



Avocado and Sweet Corn Mayonnaise

Congo Africa

- 1 large avocado, pitted, mashed
- 1 Tablespoon honey mustard
- 1/4 cup mayonnaise
- 3/4 cup young sweet corn kernels*
- 1/2 Tablespoon dried minced onion
- 1/8 teaspoon ground red hot chili pepper or pepper flakes to taste
- 1/8 teaspoon salt or to taste
- 1 large yellow green plantain
- 2 to 4 Tablespoons corn oil or as needed

Peel avocado, remove pit, mash until creamy with some small bits. Add mustard and mayonnaise, sweet corn, and minced onions. Season to taste with hot pepper and salt. Chill in refrigerator until serving.

To prepare the chips: Peel plantain, discard peel. Cut into 1/2 inch thick slices. Place 2 Tablespoons oil in 10 inch skillet for frying. Fry half of plantains in hot oil until golden

brown on both sides. Remove from skillet to paper lined plate; sprinkle with salt while warm. Fry the remaining plantains. Serve with chilled avocado mayonnaise

***Note:** If the corn is older, precook corn until tender. This is a typical recipe from Congo, which is extremely tasty and great to serve with fried plantain chips. It was created by Sale & Pepe for Expo Milano 2015, Cereal Cluster.

About the Recipe: Crisp fried and lightly salted plantains marry deliciously with the avocado corn mayonnaise served as a dip. If you want to use it as a sauce, just add more mayonnaise for a creamy consistency.

About the Country: Because of the long-running insecurity in the country, daily life is a struggle for many Congolese. Over half the population lives below the poverty line (surviving on less than a dollar a day).

The staple food in DR Congo is cassava. This root vegetable is often ground into a paste and served with plantains, fish, or bushmeat. Grubs and caterpillars are also collected to provide protein.

Nuts and fruit are widely grown such as mangoes, papaws, oranges, and bananas. Congolese cuisine uses grains, tubers, vegetables and to a lesser extent meat or fish. Sauces, such as palm oil sauces, accompany most meals and are prepared over a wood or charcoal fire. The result of political crisis there, adequate supplies of food can fail to reach some areas. In addition, there is a lack of refrigeration, so people don't have the ability to keep food fresh.