Introducing: Clara Inkumsah From West Africa

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INTRODUCING:
Clara Inkumsah
From West Africa

by Margot Copeland
Technical Journalism Sophomore

FROM the Gold Coast, land of priceless ivory and diamonds, Clara Inkumsah brings her own treasure of spicy African recipes.

Clara, a 20-year-old undergraduate, left her home in the Gold Coast, West Africa, only a year ago. The Cocoa Marketing Board of the Gold Coast awarded her a scholarship to study dietetics in America. Clara plans to remain in the United States at least four years before returning to her native country for hospital work.

"My high school," the tiny, dark-skinned girl said, "was 140 miles from home and was actually the same as a college. Students were housed in dormitories, and the academic year was divided into three terms of three months each, separated by a one-month vacation."

In English, with only a hint of native accent, Clara spoke of her love of dancing. She dances to records from the Gold Coast, either in the privacy of her Westgate Hall room or to entertain others.

"Because of the many Europeans living in the Gold Coast, both American and highly seasoned native foods are served at home," Clara continued. She chose this typical African dish as her favorite.

TOLLOFF RICE

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 cups cooked rice</td>
<td>3/4 cup shortening</td>
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<tr>
<td>1 lb. beef, pork or chicken</td>
<td>2 cups canned tomatoes</td>
</tr>
<tr>
<td>3 cups water</td>
<td>1 teaspoon red pepper</td>
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<tr>
<td>1 large onion, chopped</td>
<td>1 teaspoon nutmeg</td>
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<tr>
<td>salt</td>
<td>1 No. 305 can kidney beans</td>
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<tr>
<td></td>
<td>2 eggs</td>
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Cut meat in small pieces. Place in a saucepan and cover with water. Add salt and 1/2 chopped onion. Simmer until tender. Drain off water and save to add later. Brown meat in 1/2 cup shortening. Saute remaining onion in 1/4 cup shortening. Add pepper and tomatoes to onion, stirring constantly. Add salt, nutmeg and meat. Pour the mixture into a saucepan and add 2 cups water. Wash rice and add to mixture. Cook until thickened, stirring every 5 minutes. Add beans and unbeaten eggs. Cook over simmering flame for 10 minutes, stirring occasionally.