

Cooking in Cameroon

Wednesday, June 3, 2026

11 am - 2 pm | ADRC- 300 S. Adams St.

Presentation at 11:30 am

Registration is required for the donation based senior meal. Call 920-448-4300 to register!

Individuals age 60+ are invited to join us for this meal with a voluntary contribution of \$5. All others are invited to the program and to dine for \$11.50. Participants are welcome to dine any time between 11 am - 2 pm. **Other senior dining options are not available on the day of a Local Heritage Meal.**

- Menu:**
- Cabeji and Nah (Cabbage and Beef)
 - Nengung (Plantain)
 - Dinner Roll
 - Puff Puff (Dessert)

About the Meal:

Cameroon is a country in Africa, geographically located at the boundary between Central and West Africa, though it is officially classified as a Central African nation. It is often referred to as “Africa in miniature” because it spans from the Atlantic coast along the Gulf of Guinea to Lake Chad, featuring a wide range of climates and vegetation—from equatorial forests in the south, to savanna grasslands in the central region, and semi-arid conditions near the Sahara in the north. As the climate and vegetation vary, so do soil fertility and agricultural products, with cocoa, rubber, oil palm, and bananas grown in the south; coffee, tea, and staple crops like corn, cassava, cocoyam, potatoes, and plantains in the central region; and cotton and cereals such as beans, groundnuts, and corn in the north. This diversity contributes to a rich variety of traditional dishes associated with different communities, as well as widely enjoyed meals such as mixed vegetables with ripe plantains or root crops, corn fufu with vegetables, water fufu and eru, achu with yellow soup, and koki with ripe plantains.