WEST AFRICAN · LUNCH · DINNER

# Ndole (Cameroonian Bitterleaf, Peanut and Beef Stew)

Ndole

130 min · plus overnight soaking the peanuts  Serves 8  494 kcal a serve

Video 5:54 in French · MARVISSIMA Pâtisserie & Cuisine

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No dairy listed

40 g protein, 6 g fibre and 11.5 g net carbs a serve: beef and peanuts slow-cooked with bitter greens. The beef makes it rich in zinc and vitamin B12.

**Diet notes:** Low saturated fat (5.3 g, 9.6% of the energy); DASH-friendly with less salt: up to ⅛ tsp a serve; Gluten-free with a swap: Check that the stock cube is gluten-free.

## Ingredients 12 · SERVES 8

- [ ] 350 g **raw white peanuts** (skinless), soaked overnight or boiled 30 minutes
- [ ] 300 g **ndolé** (bitterleaf), washed, boiled and squeezed dry
- [ ] 800 g **stewing beef**, in chunks
- [ ] 30 g **smoked dried shrimp** (crevettes fumées)
- [ ] 500 g **onions** (about 5 medium)
- [ ] 50 g **leek**, white part only
- [ ] 50 g **garlic** (about 1 head)
- [ ] 1 **fresh red chilli**
- [ ] **Black pepper**: 2 tsp ground black or white pepper
- [ ] 2 **stock cubes and salt**, to taste (one cube at the start, one later)
- [ ] 400 ml **water** for the beef, plus about 200 ml to rinse the blender
- [ ] 3 tbsp **vegetable oil**, for frying the onion

**Allergens found in the listed ingredients:** Gluten, Crustacea, Peanut. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Blend the leek, garlic and 3½ of the onions to a smooth purée; slice the remaining 1½ onions and set aside. Grind the soaked or boiled peanuts to a smooth, thick cream. 1:11
2. Put the beef in a pot with 2–3 tbsp of the onion purée, salt, the stock cube and pepper. Add about 400 ml water and simmer for about 40 minutes until the meat is tender, then lift the meat out. 1:35
3. Stir the peanut cream into the hot broth, rinsing the blender with about 200 ml water, add the chilli and let it bubble for about 30 minutes. 2:20
4. Add the rest of the onion purée and a third of the dried shrimp. Cook for another 30 minutes, stirring now and then, until the peanuts are cooked and a little oil rises to the surface. 2:52
5. Adjust the salt, add the second stock cube and about 1 tsp more pepper, return the beef and stir in the bitterleaf in two batches until it is fully mixed into the peanut sauce. Leave to simmer gently. 3:22
6. Meanwhile fry the sliced onion in the oil over medium heat until translucent, without browning, then add the remaining shrimp for about 2 minutes. 4:20
7. Stir the onion and shrimp into the pot, simmer a few minutes more on medium-low heat and serve. 4:56

> **Tip** Serves 8 (our estimate). Traditionally eaten with miondo or bobolo (cassava sticks), boiled plantain or yam; a vegetable side keeps it lower in carbs. Washed bitterleaf is sold frozen or dried in African grocers.

The method is a summary in our words, in English — the video (in French) shows every step.

## One serve gives you 1 OF 8 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 494 kcal | 40 g | 18 g | 6 g | 32 g | 820 mg |
| 2,070 kJ | 80% of a day | 12 g net · 5.2 g sugars | 21% of a day | 5.3 g saturated | 35% of a day |
| | | 6% of a day | | 41% of a day | |

**Energy from** net carbs 10% · protein 32% · fat 58% — low carb (under 26% of the energy from carbs)

**High in** (20%+ of a day) Vitamin K 158% · Vitamin B12 90% · Zinc 75% · Selenium 60% · Folate 50% · Vitamin B6 46% · Vitamin E 37% · Omega-3 35% · Iron 33% · Magnesium 32% · Vitamin C 21% · Vitamin A 20%

**Source of** (10–19%) Potassium 19% · Calcium 12%

**Recipe and video:** MARVISSIMA Pâtisserie & Cuisine (@marvissimapatisseriecuisin6523) on YouTube — youtube.com/watch?v=iDhfPMqmbr0, published 12 June 2021. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/ndole-cameroun