

## TASTE THE WORLD AT WOMADELAIDE 2006

### Beef and Prawn Brochettes (kebabs) Featuring Coco Mbassi (Cameroon)

500g tenderloin steak  
1kg prawns  
200g ground raw peanuts  
Salt  
Black pepper  
2 onions  
Garlic  
A bit of olive oil  
500ml (minimum) frying oil  
8 to 10 ripe plantains  
A few red and green peppers (bell peppers work well)  
Wooden cooking sticks for the brochettes

Cut the beef into small pieces. Marinate the beef and the prawns (separately) for at least an hour in oil with salt, pepper, 1 onion (cut in tiny bits or even better, blended to a puree) and garlic puree.

Put the pieces of meat and prawns on the wooden sticks, alternating them with pieces of onion and pepper.

Roll the brochettes in the peanut powder until they are completely covered and cook for approximately 10 minutes at medium heat (15 minutes for the prawns).

While cooking the brochettes, heat the oil in a deep fryer and once hot, reduce the fire and put in carefully the pieces of plantains.

Let them fry at medium heat until they are nicely glazed, then remove and strain.

Serve warm with the hot brochettes.

**MARCH 10-12 Botanic Park ADELAIDE**

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