

Safou

INGREDIENTS

1. 8 *safous* (a sour, hard fruit), washed
2. 1/2 liter water
3. 2 pinches salt, or *piri piri* (African bird's-eye chili)

Method:

1. Boil water and remove from heat.
2. Place *safous* in the water and cover. After two or three minutes, the *safous* will become soft.
3. Remove the *safous* from the water. Place on plates and pour salt over them.
4. Season with salt or *piri piri*. Serve with cassava and/or bread.

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