

# Trend Flash

MONTHLY INSPIRING TREND UPDATE

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## WEST AFRICAN CUISINE

West African cuisine is having a moment in the spotlight. The vibrant culture, rich history, global diaspora and variety of ingredients have ensured that the cuisine is now recognized in major cities around the world, some restaurants now holding multiple Michelin stars. However, the region is home to 16 different countries, each with their own cultural heritage, where attitudes, beliefs, ingredients, religion, language and of course cuisine differ. While a big overlap exists between countries for many areas, with similar dishes and ingredients going by many different names, this article will delve into the contemporary trends. Read all about what is happening in West African food today!



### All about the Grains

This cuisine is naturally loaded with all different types of grains, pulses, legumes, cereals and seeds, which make up not only a mainstay of the traditional cuisine, but also play a role in contemporary preparations too. It is not only the use of grains, but also fermentation, pounding and blending of these mighty nutritious ingredients that offers up even more flexibility in their use.

### Getting Spiced

Many West African dishes have been popularised on social media, showcasing scotch bonnet-levels of heat, with both traditional and modern dishes across the region often on the super spicy end of the scale. There are chillies aplenty in the sauces, soups, stews and marinades. More delicate and warming spicing is also used on a variety of dishes, with heat levels brought down a peg or three.

### Global Twists

West African and global ingredients and formats combine to provide new twists on familiar formats across the region. Classic European formats are a strong place to start with favourite Italian dishes from pizza to pasta, gnocchi and arancini all getting made over with West African flavours. Experimentation and fusion bring new ideas to traditional dishes!

### Spice in the spotlight

Did you know that every month we put a spice in the spotlight on our website? This month, it's cinnamon, which is also sometimes used in stews or to season meat in West African cuisine. It is one of the oldest spices; it goes back 2,500 years. Read more about this versatile product [here!](#)

For this Trend Flash, we have used the knowledge of The Food People, a unique global food trends and ideas agency. With this trendy food news we would like to bring you inspiration from around the world.

