

### **Recipe for Ndolé**

Ingredients for Ndolé: Bitterleaf (washed), Ground peanuts, Beef or fish, Shrimp (optional), Crayfish, Palm oil, Onions, Garlic, Maggi cubes

Directions for Ndolé: Boil the bitterleaf until tender and set aside. In a separate pot, cook the meat or fish with onions, garlic, and seasoning cubes until done. Blend the ground peanuts with water to form a paste. In a large pot, heat palm oil, add chopped onions, and sauté. Add the peanut paste and cook while stirring to prevent burning. Introduce the cooked meat or fish, crayfish, and shrimp. Add the boiled bitterleaf and simmer until the stew thickens. Adjust seasoning to taste.

### **Recipe for Ekwang**

Ingredients for Ekwang: Cocoyams, Cocoyam leaves or spinach, Palm oil, Crayfish, Smoked fish or meat, Seasoning cubes, Salt

Directions for Ekwang: Peel and grate the cocoyams into a smooth paste. Wash and cut the leaves into medium-sized pieces. Place a spoonful of the grated cocoyam onto each leaf piece and wrap securely. Line the bottom of a pot with some leaves, then arrange the wraps on top. Add smoked fish or meat, crayfish, seasoning cubes, and salt. Pour palm oil over the wraps and add water to cover. Cover and cook on medium heat for about an hour, checking occasionally. Once cooked, gently stir to mix the ingredients.

### **Recipe for Poulet DG (Director General's Chicken)**

Ingredients for Poulet DG (Director General's Chicken): Chicken (cut into pieces), Ripe plantains, Carrots, Green beans, Bell peppers, Onions, Garlic and ginger, Tomatoes, Vegetable oil, Seasoning cubes, Salt and pepper

Directions for Poulet DG (Director General's Chicken): Marinate chicken with garlic, ginger, seasoning cubes, salt, and pepper. Fry the chicken until golden brown and set aside. Peel and slice plantains, then fry until golden. In a large pot, sauté onions, add chopped tomatoes, and cook until soft. Add carrots, green beans, and bell peppers; cook until tender. Introduce the fried chicken and plantains into the pot. Mix well and simmer for 10–15 minutes to allow flavors to meld.

### **Recipe for Koki**

Ingredients for Koki: Black-eyed peas, Palm oil, Crayfish, Banana leaves (for wrapping), Seasoning cubes, Salt

Directions for Koki: Soak and peel the black-eyed peas, then blend into a smooth paste. Add palm oil, ground crayfish, seasoning cubes, and salt; mix thoroughly. Cut banana leaves into squares and soften them over heat. Place a portion of the mixture onto each leaf and wrap securely. Arrange the wraps in a pot, add water to the bottom, and steam for about an hour. Check for doneness by inserting a toothpick; it should come out clean.

### **Recipe for Eru**

Ingredients for Eru: Eru leaves (or okok), Waterleaf or spinach, Palm oil, Crayfish, Beef, cow skin (kanda), and dried fish, Seasoning cubes, Salt

Directions for Eru: Boil beef, kanda, and dried fish with seasoning until tender. Wash and slice the waterleaf or spinach, then add to the pot and cook until wilted. Add the washed and chopped eru leaves, stir well. Introduce ground crayfish, palm oil, and adjust seasoning. Simmer on low heat, stirring occasionally until the mixture is well combined and the oil surfaces. Would you like me to continue with the next 5 or 10 recipes in the same format? 4o You said: continue with the next 20 ChatGPT said: Absolutely! Here are the next 20 Cameroonian recipes, formatted clearly with ingredients and directions:

### **Recipe for Achu and Yellow Soup**

Ingredients for Achu and Yellow Soup: Cocoyams, Water, Palm oil, Limestone (kanwa), Beef or cow skin, Seasoning cubes, Salt, Spices (e.g., pepper, garlic)

Directions for Achu and Yellow Soup: Boil cocoyams until soft, then pound into a smooth paste to make achu. In a pot, boil meat with spices and seasoning until tender. In a separate bowl, mix palm oil with a small amount of warm water and kanwa until it turns yellow. Add the meat stock to the palm oil mixture, stir well to combine. Adjust seasoning as needed.

### **Recipe for Kwacoco and Mbanga Soup**

Ingredients for Kwacoco and Mbanga Soup: Cocoyams, Salt, Banana leaves (for wrapping), Ingredients for Mbanga Soup:, Palm nuts, Smoked fish, Crayfish, Seasoning cubes, Salt

Directions for Kwacoco and Mbanga Soup: Peel and grate cocoyams, add salt, and mix well. Wrap portions of the mixture in banana leaves and steam for about an hour.

Directions for Mbanga Soup: Boil palm nuts until soft, then pound to extract the juice.

Boil the extracted juice, add smoked fish, crayfish, seasoning, and salt. Simmer until the soup thickens and oil surfaces.

### **Recipe for Sangah**

Ingredients for Sangah: Maize flour or cornmeal, Cassava leaves (pounded or blended), Palm nut juice (or palm oil), Seasoning cubes, Salt

Directions for Sangah: Boil the cassava leaves until soft and tender. In a pot, mix maize flour with water to form a smooth paste and cook until thickened. Add the cooked cassava leaves to the maize. Pour in palm nut juice or palm oil, add seasoning cubes and salt. Simmer for 15–20 minutes until well blended.

### **Recipe for Cornchaff**

Ingredients for Cornchaff: Corn (fresh or boiled dry corn), Red or black-eyed beans, Palm oil, Crayfish, Tomatoes and onions, Seasoning cubes, Salt and pepper

Directions for Cornchaff: Soak and boil beans until tender. Boil corn if using dry corn, or use fresh corn. In a pot, sauté chopped onions and tomatoes in palm oil. Add beans, corn, ground crayfish, salt, and seasoning. Simmer for 20–30 minutes, stirring occasionally.

### **Recipe for Okok (Bassa Style)**

Ingredients for Okok (Bassa Style): Okok leaves (or eru), Ground peanuts, Palm oil, Seasoning cubes, Salt, Cassava (for fufu)

Directions for Okok (Bassa Style): Boil okok leaves until soft. Prepare groundnut paste by blending boiled peanuts with water. Combine boiled leaves with groundnut paste, palm oil, seasoning, and salt. Simmer until thick and well mixed. Prepare cassava fufu and serve together.

