



“Attiéké with fish and alloco is one of my favorite dishes to make because it reminds me a lot of what I used to eat when I was younger with my family and it’s a very popular dish in Central and West Africa. I picked this dish because it’s very easy to make and I hope you enjoy it.”

## INGREDIENTS

- 3 cup dry Attiéké
- 4 tablespoons of oil
- 2 teaspoons salt
- Fresh** onion
- 1/3 cup water
- 4 fish or fish fillets
- 1 tablespoon ginger
- 2 ~5 cloves
- 2 ~5 whole all spice
- 2 tablespoon garlic
- Salt** to taste
- 3-4 large ripe plantains
- 4 tomatoes
- 4 peppers

## ATTIÉKÉ WITH FISH AND ALLOCO

### INSTRUCTIONS

Pour the dry Attiéké into a container. Add the water, **2 Tbs. oil**, chopped onion and stir gently.

Cover and let rest **5 to 8 minutes**.

Cook with steam **4 to 5 minutes** while stirring, so that the grains do not attach, or steam for **3 to 4 minutes**.

Attiéké, which is eaten warm, is ready to be served.

Combine 1/2 cup diced onion, 1 Tbs. ginger, 2~5 cloves, 2~5 all spice, 2Tbs. garlic, and blend well. Cover fish with this mixture.

Pan fry or deep fry fish until golden brown. Set aside.

Peel the plantain and cut into cubes. Put cubes into a bowl and add a pinch of salt to taste.

Pan fry or deep fry plantains until golden brown. Set aside.

Cut the onion in half, mince very finely and set aside in a bowl.

Cut the tomatoes in half and slice very thinly.

On a **medium heat**, in a saucepan, heat the oil and add the onion. Cook for **10 mins**. Then, add tomatoes, cube taste and add salt if necessary.

Ready to serve. Place Attiéké and plantains separately on a plate, and place fish over a bed of the onions and tomatoes.

**Source:** <https://cuisine228.com/attieke-with-fish-and-alloco/>