

Sierra Leone Rice Bread

This is a popular snack in Sierra Leone and is traditionally cooked in a cast-iron pot lined with a banana leaf, over a charcoal fire outside. The rice flour, in Sierra Leone, is made from scratch by soaking local rice before pounding it in a pestle and mortar. It is then sieved and sun-dried until ready to use. Bananas are also abundant as most households grow their own. This bread is usually served as an appetizer with a glass of ginger beer. We enjoyed it with butter and a butterscotch sauce!

250g very ripe bananas
4 eggs, beaten
100g soft light brown sugar
150ml sunflower oil
275g rice flour
1 teaspoon grated nutmeg
1 teaspoon bicarbonate of soda

Butterscotch sauce

75g butter
75g soft light brown sugar
A pinch of sea salt
4 tablespoons double cream

Pre-heat the oven to 170C. Mash the bananas and add in the eggs, sugar and oil. Beat together until smooth. Add the other ingredients and beat until a smooth batter. Scrape into a 900g loaf tin, lined with baking parchment. Put in the oven for 40 to 50 minutes until the bread is well risen and a skewer inserted into the middle comes out clean.

To make the sauce, put the butter and sugar in a pan over a gentle heat until the butter and sugar have melted. Add a few sea salt flakes and the double cream. Bubble for 3 to 5 minutes until slightly thickened. Serve with the sliced Rice Bread which can be buttered first.

