



## Ingredients

Millet couscous	1 kg	Pepper	10 g
Meat	1 kg	Table salt	10 g
Onion, sliced	330 g	Cooking oil	250 ml
Water	3.5 l	Tomato, paste	200 g
Green pepper	30 g		
Carrot	150 g		
Potato or cassava	300 g		
Tomato, diced	480 g		
Garlic, chopped	3 g		
Kidney bean, dry	100 g		
Raisin	100 g		

# Bassi Salte

Senegal | Medium | 1-2 hours | 10/12 servings | Main dish



## Tools and equipment

- ~ Stainless steel cooking pot
- ~ Stainless steel frying pan
- ~ Wooden spoon or other stirring tool
- ~ Strainer
- ~ Fork
- ~ Bowl



## Directions

### Preparation of millet couscous:

- 1 Heat 1.5 l of water to boil and then pour in a bowl with couscous.
- 2 Fluff couscous with a fork to avoid formation of lumps.

### Preparation of sauce:

- 3 Cut and wash meat.
- 4 Heat oil up to 120-140°C and brown meat.
- 5 Add sliced onions, diced tomatoes, tomato paste and salt.
- 6 Add two litres of water and cook to boil.
- 7 Wash and peel potato/cassava, carrots, green pepper and garlic and add in cooking pot.
- 8 Add black pepper and cook (low heat) until sauce has thick consistency.

### Preparation of dish:

- 9 Wash and boil kidney beans until soft.
- 10 Drain beans and mix them with couscous. Add raisins and some sauce.
- 11 Serve couscous with sauce on top.