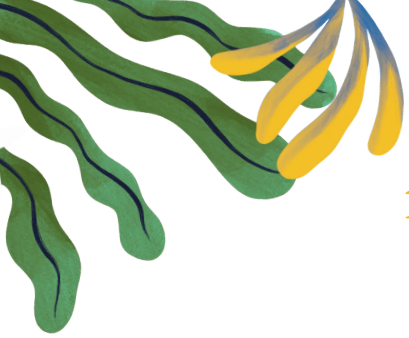


Ayesha Harruna Attah

the
DEEP
BLUE

Between





RECIPES

from *The Deep Blue Between*

- 1 peeled tomato
- 1 onion
- 1 clove of garlic
- 1 small head of ginger
- 700 gr of fresh spinach leaves
- 2 tsp dried shrimp powder
- 6 fingers of green plantain
- 1.5L of water
- 1 tbsp palm oil
- A pinch of salt
- 1 tsp paprika powder

Nkontomire stew

Wash the spinach and let it drain. Boil the spinach and set aside. Chop the onions, garlic, and ginger. Sauté the onions in the palm oil until they turn golden brown. Add in the garlic and ginger. Cut the tomato into small pieces and add it to the onion mixture. Let it simmer for about fifteen minutes. Add in the dried shrimp powder, paprika, and ginger powder. Add in the spinach and cook for five minutes. In another pot, place the whole peeled plantain and yam into water. Add a pinch of salt and bring it to a boil. Drain when a fork glides easily through the plantain. Serve with the spinach sauce.

- 1 cup of beans (preferably black-eyed)
- 1 onion
- 1/4 habanero pepper
- 1 egg
- A pinch of salt
- Oil

Akara / Acaraje / Koose

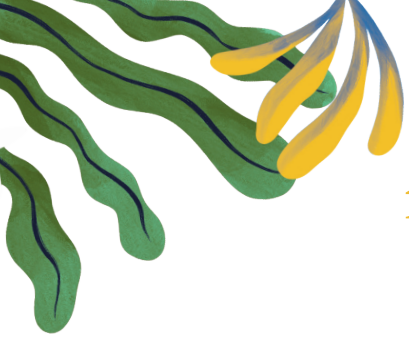
Soak the beans overnight and peel the skin off the next day. Throw in a blender with chopped onions, pepper, egg, and salt. Blend till as smooth as possible. Pour oil into a shallow pan. Fry the bean cakes until golden brown.

- 3 cups of white rice
- 1 cup of beans (preferably black-eyed)
- 1.5 L of water

Waakye

Soak beans overnight. Wash and clean rice and beans. Bring beans to a boil in water, until beans are well-cooked and almost mushy. Add in rice, simmer on low until rice is soft and fluffy. Serve with a meat or fish tomato sauce.





GEOGRAPHY

from *The Deep Blue Between*

Botu [Google Maps](#)

The village where Hassana and Husseina are born. Would be located in northern Burkina Faso.

Kintampo [Google Maps](#)

In the middle of present-day Ghana, Kintampo is a town that used to have a slave market. Hassana and her older sister Aminah end up being sold to a man who lives close by.

Abetifi [Google Maps](#)

A town nestled in the mountains, Abetifi was settled by the Basel Mission, where they built a church and mission home.

Accra [Google Maps](#)

Ghana was previously known as the Gold Coast until it attained independence in 1957. When Hassana gets there, it is already a British colony and Accra is its capital.

Cape Coast [Google Maps](#)

The town where Hassana goes to teach.

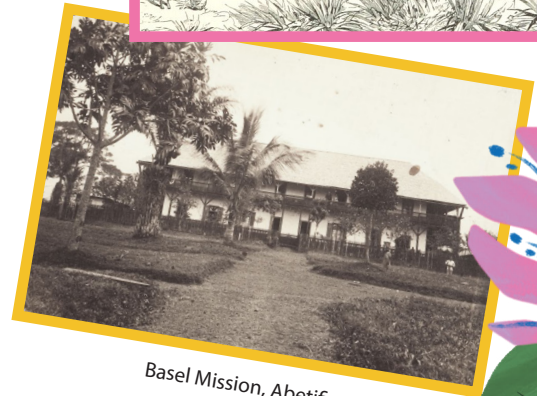
Lagos [Google Maps](#)

Husseina is taken to Lagos against her will.

Salvador da Bahia [Google Maps](#)

The capital of the Brazilian state of Bahia, it becomes Husseina's home when she goes there with her adoptive mother, Yaya Silvina.

Kintampo, Binger



Basel Mission, Abetifi

Gold Coast - 1896





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Ayesha Harruna Attah is a Ghanaian-born writer living in Senegal. She was educated at Mount Holyoke College, Columbia University, and New York University. She is the author of three adult novels, including the widely acclaimed *The 100 Wells of Salaga*.

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