

SHARON'S 'RED RED' BEANS

Hello, I'm Sharon and I'm from Ghana. When I was growing up, on Saturday mornings my Naana (grandmother) took me to the local market, where we visited my Auntie's Chop Bar (restaurant). Sometimes my Auntie let me help prepare my favourite dish, 'Red Red', which includes stewed black-eyed beans in a rich, red sauce.

'Red Red' beans are served with a fried fruit called plantain and 'garri' flakes made from the cassava plant. But the beans are also delicious on their own, or served alongside other food.

The traditional cooking oil is red palm oil, but you can use other vegetable oils instead, such as olive or sunflower.

INGREDIENTS

- 1 small onion
 - 1 large tomato
 - a 2½cm (1in) piece of fresh ginger
 - 2 cloves of garlic
 - 2 spring onions
 - a vegetable stock cube
 - 200ml (6½floz) hot water
 - 2 tablespoons of cooking oil such as olive, sunflower or red palm oil
 - 4 tablespoons of tomato purée
 - 2 teaspoons of paprika
 - 2 x 400g (14oz) cans of black-eyed beans (or black beans or cannellini beans)
 - a pinch of ground black pepper
 - a fresh red chilli, or a pinch of dried chilli flakes (optional)
- You will also need a large non-stick pan.

1 Take the skin off the onion, then cut the onion into small pieces.

The instructions on page 6 will help you.

2 Cut the tomato in half, then into quarters, and then into small pieces.

Slice

3 Grate the ginger.

Grater

Small holes

4 Peel the papery skin off the garlic.

Crush the garlic.

Garlic crusher

5 Snip the roots and dark green parts off the spring onions and throw them away. Snip the rest into small bits.

SNIP

6 Crumble the stock cube into a measuring jug. Add the hot water.

Stir well.

7 Heat the oil in the pan over a medium heat for around 30 seconds.

Add the onion. Cook for 3-4 minutes, stirring regularly.

9 Pour in the stock. Wait until it bubbles. Turn down the heat so it's bubbling gently.

Cook for 10 minutes, stirring now and then.

8 Add the tomato, ginger, garlic, tomato purée and paprika. Cook for 1 minute, stirring all the time.

10 Tip in the beans and the can liquid.

Add the spring onion, pepper and chilli. Stir, and turn up the heat a little.

11 Wait until it bubbles. Turn down the heat so it bubbles gently.

Cook for 15 minutes, stirring now and then. If you used a fresh chilli, take it out.

VARIATIONS

To make this recipe gluten-free, use a gluten-free stock cube. This recipe is just a little spicy, but you can leave out the chilli if you prefer.



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