

By the time we ordered kenkey, we had already encountered fufu, banku and omotuo: all of them gooey balls which you eat with your hand and dip into sauces. So, we weren't overly ecstatic to discover yet another variation on Ghana's favorite theme. But kenkey is a little different, if only because it's made of cornmeal and served in corn leaves. It's good, but with so many other similar dishes, it was never likely to end up on our list of favorites.

## Palava Sauce



Now here's something which was new. Palava is a stew made of meat, tomatoes, onions, and kontomire (taro) leaves. Also eaten with the hands, it's usually served with boiled yams or boiled plantains (ampesi). This dish has a rich flavor, delicious and familiar,