

# GHANAIAN RED STEW WITH RED BEANS AND FRIED PLANTAINS

*Yield: 6 servings*

<b>Ingredients</b>	<b>Amounts</b>
Red palm dende oil*	1 cup
Red onion, small dice	2 cup
Habañero pepper, seeded, minced	1 each
Garlic, minced	¼ cup
Fresh ginger, grated	2 Tbsp
Cloves, ground	⅛ tsp
Curry powder	1 tsp
Bay leaf	1 each
Tomato paste	⅓ cup
Tomatoes, medium dice	2 cup
Dark red kidney beans, canned with liquid	8 cup
Salt	2 Tbsp
Ground black pepper	to taste
Dried shrimp** (optional), minced, soaked in ½ cup water	¼ cup
Ripe plantains, sliced on diagonal, 1 inch wheels	2 each
Oil for frying	½ cup
Scallions, sliced ½ inch pieces	1 cup
Flour tortillas, 12 inch, heated	6 each

## **Method**

1. In a large heavy bottomed saucepan, heat oil on medium. Add onions and sauté about 5 minutes, until softened.
2. Add peppers, garlic and ginger. Cook 1 minute, add cloves, curry powder and bay leaf and cook 1-2 minutes more.
3. Add tomato paste, stir to incorporate, and add tomatoes. Cook 5-8 more minutes until the tomatoes start to break down. Stir frequently.
4. Add the red beans with their liquid to the tomato mixture. Add salt, pepper, and shrimp with its water (if using). If not using the shrimp, just add ¼ cup water.
5. Stirring occasionally, simmer on low for 15 minutes or until you reach a thick stew consistency. Add additional salt, if needed.

6. Heat oil in a skillet over medium heat and add the plantains. Sauté until golden brown on both sides. Place the plantains on a paper towel lined tray to remove excess oil.
7. Serve the Red Red Stew garnished with scallions, and with the fried plantains and tortillas.

\*Dende oil is a fragrant, bright red oil from the fruit of the African Oil Palm, commonly used in parts of West Africa and Brazil. It can be purchased online or at Whole Foods.

\*\* Dried shrimp are available at Asian markets or Whole Foods, and provides a wonderful depth of flavor.