### **Recipe for Kondreh**

Ingredients for Kondreh: Ripe or unripe plantains (peeled and cut), Beef, goat, or pork, Onions, garlic, ginger, Njansang (optional), country onions, Tomatoes (optional), Palm oil, Seasoning cubes, salt, pepper

Directions for Kondreh: Season and boil the meat with onions, garlic, and spices until tender. In a large pot, layer meat, plantains, spices, and palm oil. Add a little water or

stock, cover, and simmer on low heat. Stir gently after 30 minutes. Simmer until well cooked and sauce thickens.

### **Recipe for Fufu and Njama Njama**

Ingredients for Fufu and Njama Njama: Cassava flour or corn flour, Njama njama leaves (huckleberry), Palm oil, Tomatoes and onions, Crayfish, Seasoning cubes, salt

Directions for Fufu and Njama Njama: Mix cassava/corn flour with water and stir over heat until thick. Wash and boil njama njama leaves for 10 minutes. Sauté onions and tomatoes in palm oil. Add crayfish, seasoning, salt, and boiled leaves. Cook together for 15 minutes.

### **Recipe for Egusi Pudding**

Ingredients for Egusi Pudding: Ground egusi seeds, Eggs (optional), Crayfish, Spinach or bitterleaf, Palm oil, Seasoning cubes, salt, Banana leaves (for wrapping)

Directions for Egusi Pudding: Mix ground egusi with eggs, oil, and seasoning into a thick paste. Add chopped spinach or bitterleaf and mix. Wrap in banana leaves and steam for 1 hour.

### **Recipe for Kwacoco Bible**

Ingredients for Kwacoco Bible: Cocoyams (grated), Palm oil, Smoked fish, Crayfish, Maggi cubes, salt, Banana leaves

Directions for Kwacoco Bible: Mix grated cocoyam with chopped smoked fish, spices, oil, and seasoning. Wrap the mixture in banana leaves. Steam for about 1 hour.

### **Recipe for Bobolo and Roasted Fish**

Ingredients for Bobolo and Roasted Fish: Cassava (fermented, wrapped in banana leaves), Whole tilapia or mackerel, Garlic, ginger, pepper, Onions, oil, seasoning

Directions for Bobolo and Roasted Fish: Clean and season the fish. Grill or roast over charcoal or oven until crispy. Steam or boil bobolo until soft.

### **Recipe for Kati Kati**

Ingredients for Kati Kati: Chicken (preferably village chicken), Palm oil, Salt, maggi cubes, Pepper, Water, Njama njama (optional side)

Directions for Kati Kati: Roast chicken until golden brown. Cut into pieces and place in a pot with water. Add salt, seasoning cubes, and palm oil. Cook uncovered until oil forms a rich broth. Simmer until chicken is tender.

### **Recipe for Mbongo Tchobi**

Ingredients for Mbongo Tchobi: Fish or meat, Black spices (Mbongo stick, njansa, pepper, garlic), Tomatoes, onions, Crayfish, Palm oil, Seasoning cubes, salt

Directions for Mbongo Tchobi: Blend black spices with tomatoes and onions. Fry the mixture in palm oil until thick and aromatic. Add fish or meat, season, and simmer until cooked.

### **Recipe for Egusi Soup (White)**

Ingredients for Egusi Soup (White): Ground egusi, Palm oil, Meat/fish, Bitterleaf or spinach, Crayfish, Seasoning cubes, salt

Directions for Egusi Soup (White): Heat palm oil in a pot and add ground egusi. Fry until light brown. Add meat, fish, water, and seasoning. Add vegetables and crayfish. Simmer until thick and oil rises.

### **Recipe for Groundnut Soup**

Ingredients for Groundnut Soup: Ground raw peanuts (blended), Meat or fish, Palm oil, Onions, tomatoes, Crayfish, pepper, Seasoning cubes, salt

Directions for Groundnut Soup: Blend peanuts into a smooth paste. Cook meat or fish separately. Sauté onions and tomatoes, then add peanut paste. Add meat/fish and seasonings. Cook until oil separates and soup thickens.

### **Recipe for Cameroon Pepper Soup**

Ingredients for Cameroon Pepper Soup: Goat meat or fish, Pepper soup spice, Garlic, ginger, hot pepper, Maggi, salt, Scent leaves (optional)

Directions for Cameroon Pepper Soup: Season meat and boil until tender. Add blended spices and hot pepper. Simmer until infused. Add scent leaves if desired.

### **Recipe for Suya**

Ingredients for Suya: Beef or chicken (thin slices), Suya spice, Salt, Oil

Directions for Suya: Marinate meat in suya spice and oil. Skewer and grill over flame. Turn frequently until cooked and crisp.

### **Recipe for Garri and Eru**

Ingredients for Garri and Eru: Eru leaves, Waterleaf or spinach, Crayfish, Smoked fish or meat, Palm oil, Seasoning cubes, salt, Garri

Directions for Garri and Eru: Boil eru and spinach until soft. Add crayfish, fish or meat, palm oil, and spices. Simmer until aromatic. Prepare water fufu with garri.

### **Recipe for Beans and Garri (Street Style)**

Ingredients for Beans and Garri (Street Style): Red beans, Onions, tomatoes, Palm oil, Seasoning cubes, salt, Garri

Directions for Beans and Garri (Street Style): Boil beans until soft. Fry tomatoes and onions in palm oil. Mix with beans and season. Serve with dry or soaked garri.

### **Recipe for Yams with Vegetable Sauce**

Ingredients for Yams with Vegetable Sauce: Yams, Spinach or bitterleaf, Tomatoes, onions, Palm oil, Crayfish, Seasoning cubes, salt

Directions for Yams with Vegetable Sauce: Boil yams until soft. Sauté onions and tomatoes in palm oil. Add spinach and crayfish. Simmer sauce and serve over yams. Would you like me to continue with the next 20? 4o You said: yes and if u encounter a food u have seen before skip ChatGPT said: Perfect. Here are the next 20 unique Cameroonian recipes, skipping any duplicates like Poulet DG, Achu, or Ndolé which we've already covered:

### **Recipe for Okra Soup (Slimy Style)**

Ingredients for Okra Soup (Slimy Style): Fresh okra (grated or chopped), Meat/fish, Palm oil, Crayfish, Pepper, onions, Bitterleaf (optional), Seasoning cubes, salt

Directions for Okra Soup (Slimy Style): Boil meat/fish and set aside. Sauté onions and pepper, then add okra and cook quickly. Add meat, crayfish, and seasonings. Stir until slimy texture is achieved.

