

GBOMA EGGPLANT KOMBARA

Gboma dessi or gboma sauce with beef,
Togolese dish



Ingredients:

For 4 people:

- 350 g of gboma leaves
- 1 kg of beef
- 2 onions
- 2 garlic cloves
- 1 maggi cub (spices and onions or spices and chicken)
- Hot peppers: Safi and Sunny or Hungarian Yellow
- 1/8 L of palm oil
- 1 little tin of mashed tomatoes
- Salt, pepper and ginger



Preparation:

Clean gboma leaves and boil them into water with salt during 15 minutes. Slice into thin slivers.

Put pieces of meat in a saucepan with water, salt, sliced onion, garlic and ginger. Boil for 15 minutes.

Remove from heat. Dry and keep stock.

Put palm oil in another saucepan. Boil onions and garlic.

Add mashed tomatoes. Stir during 5 minutes at least and season (pepper, maggi cub, part of mashed Safi).

Add stock, adjust the seasoning and boil during 15 minutes.

Add gboma leaves and meat ; simmer at least 10 minutes.

At the end, add the rest of Safi, Sunny or Hungarian Yellow and sliced onion.

Serve with rice or fufu.

Variant: can be made with smoked fish instead of beef.