

# Sauce Graine

## Ingredients:

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2 cups palm nut pulp

500g beef or fish, cubed

1 onion, chopped

2 tomatoes, chopped

2 tbsp tomato paste

2 chili peppers, chopped

Salt and pepper to taste

## Instructions:

### Step Instruction

1 Boil palm nut pulp in water for 15 minutes, then strain to extract the juice.

2 In a pot, cook meat or fish with onions until browned.

3 Add tomatoes, tomato paste, and chili peppers.

4 Pour in the palm nut juice and simmer for 30-40 minutes.

5 Season with salt and pepper.

6 Serve hot with rice or foutou.