

## **African Guinea Hens**

### **INGREDIENTS**

1. Four 2 <sup>1/2</sup>-pound whole hens, cut into 8 to 12 pieces each
2. 1/2 cup onions, chopped coarsely
3. 2 cloves garlic, minced
4. 1/2 pound butter or oil
5. Salt
6. Cayenne pepper
7. Paprika
8. 2 cups chicken stock or water
9. 2 bay leaves
10. Tomatoes, cut in tiny wedges
11. 4 large sweet potatoes, peeled and cut in 1-inch chunks
12. 4 firm bananas, peeled and cut in 1-inch chunks (plantains may be used, if available)
13. 2 cups white rice
14. 4 to 5 cups boiling salted water
15. Tabasco sauce (optional)

### **Method:**

1. In a 6-quart heavy pan, sauté onions with garlic and butter.
2. Sprinkle the guinea hens with salt, cayenne pepper, and paprika. Sauté on all sides until golden brown.
3. Add chicken stock or water, bay leaves, tomatoes, sweet potatoes, and the firm bananas.
4. Correct the seasoning (use a few drops of Tabasco if needed).
5. Cook rice in boiling salted water.
6. Serve hens over rice.