

# Choukouya

## Ingredients

- 2 lbs lamb, beef or chicken, cubed
- 1 Tbsp Dijon mustard
- 1 Tbsp olive oil
- 2 tsp smoked paprika
- 2 tsp red or white wine vinegar
- 2 garlic cloves
- 1" ginger, peeled and grated
- salt & black pepper to taste
- 1/2 red onion, sliced
- 1 tomato, coarsely chopped

## Directions

Place lamb cubes in a large bowl. Add the mustard, olive oil, paprika, vinegar, garlic, ginger and salt and pepper to taste. Mix well and marinate for one hour or more.

Preheat oven to 350°F.. Cut a large sheet of aluminum foil and place it on a baking sheet. Transfer lamb to the sheet. Add the onion slices and chopped tomato. Close aluminum foil onto itself making a packet. Bake until the meat is tender, checking after 30 minutes.

<http://www.marga.org/food/int/ivorycoast/lamb.html>