

# FuFu's

*Delicacies*



## *Snails - Escargot*

*100% Natural ~ No Additives ~ No Preservatives*

KEEP FROZEN

NET WT 16 oz (453.59 g)

PRODUCT OF CAMEROON





# FIFI'S

## Delicacies

### Nutrition Facts

Serving Size 1 ounce  
Servings Per Container: 16

#### Amount Per Serving

**Calories** 25 **Calories from Fat** 0

% Daily Value\*

**Total Fat** 0g 0%

**Cholesterol** 50mg 17%

**Sodium** 20mg 1%

**Total Carbohydrates** 1g 0%

Dietary Fiber 0g 0%

Sugars 0g 0%

**Protein** 5g

Vitamin A 1% Vitamin C 0%

Calcium 0% Iron 5%

\* Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## African Snail Stew

- 1 pound of snails, cleaned
- 2 cups of water or as needed
- 2 large red onions, chopped
- 6 garlic cloves, peeled and chopped
- 5 seasoning cubes
- 2 tablespoons salt
- 1 teaspoon of cayenne pepper
- 1 red bell pepper, chopped
- 4 Scotch bonnet peppers, chopped
- 2 tablespoons of vegetable or olive oil
- 5 large tomatoes or 1 can tomato paste

Put the snails in a pot and cover with water. Add onion, garlic, seasoning cubes, cayenne pepper and salt. Cover and cook on medium heat for at least 30 minutes. Remove snails from the water. In a different pot, heat vegetable or olive oil. Add tomatoes or tomato paste, red bell peppers, and Scotch bonnet peppers and cook on medium heat for 10 minutes. Stir in snails and cook for 10 minutes. Then let the pot steam for 5 to 10 minutes. Enjoy with steam rice, sweet yams, or fried plantains. **Bon appetite! Good appetite!**



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