



Ndambe

Black-Eyed Pea and Sweet Potato Ragout

From *"Yolele! Recipes From the Heart of Senegal"* by Pierre Thiam, Lake Isle Press, 2008

INGREDIENTS

- 1 pound black-eyed peas, soaked in water for 1 hour
- 1 quart water
- Salt and freshly ground black pepper
- 1 tablespoon vegetable oil
- 1 onion, finely chopped
- ½ pound plum tomatoes, chopped
- 1 pound sweet potatoes, cut into 1-inch cubes

SERVES 8

PREPARATION

1. Boil the black-eyed peas gently in 1 quart water, 30 minutes. Add salt toward the end of the cooking time. Strain and set aside.
2. In a sauté pan over medium-low heat, heat the oil and sauté the onion until softened. Add the chopped tomatoes and allow to reduce, 5 to 10 minutes. Add the sweet potato cubes and enough water to cover. Simmer until the sweet potatoes are soft. Season, and add the black-eyed peas. Taste, adjust the seasoning, and allow to simmer 10 more minutes before serving.



Dara O'Brien



Yolele! Recipes From the Heart of Senegal By Pierre Thiam

"Fresh, lively, and intelligent, Thiam's "Yolele " documents, through good strong recipes, fine writing, and much marvelous photography, a fascinating food tradition and the culture in which it is embedded"

—Nach Waxman, Kitchen Arts & Letters

In this pioneering book, Chef Pierre Thiam, a native of Senegal, brings the cuisine of West Africa to a western audience with authentic Senegalese zers and street food like Shrimp and Sweet Potato Fritters to seafood dishes like Fish Stew (Caldou) or Black-Eyed Pea Salad (Salatu Niebe), Yolele! brings the tastes of Senegal to the world.

Find out more: <https://tinyurl.com/3py5x7tw>
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