and ginger in oil over medium heat until onion is soft. Add salt and a pinch of cayenne pepper. Add carrots, broccoli and cauliflower. Cook until vegetables are tender. Serve over couscous or rice.



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201 St Charles Ave Suite 4411
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