

## DAMOUDA FOR THE SOUL

Yeti Ezeanii's article in The Sunday Paper ("Out of Africa," Food, March 9), brought to mind a question that only someone like Ms. Ezeanii can answer.

A few years ago, two young men from Senegal visited with me for a day. They spent their time here in the kitchen making a kind of stew or chowder that they called "doumouda." (I don't know how it's spelled, but that is the way I heard it.) They used peanut butter, meat, tomatoes, potatoes, carrots, spices (to taste), and enough water for desired thickness. When it was finished, they served it over fluffy rice.

I stayed in the kitchen while they worked so I could watch how it was done. I have been trying to duplicate it ever since without getting it right.

What can you tell me about making it?

—L. W. Calhoun, Atlanta



Atlantan Yeti Ezeanii is the chef behind the Web site [afrofoodtv.com](http://afrofoodtv.com)

COURTESY YETI EZEANNI



