


Name: RFM (Réseau Des Femmes Médecins Du Mali)

Specialty: MEDECINS

Country: Mali



Name of dish	LARO (Crushed sorghum with peanut powder, fish and condiments)	
Ingredients (serves 10)	Ingredients	Quantity
Preparation time – 45 minutes	Crushed sorghum	500g
	Water	5 liters
	Peanut powder	1kg
	Salt	1 teaspoon
	Smoked fish	¼ kg
	Dry fish	1 piece
	Fresh tomatoes	5 large
	White sorrel	A handful
	Soubala powder (a condiment made from the seed of the African locust bean tree) Substitute suggestion - Soy Sauce	2 teaspoons
	Onion	1 large
	Pepper	3 or 4 pieces

Directions	<ol style="list-style-type: none"> 1. Put 5 liters of water in a pot over high heat. 2. When the water starts to boil add the crushed sorghum while stirring. 3. Add the peanut powder and continue stirring until you have a homogeneous mixture. 4. Add all the other ingredients mentioned (smoked fish, dry fish, crushed tomato and onion, soumbala powder, salt, sorrel, peppers) and leave to simmer for about 40 minutes. <p>NB. Spices and condiments other than chili peppers and the ones mentioned are not recommended for this dish.</p>	
Other relevant information	<p>This is a traditional Malian recipe made with inexpensive ingredients found everywhere in the country. It is a good and affordable source of proteins and lipids for all families especially in times of war or famine. Its appetizing sour taste combined with the added advantage of being easily digestible makes it very suitable for elderly persons and children too!!</p>	