

# WILD AFRICA MENU

## SOUP

### Plantain Peppersoup

A soothing, spicy and aromatic soup cooked with a blend of exotic West African spices, peppers, aromatic herbs, sweet plantains & spinach. Peppersoup is a wonderful winter warmer as the African spices are soothing. gf/nf/v

## MAIN

### Stuffed Peppers with Jollof rice

Roasted bell peppers stuffed with fluffy rice cooked in a rich sauce of roasted tomatoes, peppers & aromatic spices. This popular west African dish has been the subject of many recipe wars including one with Jamie Oliver. Come prepared to debate on my stuffed version with other guests. gf/nf/v

### Spicy Mango Chicken

Inspired by the sweet mangoes sold by women under mango trees in Northern Nigeria, these succulent pieces of chicken are baked in a sweet and spicy sauce I have developed with mangoes & scotch bonnets. gf/nf

Or

### Baked Egg plant with Spicy Mango & Peppers

Sweet and spicy strips of egg plants also known as aubergines, baked in a rich sauce of mangoes and peppers. Popular in North African cooking, Aubergines are the longer purple breed of African egg plants. Inspired by my mother's fond memories of eating mashed egg plants in spicy tomato sauce as a tot. gf/nf/v

### Suya roasted vegetables

A selection of vegetables and herbs roasted in aromatic 'suya' spices (a popular west African spice mix) carrots, coriander, mint, lovage, African Blue basil, cabbage, tomatoes and peppers. Suya is a much loved aromatic spice mix popularly used in open fire grills, enjoyed as a street food in Lagos. gf/nf

## SWEET

Chocolate Malva Pudding & Chocolate Plantain Bark, Vanilla cream, spiced chocolate sauce.

My take on this sumptuous traditional South African pudding using rich cocoa and chocolate produced by the Kuapa Kokoo co-op in Ghana. gf & v on request/nf