

1. Origin: Atiéke is a traditional dish from the Ivory Coast in West Africa. It is a staple food in the country and is made from cassava, a root vegetable commonly found in the region.

2. How to Make:

Step 1: Prepare the cassava

- Start by peeling and washing 1 kg of fresh cassava. Cut it into small chunks and put them in a pot of boiling water.
- Boil the cassava for about 20 minutes or until it becomes soft and tender.

Step 2: Grate the cassava

- Once the cassava is cooked, drain the water and let it cool down for a few minutes.
- Using a grater, grate the cassava into fine grains. You can also use a food processor for this step.

Step 3: Steam the grated cassava

- Place the grated cassava into a steamer and steam for about 10 minutes. This will help to remove any excess moisture from the cassava.

Step 4: Season the cassava

- In a separate bowl, mix 1 teaspoon of salt and 1 tablespoon of sugar with the steamed cassava. You can also add other seasonings such as black pepper or garlic powder to taste.

Step 5: Shape the Atiéke

- Take a handful of the seasoned cassava and shape it into a ball. Then, using your palms, flatten it into a disc shape. Repeat this process until all the cassava is used.

Step 6: Cook the Atiéke

- Heat a non-stick pan over medium heat and place the Atiéke discs on the pan.
- Cook for about 5 minutes on each side or until they turn golden brown and crispy.

3. What to Serve With:

Atiéke is traditionally served with a spicy tomato and onion sauce, grilled fish or chicken, and a side of vegetables. You can also serve it with other West African dishes such as jollof rice or peanut soup.

4. Ingredients:

- 1 kg fresh cassava
- 1 teaspoon of salt
- 1 tablespoon of sugar
- Black pepper or garlic powder (optional)
- Water

5. Directions:

1. Peel and wash 1 kg of fresh cassava.
2. Cut the cassava into small chunks and boil for 20 minutes or until soft and tender.

3. Drain the water and let the cassava cool down.
4. Grate the cassava into fine grains using a grater or food processor.
5. Steam the grated cassava for 10 minutes to remove excess moisture.
6. In a separate bowl, mix 1 teaspoon of salt and 1 tablespoon of sugar with the steamed cassava.
7. Shape the seasoned cassava into discs.
8. Heat a non-stick pan over medium heat and cook the Atiéke discs for 5 minutes on each side or until golden brown and crispy.
9. Serve with a spicy tomato and onion sauce, grilled fish or chicken, and a side of vegetables. Enjoy your homemade Atiéke!