

Food for Thought

Recipe card

Benachin The Gambia

Contributed by Mamie Ceesay

This delicious one-pot rice dish, similar to pilaf or paella, is one of the staple dishes of The Gambia. Serves four.

Ingredients

2lb fresh fish of your choice
2 cups vegetable oil
1 medium fresh tomato, chopped
1 large pepper, chopped
2 large onions, chopped
1 tsp cayenne pepper (optional)
6 cups water or vegetable stock
2 bay leaves
4 cups of rice
500g spinach

Method

1. Clean and cut fish in halves, horizontally. Fry it in the vegetable oil until both sides are golden brown.
2. Remove fish and set aside, keeping warm. Add onions, tomato and pepper to the hot oil and fry until brown. Add cayenne pepper if using.
3. Add water or stock and bring to boil, then add bay leaves, reduce heat and simmer for 20 mins.
4. Remove vegetables and set aside. Then pour in the rice while continuously stirring.
5. Reduce heat and cover the pot. Simmer until liquid is absorbed by rice. Add salt and pepper to taste.
6. Boil spinach in separate pot for 2 mins, then drain.
7. To serve, place cooked rice in serving dish and top with fish, cooked vegetables and spinach. If desired, decorate with boiled egg, carrots and cucumber.



How ActionAid is supporting women in The Gambia

Mariama lives in a small village in The Gambia, along with her husband and five children. She works in animal rearing – focusing on sheep, goats and cows – but for years she struggled to make ends meet, due to her lack of business and management training.

When ActionAid ran a business training session in her area, Mariama went along. The skills and knowledge she acquired have transformed her business, greatly improving both her profitability and her quality of life. Instead of simply surviving, she and her family are now thriving.