

Jollof rice

(Nigeria, Ghana, Senegal & The Gambia)

Jollof rice is made by cooking rice with tomatoes, onions, peppers, and tasty spices. Everything cooks together in one pot until the rice turns red, soft, and full of flavour.



Ugali, Nsima, Sadza, Fufu, Pap

(Southern Africa)

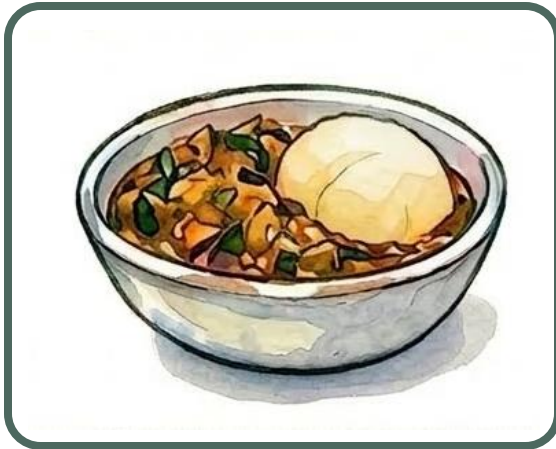
It is made by stirring starchy foods like maize or cassava flour into boiling water until it becomes thick and smooth. It is eaten with vegetables, meat, or stew.



Suya

(West Africa)

Suya is made by coating slices of beef or chicken with a spicy peanut mix called yaji. The meat is cooked on a grill until it becomes smoky, tasty, and a little spicy



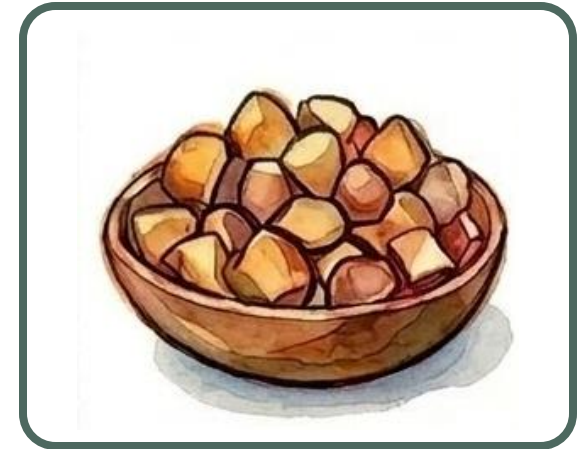
Pounded yam
*(Nigeria, Ghana, Benin, Togo,
Côte d'Ivoire, Cameroon)*

Pounded yam is made by boiling yam pieces until they are soft, then pounding them until they become smooth and stretchy. It is eaten with soups like egusi, okra, or vegetable stew.



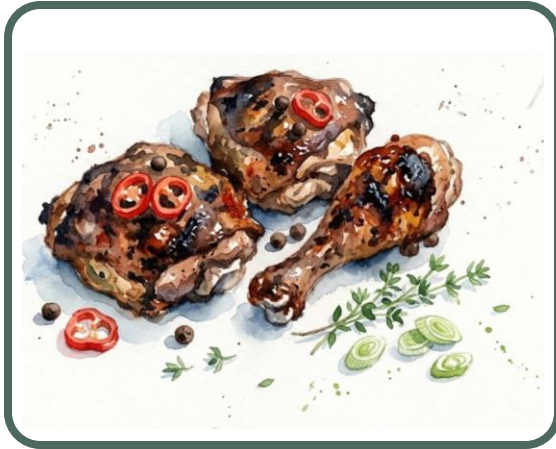
Matoke
(East Africa)

Matoke is made by cooking green bananas until they become soft and creamy. It is often mixed with vegetables or meat to make a warm, tasty East African dish.



Puff-Puff, Mandazi, Kala
(West, Central and East Africa)

Puff-puff is made by mixing flour, sugar, yeast, and water to make a soft dough. The dough is scooped into hot oil and fried until the balls are fluffy, golden, and sweet.



Jerk Chicken *(Jamaica)*

Jerk chicken uses chicken mixed with allspice, garlic, thyme, and hot peppers. It soaks in the spices, then cooks on a grill until spicy and smoky.



Roti *(Trinidad and Tobago / Guyana)*

Roti is soft flatbread made from flour, water, and oil. The dough is rolled out and cooked on a pan, then used to wrap tasty fillings like curried chicken or vegetables.



Ackee and Saltfish *(Jamaica)*

Ackee and saltfish is made by cooking soft yellow ackee with salty dried fish. They are mixed with onions, peppers, and tomatoes to make a tasty Jamaican dish.



Curry Goat

(Jamaica / Trinidad / Guyana)

Curry goat is made by cooking soft pieces of goat in curry spices, onions, garlic, and herbs. The goat cooks slowly until it becomes tender and full of flavour.



Cou-Cou and Flying Fish

(Barbados):

Cou-cou is made by mixing cornmeal and okra until it becomes soft and smooth. It is served with tasty flying fish that is seasoned and cooked until tender.



Oil Down

(Grenada)

Oil Down is a one-pot dish made with breadfruit, coconut milk, vegetables, and salted meat or fish. Everything cooks together until the coconut milk dries up and the food becomes soft, tasty, and full of flavour.