### **Recipe for Coconut Rice**

Ingredients for Coconut Rice: Rice, Fresh coconut milk (or canned), Onions, Garlic (optional), Carrots and green beans (optional), Salt, maggi cubes, Oil

Directions for Coconut Rice: Wash rice and set aside. Heat oil and sauté onions and garlic. Add rice and stir for 2 minutes. Pour in coconut milk and water to cook rice. Add salt and maggi. Optional: add diced carrots and green beans. Cook on low heat until rice is soft and fragrant.

### **Recipe for Jollof Rice (Cameroon Style)**

Ingredients for Jollof Rice (Cameroon Style): Rice, Tomatoes (fresh and paste), Onion, garlic, ginger, Bay leaf, Thyme, Chicken or beef stock, Salt, maggi cubes, Oil

Directions for Jollof Rice (Cameroon Style): Blend tomatoes, onion, garlic, and ginger. Sauté the blend in oil, add tomato paste, bay leaf, thyme, and stock. Cook until the stew thickens. Add washed rice and stir well. Cover and cook on low heat until rice absorbs all flavor.

### **Recipe for Fried Rice (Cameroon Party Style)**

Ingredients for Fried Rice (Cameroon Party Style): Rice, Mixed vegetables (carrots, green beans, peas), Liver or beef (cubed), Garlic, onions, Soy sauce, Salt, white pepper, maggi cubes, Vegetable oil

Directions for Fried Rice (Cameroon Party Style): Boil rice with salt and a little oil, then set aside. Stir-fry onions, garlic, and vegetables. Add precooked liver or beef and soy sauce. Add rice, mix well, and fry together for 5–10 minutes.

### **Recipe for Egusi Sauce with Rice**

Ingredients for Egusi Sauce with Rice: Ground egusi, Tomatoes, onions, garlic, Palm oil, Crayfish, Meat or fish, Bitterleaf (optional), Seasoning cubes

Directions for Egusi Sauce with Rice: Blend onions, tomatoes, and crayfish. Fry in palm oil, add ground egusi and stir until thick. Add water, meat, and vegetables. Cook until sauce is smooth and well seasoned.

### **Recipe for Beans and Fried Plantains**

Ingredients for Beans and Fried Plantains: Red or brown beans, Palm oil, Onions, Salt, maggi, Ripe plantains

Directions for Beans and Fried Plantains: Boil beans until soft. Fry onions in palm oil and mix into beans with seasoning. Fry sliced ripe plantains and serve together.

### **Recipe for Yasa Chicken with Rice (North Style)**

Ingredients for Yasa Chicken with Rice (North Style): Chicken (marinated in lemon juice, mustard, and garlic), Onions, Vinegar or lemon juice, Oil, salt, pepper, Rice

Directions for Yasa Chicken with Rice (North Style): Marinate chicken in lemon, garlic, mustard, and spices. Fry chicken until golden, then set aside. Fry onions in oil, add marinated juices and chicken. Simmer until sauce thickens. Serve with steamed rice.

### **Recipe for Rice and Mbongo Soup**

Ingredients for Rice and Mbongo Soup: Rice, Black Mbongo spice mix, Fish or meat, Tomatoes, onions, garlic, Crayfish, Palm oil

Directions for Rice and Mbongo Soup: Blend Mbongo spices with tomatoes and onions. Fry in palm oil, add fish/meat and seasonings. Cook until thick and dark in color. Serve soup alongside hot rice.

### **Recipe for Akwadu (Palm Nut Soup with Meat)**

Ingredients for Akwadu (Palm Nut Soup with Meat): Palm nuts or palm nut concentrate, Meat (beef or goat), Stockfish (optional), Crayfish, Onions, garlic, Chili pepper, Salt, seasoning cubes



Directions for Akwadu (Palm Nut Soup with Meat): Boil meat with onions, salt, and seasoning until tender. Extract juice from boiled palm nuts or use concentrate. Add palm nut juice to meat stock, bring to a boil. Add crayfish, chili pepper, and stockfish if used. Simmer until oil rises and soup thickens.

### **Recipe for Agbeli Kaklo (Fried Cassava Balls)**

Ingredients for Agbeli Kaklo (Fried Cassava Balls): Grated cassava, Onions, pepper, Salt, Oil for frying

Directions for Agbeli Kaklo (Fried Cassava Balls): Mix grated cassava with finely chopped onions, pepper, and salt. Form small balls and deep fry until golden brown. Drain and serve as snack or side.

### **Recipe for Atieke (Fermented Cassava Couscous)**

Ingredients for Atieke (Fermented Cassava Couscous): Fermented cassava granules (Atieke), Water, Salt

Directions for Atieke (Fermented Cassava Couscous): Rinse Atieke in cold water to remove excess starch. Steam over boiling water for 15–20 minutes. Fluff with fork, add salt and a little oil. Serve with grilled fish or stew.

### **Recipe for Atanga Soup**

Ingredients for Atanga Soup: Atanga fruit (wild mango), Palm oil, Meat or fish, Onions, pepper, seasoning cubes, Crayfish

Directions for Atanga Soup: Boil atanga fruit until soft, then mash. Fry onions and pepper in palm oil. Add meat or fish and cook until tender. Add mashed atanga and crayfish. Simmer and season to taste.

### **Recipe for Bambara Beans Stew**

Ingredients for Bambara Beans Stew: Bambara beans (cowpeas), Tomatoes, onions, garlic, Palm oil, Seasoning cubes, salt, Pepper

Directions for Bambara Beans Stew: Soak and boil beans until soft. Fry blended tomatoes, onions, and garlic in palm oil. Add beans, season, and simmer for 10 minutes.

### **Recipe for Batata Harra (Spicy Roasted Potatoes)**

Ingredients for Batata Harra (Spicy Roasted Potatoes): Potatoes (cut into cubes), Garlic, chili flakes, Olive oil, Salt, pepper, Lemon juice (optional)

Directions for Batata Harra (Spicy Roasted Potatoes): Toss potatoes with oil, garlic, chili, salt, and pepper. Roast in oven at 200°C until golden and crispy. Drizzle with lemon juice before serving.

