

# Braiding Seeds

Hey, you.

It's Binta. I want to share something special with you and your dear ones. All these recipes are home.

I selected these specific dishes because of a personal link to them and their simplicity in terms of ingredients. Most of these recipes come from West Africa, but of course, because of the Triangular trade, they are cooked in the Caribbean and the diasporas in different ways.

This recipe and care card is a continuation of my installation *Chorus of Soil*, made specifically for LB2023. As the piece has been created collectively, I invite you to prepare all these plates with someone special as an act of mourning, liberation and celebration of life. An act of reparation and care.

## Alaynia's Peanut Curry

Prep time: 10 minutes

### Ingredients

- 1 onion
- 2 bell peppers
- Chicken or lamb (optional)
- 5 Maggi seasoning cubes
- 1 tsp paprika
- ½ tsp salt
- ½ tsp black pepper
- 1 tsp chicken seasoning
- 1 tsp jerk seasoning
- 1 tsp All purpose seasoning
- Fresh coriander
- 250g of black-eyed peas
- 1 tin of coconut milk
- 1 tin of chopped tomatoes
- 3 sweet potatoes chopped
- 3 fresh garlic cloves
- 2 tbsp peanut butter
- 2 tsp brown sugar
- To Serve
- Rice
- ¼ tsp salt
- Fresh coriander

### Method

1. Roughly chop the Onion and Bell Peppers
2. Heat oil in a wide bottom pan.
3. Massage seasoning mix into the chopped onion, bell peppers and chicken (optional).
4. Fry until the veg softens and the chicken starts to turn white.
5. Add the black eyed peas, tinned tomatoes, coconut milk and chopped sweet potatoes.
6. Add the chopped Garlic, coriander, 2 tbsp Peanut butter and 2 tsp Brown sugar.
7. Cook on medium heat for 40 minutes
8. Serve it over a plate of hot rice with coriander to garnish

Black-Eyed Peas like



lots of sunshine

Water once a week



Well drained soil



	J	F	M	A	M	J	J	A	S	O	N	D
Sow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Plant	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Harvest	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cook time: 40 minutes												

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# Braiding Seeds

Okra Plants Like



Sunshine

Regular Watering



Rich soil full of nutrients  
A support if it grows tall

	J	F	M	A	M	J	J	A	S	O	N	D
Sow	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Harvest	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



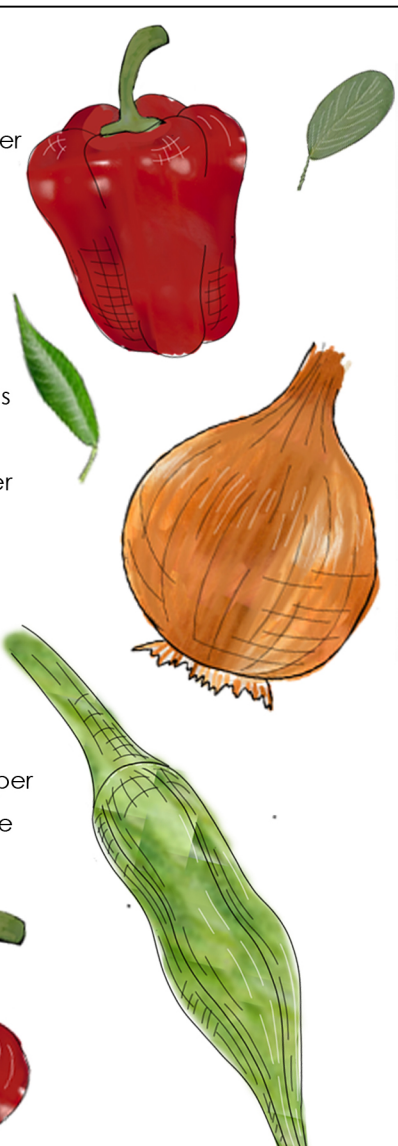
## Mafé

Prep time: 20 minutes

Cook time: 60 minutes

### Ingredients

- 750g beef or lamb
- 3 tbsp peanut butter
- 12 okra
- 2 tsp vegetable oil
- 1 large onion
- 1 pepper
- 3 carrots
- 3 medium potatoes
- 3 cloves of garlic
- ½ tsp garlic powder
- ½ tsp dried chives
- tomato paste
- Fresh ginger
- Fresh chilli
- 500ml of water
- Pinch of salt
- Ground Black Pepper
- Basmati or Thai Rice



### Method

- Put a high-sided pan on medium heat. Add oil and fry the onion, peppers, garlic and spices until soft and then set to one side.
- In the same pan, add some additional oil and bring back to the heat. When the oil is hot, fry the meat until it becomes crispy and dark in colour (optional).
- Add the water, salt, pepper and half of the onion & pepper mix to the pot and bring to the boil. Then reduce the heat, add the peanut butter and simmer for at least 30 minutes.
- Meanwhile, peel and cut the potatoes, carrots, and vegetables of your choice.
- Add carrots, vegetables and remaining onion and pepper mix to the pot and cook for 10 minutes
- Meanwhile finely chop the okra into a paste.
- Add it to the pot along with the potatoes and continue to simmer for another 20-30 minutes.
- The trick to knowing if the sauce is ready is to keep the heat going when the peanut butter oil is completely on the surface.
- Add salt if necessary and serve with basmati or Thai rice.