



Ingredients

Kidney bean, dry	185 g
Butter, clarified	110 g

Bean Cake

Gambia | Easy | 30 minutes | 3 servings | Side Dish

Tools and equipment

- ~ Stainless steel cooking pot or saucepan
- ~ Mortar and pestle
- ~ Bowl



Directions

- 1 Boil beans until soft and remove skin.
- 2 Mash the cooked beans to a lumpy paste, then add the ghee and continue mashing until smooth and stiff.
- 3 Shape into a rectangle and serve on a banana leaf tied at the top with a string.