

SAUCE AUBERGINE, RECIPE A LA GRANDMÈRE AKOUBA

My husband has very fond childhood memories of his beloved grandmother, the family matriarch — Akouba — preparing this sauce for him and his brother on days when she was too busy with her many pioneering business enterprises to focus on cooking. It is a very simple sauce and perfect for the cooler weather as its packed with terrific vitamins. Traditionally, the veggies are “pre-cooked” with the meat, cooled in a bowl of cold water and then pureed on a grinding stone. I have adapted the recipe for modern kitchens and time constraints. I hope you enjoy it as much as our family does! January 11, 2013 · by Jeanette

Country of Origin: Ivory Coast (Côte d’Ivoire)

Serves: 8 adults



- 2 Tbsp vegetable oil
- 1 kg stew beef (or lamb or chicken or fish), preferably bone-in, trimmed of excess fat and cut into bit-sized portions
- 4 large yellow or red onions, roughly chopped
- 2 bell peppers (green, red or yellow), cleaned and stemmed (or to taste)
- 6 cloves garlic, peeled
- 2 to 3 medium-sized fresh tomatoes, roughly chopped
- 12 to 20 fresh garden eggs (African eggplant)*
- 2 hot peppers
- Salt (to taste)



1. Puree (or not) garlic, onion, and bell peppers in blender or food processor fitted with steel chopping blade. Add water as necessary to ensure vegetables are well pureed.
2. Heat oil (1-2 capfuls only) in a large casserole set over medium high heat. Add beef, lamb or chicken, and onion, bell pepper, and garlic mixture. Allow mixture to cook down a bit, ensuring meat or poultry is well-sealed on all sides.
3. In the meantime, use the same blender (or food processor) jar to process fresh tomatoes and African eggplant. Add water as needed to puree. NOTE: Puréeing is OPTIONAL. Go for chunkiness.
4. Once meat or poultry is sealed and vegetable mixture has cooked down a bit (about 7 minutes), add tomato and eggplant (mixture) to the pot along with 2 liters of water and salt to taste. Also throw in the two hot peppers (do not let them break, and they will add a mild to medium hotness and excellent flavor to the sauce)
5. Allow the stew to simmer over medium heat for approximately 40 minutes, or until sauce has reduced to desired consistency and meat or chicken is tender. Taste for salt, and adjust as needed. Serve over rice.

Note: If fresh African eggplant is not available in your area, canned one are available at African and Asian markets (but beware of the salt content in canned goods). Alternately, you could substitute several purple eggplant or zucchinis (Italian eggplants).

Adapted by Kathryn Toure in 2018 from:

<https://globalgrazers.wordpress.com/2013/01/11/sauce-aubergine-recipe-a-la-grand-mere-akouba>