

## West African Mafé



### Makes:

6 servings

### Utensil:

5 Qt./4.7 L Multi-Purpose Oil Core  
small mixing bowl

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### Recipe:

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### Recipe Description:

Popular in West Africa, mafé, or groundnut stew is based on groundnuts - the African word for peanuts. Root vegetables are powerhouses of vitamins, phytonutrients and complex carbohydrates and can be an excellent source of protein. In general they have no fat and are low in calories.

1/4 rutabaga, cut into 1/2 inch cubes  
1 cup  
cabbage, processed, use Cone #3  
(709 g)  
2 cups  
vegetable stock or water  
(480 mL)  
1/4 teaspoon  
salt  
(1.25 mL)  
1/2 cup  
peanut butter (creamy or chunky)  
(129 g)  
black pepper to taste

### Directions:

1. Place all ingredients, except peanut butter, in electric roaster, cover and set to 250°F/121°C. When the Vapo-Valve™ clicks (approximately 15 minutes) reduce heat to 121°F/88°C. Cook 30 minutes.
2. In small bowl, blend 1/2 cup of the hot cooking liquid with peanut butter. Add back into electric roaster stir to blend. Cover and simmer at 190°F/88°C for 30 more minutes.
3. Serve as a stew or on white rice.

### Tips:

- You may want to add the chipotle pepper a little at a time throughout the cooking process to spice the dish to your individual taste. The peppers add the punch to the dish but are very, very hot.
- The traditional mafé dish can also be made with fish, fowl or lamb.
- Cassava root looks like a long, narrow sweet potato and is starchy, being the root of a tropical plant. It is found in Latin American and African food stores and some urban supermarkets.

Nutritional Information per

▼ Serving

**Calories:** 247

**Total Fat:** 12g

**Saturated Fat:** 3g

**Cholesterol:** 1mg

**Sodium:** 764mg

**Total** 28g

**Carbs:**

**Dietary Fiber:** 6g

**Sugar:** 9g

**Protein:** 9g