

LE KOKOTCHA

By Esdras Okamon



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Abidjan, Côte d'Ivoire



by *Esdras Okamon*

Kokotcha (Foufou Banane) is made from plantains, which are cooked, mashed and shaped into balls and served with delicious sauces. Its origins lie in Côte d'Ivoire, where it has been eaten for generations, appreciated for its texture and unique taste. It occupies a central place in Ivorian culture and is often associated with festive occasions and family gatherings. This traditional preparation technique gives it a smooth texture that is a real treat for fans of Ivorian cuisine. It takes a little time and effort to prepare, but the result is well worth it.



Serves 4

INGREDIENTS

8 plantains
4 smoked fish
3 tomatoes
2 onions, chopped
150 ml red oil
10 akpi
5 fresh chillies
5 fresh aubergines
4 fresh okra
1 bunch of kablé
2 seasoning cubes
Salt
1 tsp chilli powder or 1 dried chilli, chopped
Cooked oxtail or chops, to serve (optional)

METHOD

1. Peel the plantains and cut into 4 or 5 pieces, depending on size.
2. Peel and wash all the vegetables (tomatoes, chillies, aubergines, okra, kablé)
3. Clean the fish and cut into pieces. Place the pieces of fish in a saucepan and add half the onions. Add half a glass of water, bring to the boil and mash the fish.
4. Simmer for 5 minutes, then chop vegetables into bite-sized pieces, salt them, and add them to the saucepan. Top up the water so they are covered, bring to the boil, then add 2 to 3 tablespoons of red oil.
5. Cover and cook for 10 minutes, then add the plantain pieces to the saucepan.
6. After cooking for 30 minutes, remove the plantain pieces and mash them in a mortar. Once well mashed, add 2 to 3 tablespoons of red oil and salt, and mix well with a pestle. Shape the mixture as desired and set aside. This is your foufou.
7. In a frying pan, toast or grill the akpi.
8. Crush the akpi and add them to the saucepan, mashing the vegetables into a chunky sauce. Crumble in the seasoning cube, season with salt and simmer for 15 to 20 minutes.
9. Mix in the chilli powder and a pinch of salt.
10. Coat the ball of foufou with the sauce.
11. It's ready to eat! Serve with oxtail or chops, if desired.

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