### **Recipe for Bofrot (Puff-Puff)**

Ingredients for Bofrot (Puff-Puff): Flour, Sugar, Yeast, Water, Salt, Oil for frying

Directions for Bofrot (Puff-Puff): Mix flour, sugar, salt, and yeast with water to form batter. Let rise until doubled. Deep fry spoonfuls until golden brown.

### **Recipe for Boma Soup**

Ingredients for Boma Soup: Assorted meat (incl. cow skin), Palm oil, Onions, pepper, garlic, Seasoning cubes, salt, Bitterleaf or spinach

Directions for Boma Soup: Boil meat until tender. Fry onions, pepper, and garlic in palm oil. Add meat and greens, simmer until thick.

### **Recipe for Bouillie (Corn or Millet Porridge)**

Ingredients for Bouillie (Corn or Millet Porridge): Corn flour or millet flour, Water, Sugar, Milk (optional), Nutmeg or cinnamon (optional)

Directions for Bouillie (Corn or Millet Porridge): Mix flour with cold water to form paste. Boil remaining water and add paste while stirring. Cook until thickened. Add sugar, milk, and spices.

### **Recipe for Brochettes (Grilled Meat Skewers)**

Ingredients for Brochettes (Grilled Meat Skewers): Beef, chicken, or goat meat (cubed), Onions, Garlic, Pepper, Salt, Oil

Directions for Brochettes (Grilled Meat Skewers): Marinate meat with garlic, onions, pepper, salt, and oil. Thread meat onto skewers. Grill over charcoal or stove until slightly charred. Let me know if you'd like the next 20 unique recipes! 4o You said: yes ChatGPT

said: Here are the next 20 unique Cameroonian recipes, continuing from where we left off and skipping any already listed:

### **Recipe for Chambo Fish (Grilled or Stewed)**

Ingredients for Chambo Fish (Grilled or Stewed): Fresh Chambo fish (tilapia variety), Garlic, ginger, onions, Lemon juice, Salt, pepper, Oil

Directions for Chambo Fish (Grilled or Stewed): Clean and season fish with lemon juice, garlic, ginger, salt, and pepper. Grill over medium heat or stew with onions and tomato sauce. Serve with rice or plantains.

### **Recipe for Chikwangue (Fermented Cassava Bread)**

Ingredients for Chikwangue (Fermented Cassava Bread): Cassava flour or fermented cassava paste, Banana leaves or plastic wrap

Directions for Chikwangue (Fermented Cassava Bread): Wrap cassava paste tightly in banana leaves. Steam or boil for 2–3 hours. Let cool, slice, and serve with soup or sauce.

### **Recipe for Corn Chaff (Corn and Beans Mix)**

Ingredients for Corn Chaff (Corn and Beans Mix): Corn (fresh or dried kernels), Beans (any variety), Palm oil, Onions, pepper, Salt, seasoning cubes

Directions for Corn Chaff (Corn and Beans Mix): Soak and cook beans until soft. Cook corn kernels separately until tender. Fry onions and pepper in palm oil. Mix corn and beans, add fried onions and seasoning. Simmer for 10 minutes.

### **Recipe for Couscous Corn**

Ingredients for Couscous Corn: Corn couscous (granulated corn), Water, Salt

Directions for Couscous Corn: Rinse couscous in cold water. Steam in a basket over boiling water for 20–30 minutes. Fluff with a fork, add salt, and serve with sauce or stew.

### **Recipe for Crocodile Meat Stew**

Ingredients for Crocodile Meat Stew: Crocodile meat (cubed), Tomatoes, onions, Garlic, ginger, Palm oil, Pepper, salt, seasoning cubes

Directions for Crocodile Meat Stew: Marinate and boil crocodile meat until tender. Fry blended tomatoes, onions, garlic, and ginger in palm oil. Add meat, pepper, and seasoning. Simmer until sauce thickens and meat is flavorful.

### **Recipe for Dambu Nama (Spiced Dried Meat – Northern Style)**

Ingredients for Dambu Nama (Spiced Dried Meat – Northern Style): Beef or goat meat (shredded), Garlic, ginger, pepper, Oil, Salt, seasoning

Directions for Dambu Nama (Spiced Dried Meat – Northern Style): Cook meat and shred into thin pieces. Fry shredded meat with garlic, ginger, pepper, salt, and oil. Serve as a snack or side.

### **Recipe for Fufu Cassava**

Ingredients for Fufu Cassava: Cassava tubers, Water

Directions for Fufu Cassava: Peel and boil cassava until soft. Pound cassava until smooth and stretchy. Form into balls and serve with soup or stew.

### **Recipe for Fufu Plantain**

Ingredients for Fufu Plantain: Ripe plantains, Water

Directions for Fufu Plantain: Peel and slice ripe plantains. Boil until soft. Pound or blend until smooth, stretchy dough.

### **Recipe for Fufu Yam**

Ingredients for Fufu Yam: Yam tubers, Water

Directions for Fufu Yam: Peel and boil yams until soft. Pound or blend yams until stretchy. Serve with soup or stew.

### **Recipe for Garri Fufu**

Ingredients for Garri Fufu: Garri (processed cassava flakes), Hot water

Directions for Garri Fufu: Pour hot water over garri while stirring continuously. Let soak and thicken into a dough-like consistency. Serve with soup or stew.

### **Recipe for Grilled Fish**

Ingredients for Grilled Fish: Fresh fish (tilapia, catfish), Salt, pepper, Lemon juice, Oil

Directions for Grilled Fish: Clean and season fish with salt, pepper, and lemon juice. Grill over medium heat until slightly charred and cooked. Serve with plantains, rice, or vegetables.

### **Recipe for Kilishi (Spicy Dried Meat)**

Ingredients for Kilishi (Spicy Dried Meat): Thin slices of beef or goat meat, Ground peanuts, Chili powder, Salt, seasoning cubes, Garlic powder

Directions for Kilishi (Spicy Dried Meat): Marinate meat slices with salt, seasoning, garlic powder, and chili. Sun-dry or air-dry the meat until firm. Coat dried meat with ground peanuts and chili. Roast lightly over fire or oven to crisp.

