

Mango Fonio Salad

by Pierre Thiam

Ingredients	Directions
<ul style="list-style-type: none">• Juice of 2 lemons• 1 teaspoon salt• ½ teaspoon freshly ground black pepper• 1 cup olive oil• 2 cups cooked fonio or quinoa• 1 bunch parsley, leaves finely chopped• 1 bunch mint, leaves finely chopped• 1 ripe mango—peeled, pitted and diced• ½ red onion, finely chopped• 1 cup red and yellow grape tomatoes, halved• 1 small cucumber, seeded and diced• ½ cup cashews	<ol style="list-style-type: none">1. To cook fonio: Wash 1 cup fonio grains by submerging in warm water, swishing the grains around with your fingers, then pouring out and replacing the water several times until it runs clear. Drain well.2. Bring 1 cup of water to a boil in a medium pot. Stir in the cleaned raw fonio and 1 tablespoon of salt, cover tightly with the lid, and turn the heat to low. Cook for about 2 minutes, until the water is just absorbed.3. Turn off the heat and gently fluff with a fork, making sure you fluff the bottom where it's wetter.4. Cover again for another 5 to 10 minutes, until tender.5. To assemble: In a small bowl, combine the lemon juice with the salt and pepper.6. Slowly pour in the oil, whisking to emulsify.7. Place the fonio in a large bowl and add the parsley, mint, mango, onion, tomatoes and cucumber.8. Toss well and generously fold in the vinaigrette to taste. (You may have some left over.)9. Top with the spiced cashews (if using) and serve immediately.

This recipe is from Senegal: *Modern Senegalese Recipes from the Source to the Bowl*

