



SÉNÉGAL / SENEGAL

**THE THIEBOUDIENNE BY CHEF SAMBA THIAM
(CHEF - 3 YEARS WITHIN CIS SENEGAL)**

Ingredients

- 4 Thiof steaks (grouper family)
- 1 medium green cabbage
- 2 aubergines - 1 cassava - 4 carrots - 4 tomatoes
- 2 sweet potatoes - 8 okra - ¼ squash
- 1 piece of Yet (dried mollusc)
- 1 piece of dried fish - 4 dl arachid oil
- Salt, pepper - Fresh chilli
- 1kg of 100% broken fragrant rice
- 4 bay leaves - 100 gr. Tomato concentrate



Instructions

1. In a casserole dish, heat the oil and fry the fry the steaks for 5 minutes on each side over medium heat.
2. Lower the heat and add the diced tomatoes and tomato paste, bay leaves and 10 cl of water, then simmer for about 20 minutes over low heat.
3. In the meantime, cut the carrots into large pieces, aubergine, sweet potatoes, cabbage, manioc and squash.
4. Add the chopped vegetables and whole okra to the pot, let it cook again for about 20 minutes.
5. Add the dried fish and shellfish, cook for another 10 minutes.
6. Remove the vegetables, fish steaks and dried products, then add the rice and about 1 litre of water, so that the water largely covers the rice.
7. Cook for 20 minutes. Serve the rice first, then the vegetables and finally the fish.



About the chef

Chef Samba Thiam, 46 years old, was introduced to cooking at an early age thanks to his family who were in the restaurant business.

At the age of 21, he started working as a cook in the big hotels of Saly and the Dakar region: Savana Saly, Safari village, la Pierre de Lisse... etc.

He then honed his skills in several restaurants and mining sites in the north of the country as a chef.

His adventure continues in 2019, when he joins the subsidiary CIS SENEGAL as chef.