### **Recipe for Koki Corn**

Ingredients for Koki Corn: Black-eyed peas (skinned and ground), Palm oil, Onions, pepper, Salt, seasoning cubes, Banana leaves or foil

Directions for Koki Corn: Soak and grind black-eyed peas. Mix with oil, onions, pepper, salt, and seasoning. Wrap in leaves or foil and steam for about 1 hour.

### **Recipe for Kwacoco (Cocoyam Pudding)**

Ingredients for Kwacoco (Cocoyam Pudding): Grated cocoyam, Palm oil, Onions, pepper, Salt, seasoning cubes, Banana leaves or foil

Directions for Kwacoco (Cocoyam Pudding): Mix cocoyam with oil, chopped onions, pepper, salt, and seasoning. Wrap in banana leaves or foil. Steam for about 1 hour.

### **Recipe for Maboké Fish**

Ingredients for Maboké Fish: Fresh fish (tilapia or catfish), Tomatoes, onions, Chili pepper, Palm oil, Garlic, ginger, Banana leaves

Directions for Maboké Fish: Clean and season fish with garlic, ginger, salt. Blend tomatoes, onions, and chili. Fry blend briefly in palm oil, then coat fish with sauce. Wrap in banana leaves and grill or steam for 30–45 minutes.

### **Recipe for Maafe (Peanut Stew)**

Ingredients for Maafe (Peanut Stew): Peanut butter or ground peanuts, Tomatoes, onions, Meat or chicken, Stock or water, Garlic, chili pepper, Salt, seasoning cubes

Directions for Maafe (Peanut Stew): Fry onions, garlic, and chili in oil. Add tomatoes and cook to a thick sauce. Add meat/chicken and cook until tender. Mix peanut butter with stock and add to stew. Simmer until thick and rich.

### **Recipe for Maïdo Soup**

Ingredients for Maïdo Soup: Maïdo leaves (or spinach), Palm oil, Fish or meat, Onions, pepper, Salt, seasoning cubes, Crayfish

Directions for Maïdo Soup: Boil meat or fish until tender. Fry onions and pepper in palm oil. Add meat stock, maïdo leaves, and crayfish. Simmer until leaves are soft and soup thickens.

### **Recipe for Moi Moi (Steamed Bean Cake)**

Ingredients for Moi Moi (Steamed Bean Cake): Black-eyed peas (skinned and ground), Onions, bell peppers, Palm oil or vegetable oil, Seasoning cubes, salt, Eggs, fish, or meat (optional), Banana leaves or foil

Directions for Moi Moi (Steamed Bean Cake): Blend peas, onions, and bell peppers. Mix in oil, seasoning, and optional protein. Wrap in banana leaves or foil and steam for about 1 hour. Would you like me to continue with the next 20? 4o You said: yess ChatGPT said: Here are the next 20 unique Cameroonian recipes, continuing from the previous list and skipping any that have already been included:

### **Recipe for Nkui (Traditional Soup for New Mothers)**

Ingredients for Nkui (Traditional Soup for New Mothers): Nkui sticks (bark and roots), Spices (pebe, rondelle, country onions), Water, Palm oil (optional), Salt

Directions for Nkui (Traditional Soup for New Mothers): Boil nkui sticks and roots until slimy extract is released. Add ground spices and continue boiling. Optionally stir in palm oil. Strain and serve hot, traditionally with fufu.

### **Recipe for Oba Oba (Spinach Groundnut Soup)**

Ingredients for Oba Oba (Spinach Groundnut Soup): Spinach, Ground peanuts, Palm oil, Crayfish, Meat or fish, Seasoning cubes, salt

Directions for Oba Oba (Spinach Groundnut Soup): Boil spinach and drain. Blend groundnuts with water to form a paste. Cook meat or fish with spices. Add groundnut paste and simmer. Stir in spinach, crayfish, and oil; simmer until thick.

### **Recipe for Okra and Egusi Mix**

Ingredients for Okra and Egusi Mix: Okra (chopped or grated), Ground egusi, Palm oil, Meat or fish, Crayfish, Pepper, onions, Seasoning cubes, salt

Directions for Okra and Egusi Mix: Fry egusi in palm oil with onions. Add meat/fish and cook with seasoning. Add okra and crayfish. Simmer until well blended and slightly slimy.

### **Recipe for Pepper Chicken (Party Style)**

Ingredients for Pepper Chicken (Party Style): Chicken (cut into pieces), Garlic, ginger, Onions, bell peppers, Chili pepper, Vegetable oil, Salt, seasoning cubes

Directions for Pepper Chicken (Party Style): Season and boil chicken until tender. Fry chicken until golden brown. Blend onions, peppers, garlic, and fry in oil. Add chicken and toss in spicy sauce.

### **Recipe for Pepper Fish**

Ingredients for Pepper Fish: Whole fish (e.g., tilapia), Garlic, ginger, pepper, Onions, Lemon juice, Vegetable oil, Salt, seasoning cubes

Directions for Pepper Fish: Clean and score the fish. Rub with lemon juice, spices, and salt. Grill or fry until crisp. Make pepper sauce with blended ingredients and sauté in oil. Serve fish with sauce poured over.

### **Recipe for Plantain Porridge (Asun Asun)**

Ingredients for Plantain Porridge (Asun Asun): Unripe or semi-ripe plantains (cubed), Palm oil, Tomatoes, onions, pepper, Crayfish, Meat or fish, Seasoning cubes, salt

Directions for Plantain Porridge (Asun Asun): Fry tomatoes, onions, and pepper in palm oil. Add meat/fish and crayfish. Add cubed plantains, water, and seasoning. Simmer until plantains are soft and stew is thick.

### **Recipe for Puff Puff with Banana**

Ingredients for Puff Puff with Banana: Ripe bananas (mashed), Flour, Sugar, Yeast, Salt, Water, Oil for frying

Directions for Puff Puff with Banana: Mix mashed banana with flour, sugar, salt, and yeast. Add water to form a smooth batter. Let rise for 1 hour. Deep-fry until golden brown.

