

## Peanut Butter Stew

### Wolof transcript:

Boo kééy togg saa *dépend ci quantité* bi ngééy toog. Buu dé *par exemple pour* juróóm benni niit ngaay toggat, da fááy soxlaawo kilo yaap. Léege *legumes* yii, benn doomu *chou pomme*, ñett ti pombiteer, ñett ti pataas, ñett ti soble, ñett ti *carot*, juróóm mi doomu kaani, waye nakk kaani gii saa *dépend ci* ñii nga kééy toggat. Suu déé koom ñuun da ñoo bég kaani, *mais* buu déé ñoo xaamanté nii taamuunu lëkk kaani, maan nga ci baaña dëf kaani. Benn daagu yët. Yët moom na ñuuy wowe *escargot de mer*. Ben daagu gëej. Gëej móóy *poisson séchée*. Dëy soxlaawo timit, ngenwaalu libëruu tiga dégé. Tiga dégé móóy *pate d'arachide*. 250g. Lii moom ngaay dééf saa nôkkaas. Da faay ajowo pobar, nététu, nététu moom benn *fruit sauvage* buuy sax ci suufu Senegaal ci suud bi bori Casamance. *Fruit sauvage là*. Laaj, kaani bu sew. Waw. Buuci neek. Waw mi ngi nii. Lii ngaay ajowo moom ngaay boolé yëp pour dëbb ko. Mooy saa nôkkaas bii ngaay dëf *après*. Dii ñaay léén waan ñiin kooy défaré. Saa diwlin timit moom ngaay bole ak yaapp bii roosé koko. Ta at *tomate* yiit. *Tomate concentré de tomate*. Waw, *après* dii ñeey léén *expliquer* nii ngen ko çiiy defe. Ak cube maggi. Ak khorom. Waw. Nett ti doomu maggi ak khorom khorom. Mu ngook.

*\*Italics indicate French*

### English translation:

#### Peanut Butter Stew

Cooking this dish depends on the quantity you want to make. If, for example, you are cooking for six people, you don't need a kilogram of meat. For the vegetables, you need cabbage, three potatoes, three sweet potatoes, three onions, three carrots, hot pepper. But the quantity of hot pepper depends on the people you are cooking for. If it is for us, who like hot pepper, yes, but if you have people who don't eat hot pepper, you would not put some in. You also need sea boiled shellfish. *Yeet* is what we call sea boiled shellfish. Also, one small dried fish. *Gëej* is dried fish. You also need one quarter kilo of peanut butter. *Tiga dege* is peanut butter. 250 grams. Now you can prepare your seasoning. It is made of pepper and locust bean; locust bean is a fruit cultivated in the south of Senegal, near Casamance. It is a wild fruit. You also need garlic and hot pepper. Yes. One of each. Yes, I'm here. You grind all of these together for the seasoning. We call it *nokkos*, and you put it in the meal after, when you cook. We will show you how to prepare it. You put the oil and the meat in a hot pan so that the meat can get a brown color. You also need tomatoes, tomato paste. Yes, after we will show you how you will put it in. Also Maggi cubes. And salt. Yes, three Maggi cubes and salt, salt. That's it.

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