

MAKE GHANAIAN Red Red

Red Red is a popular dish in Ghana that is named for its red-colored sauce made with red palm oil and tomatoes. There is no one recipe for red red, but the ingredients are typically black eyed peas, red palm oil, tomatoes, onion, ginger and hot peppers and it is almost always served with fried plantains. Within those ingredients you could use dried or cooked beans, fresh or canned tomatoes, red or yellow onion, red palm oil or another oil, hot pepper or mild/spicy salsa, all variations will lead to a perfectly scrumptious meal!



- 2 cups dried black-eyed peas
(or 4 cans of cooked black-eyed peas)
 - 2-3 large bouillon cubes (4-6 small)
 - 1 onion, diced into small pieces
 - 1/2-3/4 cup red palm oil
 - 1 large can of uncooked tomatoes
 - 1 jar salsa (optional, no herbs)
 - 1 hot red pepper (optional, to taste)
 - 1 tablespoon fresh ginger
 - 4 cloves garlic, peeled and chopped fine
 - 2 tablespoons tomato paste (optional)
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- 4-6 ripe plantains (or one per person)
 - 1/4 cup frying oil (like coconut oil)

NOTES ON INGREDIENTS



Plantains: Plantains should be ripe and soft, giving a sweet flavor. Harder plantains will still work but will taste more like fried potatoes.

Heat: Salsa vs. hot peppers. If you like spicy-hot food, throw in a hot pepper. or two. If you want to control the level of heat, use a mild-medium salsa instead. The dish will be about as hot as the salsa. Check that the salsa only includes tomatoes, onions and peppers with no herbs. Salsas including herbs like coriander (cilantro) will significantly change the taste of the dish and are not recommended.



Onion: Yellow, red or white, pick your favorite onion to cook with. The red red pictured above used a sweet yellow onion, but some cooks use red onions to add to the red coloring of the dish.

Bouillon Cubes: Maggi bouillon cubes are a key ingredient in many West Africa dishes and come in chicken, crayfish and other flavors. Knorr makes very similar soft bouillon cubes that come in chicken, beef or vegetable flavor and which can be crumbled into dishes. (This can be very useful if you want to add just part of a cube.) Smaller hard bouillon cubes may be substituted, make sure you give them time to dissolve and stir well before adding more to taste.



Tomatoes: Fresh or canned, any type of tomatoes works in this dish. For a thicker, brighter tomato flavor, also use tomato paste.

Ginger & Garlic: Fresh ginger and garlic chopped fine or ginger and garlic pastes will both work in this recipe.



1. Soak peas overnight, or boil for 5 minutes then soak for an hour. Drain water, rinse and cook beans in fresh water for 30 minutes. Add 2 bouillon cubes, continue cooking while moving on to steps 2-3.
(If using canned peas, skip this step, wait to add bouillon cubes to taste in step 4.)



2. Chop onion and sauté for 10 minutes on medium heat in red palm oil. Add garlic, ginger and (optional) red pepper. Saute together for two minutes.



3. Add (optional) tomato paste and stir well. Then add canned or fresh tomatoes. Cook for five-ten more minutes, then add to peas.



4. Add tomato onion mixture and (optional) salsa to peas, and cook entire mixture for 30-45 more minutes. Taste test, ensuring peas are soft and creamy. Add an additional bouillon cube if needed. Stir well and turn off heat to allow to cool.



5. While red red is cooling, peel and slice plantains into long diagonal slices. Fry in oil until browned. Place on paper towels to drain and salt as you would french fries.



6. Serve red red warm with fried plantains. Delicious!