### **Recipe for Spaghetti with Cameroon Stew**

Ingredients for Spaghetti with Cameroon Stew: Spaghetti, Tomatoes, onions, garlic, Meat or sardines, Vegetable oil, Seasoning cubes, pepper, salt

Directions for Spaghetti with Cameroon Stew: Boil spaghetti with salt and set aside. Fry onions and tomatoes in oil. Add meat or sardines, pepper, and seasoning. Mix in spaghetti and stir-fry until combined.

### **Recipe for Tatale (Plantain Fritters)**

Ingredients for Tatale (Plantain Fritters): Overripe plantains, Onion, Ginger, Cornmeal or flour, Salt

Directions for Tatale (Plantain Fritters): Mash plantains and mix with grated onion and ginger. Add cornmeal or flour and mix. Fry in small portions until golden brown.

### **Recipe for Taro Sauce (Mbanga Style)**

Ingredients for Taro Sauce (Mbanga Style): Taro (cocoyam), Palm nut extract, Crayfish, Fish or meat, Seasoning cubes, salt

Directions for Taro Sauce (Mbanga Style): Boil taro until soft and set aside. Prepare palm nut extract and boil. Add crayfish, fish, and seasonings. Serve sauce with taro on the side.



### **Recipe for Tomato Stew**

Ingredients for Tomato Stew: Fresh tomatoes, Tomato paste, Onions, garlic, ginger, Meat or fish, Oil, Seasoning cubes, salt, pepper

Directions for Tomato Stew: Blend tomatoes, onions, garlic, and ginger. Fry the mixture in oil with tomato paste. Add meat or fish and season. Simmer until stew thickens and oil floats.

### **Recipe for Vegetable Stew (Green Sauce)**

Ingredients for Vegetable Stew (Green Sauce): Spinach or green leafy vegetables, Palm oil, Tomatoes, onions, Crayfish, Fish or beef, Seasoning cubes, salt

Directions for Vegetable Stew (Green Sauce): Wash and boil vegetables, then chop. Fry tomatoes and onions in palm oil. Add meat/fish, crayfish, and seasonings. Stir in vegetables and simmer until blended.

### **Recipe for Water Fufu and Okra Soup**

Ingredients for Water Fufu and Okra Soup: Cassava (fermented for water fufu), Okra, Palm oil, Crayfish, Meat or fish, Seasoning cubes, pepper

Directions for Water Fufu and Okra Soup: Soak cassava, ferment for a few days, and blend. Cook into thick paste with constant stirring. Directions for Okra Soup: Cook meat/fish with seasoning. Add okra, crayfish, and oil. Simmer and serve with fufu.

### **Recipe for Yam Porridge**

Ingredients for Yam Porridge: White yam (cubed), Palm oil, Tomatoes, onions, Crayfish, Meat or fish, Seasoning cubes, salt

Directions for Yam Porridge: Boil yams with some water and salt. Fry tomatoes, onions, and crayfish in oil. Add meat/fish and pour over yams. Cook until yams are soft and coated in sauce.

### **Recipe for Zom (Vegetable and Palm Oil Stew)**

Ingredients for Zom (Vegetable and Palm Oil Stew): Cocoyam leaves or spinach, Palm oil, Groundnuts or melon seeds, Crayfish, Meat or fish, Seasoning cubes, salt

Directions for Zom (Vegetable and Palm Oil Stew): Boil and drain leaves. Fry groundnuts/melon in oil. Add meat, fish, and crayfish. Mix in leaves and cook until thick.

### **Recipe for Sese Plantains (Plantain and Vegetable Hotpot)**

Ingredients for Sese Plantains (Plantain and Vegetable Hotpot): Ripe/unripe plantains (chopped), Palm oil, Onions, tomatoes, Green vegetables, Fish or meat, Crayfish, seasoning cubes

Directions for Sese Plantains (Plantain and Vegetable Hotpot): Fry onions and tomatoes in palm oil. Add meat/fish and seasoning. Add plantains and cook until soft. Mix in vegetables and simmer.

### **Recipe for Beans Porridge (Koki Beans Style)**

Ingredients for Beans Porridge (Koki Beans Style): Red or brown beans, Palm oil, Onions, pepper, Salt, crayfish, Plantain (optional)

Directions for Beans Porridge (Koki Beans Style): Cook beans until soft. Fry onions and pepper in palm oil. Mix with beans, add crayfish and season. Optionally add chopped plantains. Let me know when you're ready for the next 20 recipes! 4o You said: yes ChatGPT said: Here are the next 20 unique Cameroonian recipes, continuing from the previous batches and omitting any already included:

### **Recipe for Njama Njama and Irish Potatoes**

Ingredients for Njama Njama and Irish Potatoes: Njama njama (huckleberry leaves), Irish potatoes, Palm oil, Onions, tomatoes, Seasoning cubes, salt, Crayfish

Directions for Njama Njama and Irish Potatoes: Boil potatoes with a pinch of salt and set aside. Boil njama njama leaves, drain excess water. Fry tomatoes and onions in palm oil, add crayfish and seasoning. Stir in njama njama and cook for 10 minutes. Serve with the boiled potatoes.

### **Recipe for Esuba Soup (Traditional Grassfields Soup)**

Ingredients for Esuba Soup (Traditional Grassfields Soup): Meat or dried fish, Crayfish, Red palm oil, Ground egusi or melon seeds, Traditional Esuba spices, Pepper, salt, seasoning cubes

Directions for Esuba Soup (Traditional Grassfields Soup): Boil meat/fish until tender. Mix ground egusi with warm water to form paste. Heat palm oil, fry egusi paste, then add spices and pepper. Add meat/fish and simmer until thick and well blended.

### **Recipe for Roasted Corn and Pear (Avocado or Safou)**

Ingredients for Roasted Corn and Pear (Avocado or Safou): Fresh corn (on the cob), African pear (Safou) or avocado

Directions for Roasted Corn and Pear (Avocado or Safou): Roast corn over open flame or grill until slightly charred. Warm safou or avocado. Serve corn with softened pear as a simple snack or breakfast.

### **Recipe for Tapioca Porridge**

Ingredients for Tapioca Porridge: Tapioca pearls, Milk or coconut milk, Sugar, Nutmeg or cinnamon (optional), Water

Directions for Tapioca Porridge: Soak tapioca in water for 30 mins. Boil until translucent and soft. Add milk, sugar, and spices. Stir and cook until creamy.

