World Cuisine: West Africa

**Fried Chicken**
This unique dish requires that the chicken is cooked twice. It is first simmered in a spicy broth and then fried. Served with onions and peppers.

**Lamb Stew**
Tender leg of lamb, butternut squash and black-eyed peas.

**Jollof Rice**
A national dish of rice baked with tomatoes and peppers
Served with fried plantains

**Lentil Stew**
A warm and spicy vegetarian dish

Lunch @ Val

Thursday, December 2nd