

# SPOTLIGHT COUNTRY OF THE MONTH

## Congo



We have ELLs at Edison who are from the Republic of Congo.

**Capital City:** Brazzaville

**Language:** French

**Foods:** Southern Congo: Maize, meat, vegetables, legumes and sweet potato. Eastern Congo: Potato, beans (green and dried), cassava, meat and vegetables. Western Congo: Cassava with fish, meat and vegetables (including legumes). Centra Congol: Cassava, maize, potato, meat or fish.

**Official Bird:** Congo peafowl

**Nickname:** Congo-Kinshasa

**Population:** 5.836 million (2021)



### Recipe of the Month-Caakiri -Ingredients

- 1 cup uncooked Couscous "Moroccan"
- ½ cup evaporated milk
- ½ cup vanilla Greek yogurt
- ¼ cup sour cream
- 2 tbsp granulated sugar
- ½ tsp vanilla
- ¼ tsp nutmeg
- ½ cup pineapple canned or fresh

### Instructions

1. Prepare the couscous on the stovetop according to package instructions.
2. While the couscous is cooking, combine evaporated milk, yogurt, sour cream, sugar, vanilla, and nutmeg in a small mixing bowl. Whisk together.
3. Pour mixture into the couscous and use a wooden spoon to combine.
4. Spoon into serving bowls top with crushed pineapple. Enjoy!