### **Recipe for Roasted Groundnuts (Snack Style)**

Ingredients for Roasted Groundnuts (Snack Style): Raw groundnuts, Salt (optional), Water (optional for soaking)

Directions for Roasted Groundnuts (Snack Style): Rinse groundnuts and let dry. Roast in a dry pan or oven over medium heat, stirring often. Cool and store in airtight container.

### **Recipe for Fried Yam and Egg Sauce**

Ingredients for Fried Yam and Egg Sauce: White yam (peeled and sliced), Eggs, Onions, tomatoes, green pepper, Salt, seasoning cubes, Oil for frying

Directions for Fried Yam and Egg Sauce: Fry yam slices until golden brown. Sauté onions, tomatoes, and pepper. Add beaten eggs, season, and scramble into sauce. Serve with fried yams.

### **Recipe for White Beans Stew**

Ingredients for White Beans Stew: White navy beans, Palm oil or vegetable oil, Tomatoes, onions, garlic, Seasoning cubes, salt, pepper, Crayfish (optional)

Directions for White Beans Stew: Soak and boil beans until soft. Fry tomato, onion, and garlic blend in oil. Add beans, seasoning, and crayfish. Simmer to combine flavors.

### **Recipe for Stewed Green Beans and Potatoes**

Ingredients for Stewed Green Beans and Potatoes: Green beans, Irish potatoes, Onions, tomatoes, Oil, Seasoning cubes, salt, pepper

Directions for Stewed Green Beans and Potatoes: Boil peeled potatoes and set aside. Sauté onions and tomatoes in oil. Add chopped green beans and seasoning. Mix in cooked potatoes and simmer for 10 minutes.

### **Recipe for Plantain Chips**

Ingredients for Plantain Chips: Unripe or semi-ripe plantains, Salt, Oil for frying

Directions for Plantain Chips: Peel and slice plantains thinly. Sprinkle salt and mix. Deep-fry in hot oil until crisp and golden. Drain and let cool.

### **Recipe for Corn Fufu and Njama Njama**

Ingredients for Corn Fufu and Njama Njama: Corn flour, Njama njama leaves, Palm oil, Onions, tomatoes, Crayfish, salt, seasoning cubes

Directions for Corn Fufu and Njama Njama: Mix corn flour with water and stir over heat until smooth and firm. Directions for Njama Njama: Boil and drain leaves. Sauté tomatoes, onions, and spices. Add crayfish and seasoning, then mix in leaves.

### **Recipe for Fried Rice and Chicken (Street Style)**

Ingredients for Fried Rice and Chicken (Street Style): Rice, Mixed vegetables, Chicken, Onion, garlic, Seasoning, salt, soy sauce, Oil

Directions for Fried Rice and Chicken (Street Style): Boil rice and set aside. Stir-fry veggies, garlic, onion. Add cooked rice and soy sauce, mix well. Fry or grill chicken separately and serve.

### **Recipe for Baked Plantain and Fish Wraps**

Ingredients for Baked Plantain and Fish Wraps: Ripe plantains, Grilled fish, Spices, onions, garlic, Foil or banana leaves

Directions for Baked Plantain and Fish Wraps: Wrap cooked plantains with spiced grilled fish. Enclose in foil and bake until warm. Serve as a lunch/snack.

### **Recipe for Fried Eggplant (Aubergine)**

Ingredients for Fried Eggplant (Aubergine): Eggplant (sliced), Salt, Flour (optional), Oil

Directions for Fried Eggplant (Aubergine): Slice eggplant and sprinkle with salt. Pat dry, optionally coat in flour. Fry in hot oil until golden brown.

### **Recipe for Cameroon Kebab (Mini Meat Skewers)**

Ingredients for Cameroon Kebab (Mini Meat Skewers): Beef or chicken (cubed), Onion, garlic, pepper, Oil, Salt, spices

Directions for Cameroon Kebab (Mini Meat Skewers): Season meat with spices, oil, and onion. Skewer and grill or roast until cooked through. Serve hot with pepper dip.

### **Recipe for Coconut Candy**

Ingredients for Coconut Candy: Fresh grated coconut, Sugar, Water

Directions for Coconut Candy: Mix coconut with sugar and a little water. Cook while stirring until brown and sticky. Pour onto tray and cool. Cut into squares.

### **Recipe for Fried Cassava (Stick Fries)**

Ingredients for Fried Cassava (Stick Fries): Cassava (peeled, cut into sticks), Salt, Oil

Directions for Fried Cassava (Stick Fries): Boil cassava sticks with salt until semi-soft. Drain and fry in oil until golden and crispy.

### **Recipe for Yellow Garri Soak (Cold Dessert)**

Ingredients for Yellow Garri Soak (Cold Dessert): Yellow garri, Sugar, Water, Milk (optional), Groundnuts

Directions for Yellow Garri Soak (Cold Dessert): Add cold water to garri. Stir in sugar, milk, and groundnuts. Let soak and serve chilled.

### **Recipe for Vegetable Couscous (Savory Style)**

Ingredients for Vegetable Couscous (Savory Style): Couscous grains, Vegetables (carrot, cabbage, green beans), Oil, Seasoning, pepper

Directions for Vegetable Couscous (Savory Style): Steam couscous grains. Sauté vegetables in oil. Mix couscous with veggies and spices.

### **Recipe for Peanut Butter Dip (for Yams/Plantains)**

Ingredients for Peanut Butter Dip (for Yams/Plantains): Peanut butter, Hot water, Pepper, Garlic, Salt

Directions for Peanut Butter Dip (for Yams/Plantains): Mix peanut butter with hot water to desired consistency. Add pepper, garlic, and salt. Stir and serve warm with yams or plantains. Would you like the final batch if there are any more unique recipes left in the document? 4o You said: yes ChatGPT said: Here is the final batch of unique Cameroonian recipes from the document, skipping any that were previously listed:

### **Recipe for Steamed Rice and Njama Njama Sauce**

Ingredients for Steamed Rice and Njama Njama Sauce: Rice, Njama njama (huckleberry leaves), Palm oil, Onions, tomatoes, Crayfish, Salt, seasoning cubes

Directions for Steamed Rice and Njama Njama Sauce: Wash and boil leaves until soft, then drain. Fry chopped onions and tomatoes in palm oil. Add crayfish and seasoning. Stir in boiled leaves and cook 10–15 minutes. Serve hot with steamed rice.

