

**Recipes from Cameroon**  
**TOMATO SOUP**

Serves 6

Ingredients:

4 large ripe tomatoes (or 2 cans + 1 Tbsp tomato paste)  
1 onion, 1 green pepper  
1 turnip (or ¼ rutabaga), 1 carrot  
1 Tbsp butter  
1 gherkin  
1 tsp grated nutmeg  
parsley and thyme to taste  
3 oz milk  
2 cups stock or water  
salt and pepper to taste

Method:

Wash and roughly cut tomatoes (if using canned tomatoes add stock), carrot, turnip/rutabaga, onion and green pepper. Fry lightly in butter. Add stock, nutmeg, chopped gherkin and herbs. Simmer until vegetable are thoroughly cooked. Cool slightly and strain through a sieve. Add milk and reheat. Do not bring to a boil. Salt and pepper to taste.

**AFRICAN CRÊPES**

Makes 8 small crêpes

Ingredients:

½ cup flour  
¼ cup sugar  
2 cups milk  
1 teaspoon vanilla essence  
4 ripe bananas (mashed)  
1 to 2 eggs  
pinch of salt  
peanut or sunflower oil for frying  
powdered sugar (optional)

Method:

Sift flour, sugar and salt together in a mixing bowl. Make a well in the centre, and gradually stir in egg(s). Add milk little by little, until batter is smooth. Mash bananas and stir into batter. Heat oil in a small frying pan. Pour a thin layer of batter to cover surface of pan. Cook crêpes like pancakes, but only on one side. Serve warm, dusted with powdered sugar.