

# **What's Cooking?**

## **Start Cooking**

*Traditional Sierra Leonean Recipes*

Muriel Emekunle Davies

2nd Edition

Edited by Rotimi E. Nelson

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Muriel Emekunle Davies is a former Home Economics teacher who specialized in food and nutrition.

She taught for twenty years at the Annie Walsh Memorial School, the oldest girls secondary school in West Africa, founded in 1849.

She was for many years an examiner in Home Economic subjects for the West African Examination's Council.



She also examined at the Milton Margai Teacher's College, now the Milton Margai College of Education and Technology (MMCET), the Port Loko's Teachers College, and the YWCA Vocational Institute.

Mrs Davies was educated in Sierra Leone and the United Kingdom and has travelled extensively to gain knowledge in cookery and to appreciate international cuisine.

*This second edition is dedicated to my late husband,  
Mr. Christopher S. Davies OBE,  
as we celebrate the 20th anniversary of his death.  
I'm preparing a special breakfast menu (Item 130)  
for relatives and friends who have been of  
extraordinary help to me during these years.*

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# ACKNOWLEDGEMENTS

I would like to thank my many friends and relatives both here and abroad who have always inspired me when visiting and partaking of the food cooked and would say, “why don’t you write a recipe booklet to help us prepare some of these tasty foods so that we can try our hands in preparing them instead of having them when we visit you?”

My household would always give me credit by commenting on whatever food is cooked and placed on the table.

My sincere appreciation goes to Mrs Rotimi Nelson (nee Lisk), IT Project Manager for inspiring me to produce a new edition of my cookbook, promptly and willingly doing the typing and for her assistance in the final production and publication of this second edition.

Grateful thanks to my dear nephew and his wife (Dr Radcliffe Lisk & Mrs Ida Lisk) for their ideas, help and indefatigable support in sourcing the cover page design, editing and the final reading of this version.

JANUARY 2017

# FOREWORD

The book has been very successful and has been sold all over the world. I continue to receive requests for more recipes therefore I have added a new section (Part IV) with some new tempting dishes.

Since its inception over 50 years ago, the Sierra Leone Home Economics Association under the leadership of its founder Dr. Pamela Greene, nee Thompson-Clewry, has always encouraged the publication of pamphlets and booklets by its members, so as to provide evidence of the quality of the Association's membership and the importance of the discipline of Home Economics in the life of the nation. The discipline of Home Economics has successfully overcome the degrading label of "Domestic Science" by which the subject was known when it was first introduced into the school curriculum by the British. Under this earlier name, it was regarded as the Cinderella subject in schools and placed low in scholarly ratings in this country.

A number of Home Economic members have, over the years, taken up the challenge to publish Home Economics textbooks and booklets. I published my first booklet on Rice Dishes in August 1973. This booklet was well received. It assisted people who enjoyed cooking to make the fullest possible use of one of the most important of our staple foods. This book was reprinted in 1978. Since then, relatives and friends both in Sierra Leone and overseas have been asking for a follow-up book which will include more recipes of our local dishes. It would appear that there is now a desire to move away from the practice common in the days of our grandparents and parents of putting ingredients together without actually weighing them out. It is for me a great privilege to contribute again to the stock of publications on cooking and to present this latest publication on the subject.

I have taken full advantage of opportunities I had as a Home Economics Teacher to test many of the recipes presented in the first

published edition in March 1996. I hope that readers will continue to find real joy in using it and also enjoy the meals prepared from the recipes in it.

The booklet is organised in four parts as follows:

**PART I Rice Recipes** – These have been reprinted from the earlier work. I have tested and added some new rice recipes to update the earlier collection.

**PART II Recipes for Plasas, stews, and vegetables dishes.**

**PART III** Gives suggestions for traditional knick-knacks ‘snacks’ which are intended to whet the appetite.

**PART IV** Another group of mixed dishes so you can continue to enjoy your cooking.

Readers can start trying out recipes from any of these parts. There has been no attempt to grade the skills required for preparing the dishes. All the recipes have been written to make them easy and interesting to follow.

Bon appétit!

Muriel Emekunle Davies  
January 2017