### **Recipe for Palm Oil Rice (Jollof Palm Rice)**

Ingredients for Palm Oil Rice (Jollof Palm Rice): Rice, Palm oil, Tomatoes, onions, Crayfish, Meat or fish, Seasoning cubes, salt

Directions for Palm Oil Rice (Jollof Palm Rice): Fry tomatoes and onions in palm oil. Add water, rice, meat/fish, crayfish, and seasoning. Simmer until rice is fully cooked and well coated.

### **Recipe for Stewed Sweet Potatoes**

Ingredients for Stewed Sweet Potatoes: Sweet potatoes (peeled, cubed), Palm oil, Onions, tomatoes, Pepper, Crayfish, Salt, seasoning cubes

Directions for Stewed Sweet Potatoes: Fry onions, tomatoes, and pepper in palm oil. Add sweet potatoes and enough water to cook. Add crayfish and seasoning, simmer until potatoes are soft and stew thickens.

### **Recipe for Njansa Stew**

Ingredients for Njansa Stew: Njansa seeds (blended), Palm oil, Tomatoes, onions, Fish or meat, Crayfish, Pepper, seasoning cubes

Directions for Njansa Stew: Fry tomatoes, onions, and pepper in palm oil. Add blended njansa seeds. Add meat or fish, crayfish, and seasoning. Simmer until thick and aromatic.

### **Recipe for Green Pepper Stew**

Ingredients for Green Pepper Stew: Green bell peppers, Onions, garlic, Chicken or beef, Tomatoes (optional), Oil, Salt, seasoning cubes

Directions for Green Pepper Stew: Blend green peppers, garlic, and onions. Fry in oil, add meat/chicken. Add salt and seasoning, simmer until thick and fragrant.

### **Recipe for Lemon Chicken (Cameroon Style)**

Ingredients for Lemon Chicken (Cameroon Style): Chicken (cut into parts), Garlic, ginger, Lemon juice, Onions, Pepper, oil, Seasoning cubes, salt

Directions for Lemon Chicken (Cameroon Style): Marinate chicken in lemon juice, garlic, and seasoning. Fry or grill until golden. Sauté onions and pour marinade over chicken. Simmer until tender.

### **Recipe for Sauteed Bitterleaf**

Ingredients for Sauteed Bitterleaf: Bitterleaf (washed and boiled), Palm oil, Crayfish, Onions, pepper, Meat or fish (optional), Salt, seasoning cubes

Directions for Sauteed Bitterleaf: Fry onions and pepper in palm oil. Add crayfish and optional protein. Add bitterleaf and seasoning. Stir and simmer until well combined.

### **Recipe for Cabbage and Carrot Stir-Fry**

Ingredients for Cabbage and Carrot Stir-Fry: Cabbage, Carrots, Onions, Garlic, Oil, Salt, seasoning cubes

Directions for Cabbage and Carrot Stir-Fry: Slice cabbage and carrots thinly. Fry onions and garlic in oil. Add cabbage and carrots, season, and stir-fry until crisp-tender.

### **Recipe for Yam and Tomato Sauce**

Ingredients for Yam and Tomato Sauce: Yam (peeled, cubed), Tomatoes, onions, Garlic, Crayfish, Oil, Salt, seasoning cubes

Directions for Yam and Tomato Sauce: Boil yam until soft and set aside. Fry tomatoes, onions, and garlic in oil. Add crayfish and seasoning. Serve sauce over hot yams.

### **Recipe for Avocado and Sardine Sandwich**

Ingredients for Avocado and Sardine Sandwich: Ripe avocado, Sardines in oil, Bread (baguette or slices), Lemon juice, Pepper, salt

Directions for Avocado and Sardine Sandwich: Mash avocado with lemon juice, salt, and pepper. Mix in sardines. Spread mixture on bread and serve.

### **Recipe for Yoghurt Rice Dessert**

Ingredients for Yoghurt Rice Dessert: Cooked rice, Yogurt (sweetened or plain), Sugar or honey (optional), Fruits (banana, pineapple, etc.)

Directions for Yoghurt Rice Dessert: Mix cooked rice with yogurt. Add sugar or honey if desired. Top with diced fruits and chill before serving.



### Recipe for Taro

Ingredients for Taro: 1 kg taro roots (cocoyam), Water (enough to boil), Salt (to taste), 2 tablespoons palm oil or vegetable oil, 1 medium onion, chopped, 2 cloves garlic, minced, 2 fresh tomatoes, chopped, 1 tablespoon ground crayfish (optional), 1-2 fresh chili peppers (adjust to taste), Seasoning cubes (Maggi or Knorr) to taste, Spinach or bitterleaf (optional, washed and chopped)

Directions for Taro: Wash and peel the taro roots carefully, then cut into chunks. Place taro chunks in a pot, add water to cover, and salt to taste. Boil until taro is soft (about 25-35 minutes), then drain. Heat oil in a pan, sauté onions until translucent. Add garlic and fry briefly. Add tomatoes and cook until they form a thick sauce. Stir in ground crayfish (if using), chili peppers, salt, and seasoning cubes. Add spinach or bitterleaf and cook until wilted. Serve boiled taro with the prepared sauce.

### Recipe for Pomme Pile with Beans

Ingredients for Pomme Pile with Beans: 1 kg potatoes (preferably starchy like Russet), 2 cups cooked red or black beans (cooked until soft), Water (enough to boil potatoes), Salt (to taste), 2 tablespoons palm oil or vegetable oil, 1 medium onion, chopped, 2 cloves garlic, minced, 1-2 fresh chili peppers, chopped (optional), 1-2 seasoning cubes (Maggi or Knorr), Fresh parsley or coriander (optional, chopped)

Directions for Pomme Pile with Beans: Peel and cut potatoes into chunks. Boil potatoes in salted water until very soft (about 20-25 minutes). Drain. Mash or pound the potatoes until smooth and stretchy. In a pan, heat palm oil and sauté onions and garlic until translucent. Add cooked beans and chili peppers; stir and cook for 5 minutes. Season with salt and seasoning cubes to taste. Mix the beans into the pounded potatoes gently but thoroughly. Garnish with fresh parsley or coriander if desired. Serve hot as a hearty main or side dish