

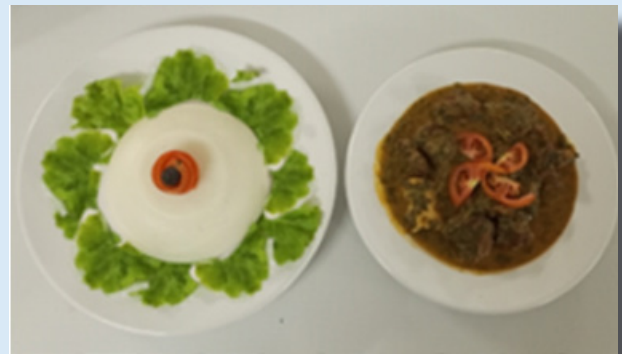


BURKINA FASO / BURKINA FASO

**CORN TÔ / BEEF BOURIBOURRI SAUCE
BY CHEF PAUL ANTOINE NAZAIRE ROUAMBA
(11 YEARS WITH CIS BURKINA FASO)**

Ingredients

5kg of smoked beef (with bone),
2kg onions, 3g bay leaves, 3kg
peanut paste, 1kg fresh tomatoes,
10g salt, 30g garlic, 200ml
vegetable oil, 5g black pepper, 2kg
Bouribourri leaf, 2kg corn flour.



Instructions

- 1/ Cut the meat into 4cm pieces.
- 2/ Peel and chop the onions.
- 3/ Wash and season your meat, once the onions are browned, add the meat to the pan.
- 4/ Add pepper, let it brown, the meat and onions should evaporate.
- 5/ Add the fresh tomatoes and the peanut paste.
- 6/ Cover with boiling water, just enough to submerge the meat. Leave to cook for two and a half hours on a medium heat.
- 7/ Add the Bourbourri leaves
- 8/ To make the maize toast, put 1 litre of water in the pan and let it boil.
- 9/ Then take a calabash, add 50g of corn flour mixed with cold water and mix with hot water to obtain a porridge.
- 10/ Slowly add the cornflour to the porridge, stirring slowly until you get a paste.
- 11/ Put the dough on a plate and let it cool for 15 minutes before serving.

«Real cooking is an art form. A gift to share», Oprah Winfrey



About the chef

Chef Paul Antoine Nazaire ROUAMBA, 48 years old, was introduced to cooking at an early age by his mother.

At the age of 21, he started his career as an assistant cook at the INDEPENDANCE hotel, and then became a cook at the age of 23, and then evolved as a chef for the Pacific hotel when he was 30. Since 2010, he has been head chef for CIS-BURKINA FASO.