**Presentation by**

**Name: Djeneba**

**Last name: Sakanoko**

**Level 2**

**Class time: 12 Am**

**What's cooking**

**Definition**

Cooking is the set of technologies for preparing food for human consumption.

It is diverse around the world. It has become a cultural fact, an element of heritage and national or family identity and much more.

For me food plays an important role in the conviviality of the house and therefore of the family.

**Présentation food 1**

Baked fish with Attiéké ( cassava couscous)

**Ingredients**

* Fish
* Onions
* Tomatoes
* Garlic
* Oil
* Salt
* Ginger
* Seasoning cube
* Pepper
* Spicy
* Mustard
* **Timer : 45 min** 

**Fish**

**Mix the chopped oignon, tomatoes, spicy...**



**Bake for 45 min**





**Attiéké**

**Presentation food 2**

Of Alloco with braising meat

**Ingredients**

* Plantains
* Oil
* Meat
* Onions
* Pepper
* Spicy
* Salt
* Seasoning cubes

**Timer: 45 min**



**Presentation food 3**

Spinach sauce with rice

Ingredients

* Spinach
* Onions
* Tomatoes
* Garlic
* Spicy
* Oil
* Water
* Meat, chicken
* Pepper
* Okra
* Rice
* Salt

**Timer: 1h30min**



Cut onion, tomatoes and garlic



Put oil and grill the meat



Mix onions, tomatoes and garlic

Put on pepper in the meat. After put water



Put on the spinach, okra and spicy, salt and seasoning cubes



Cook rice