**Fonio Cooking Instructions**

* 2 parts liquid (broth or water)
* 1 part fonio
* Boil the liquid in a pot. When it comes to a boil, add the fonio, mix, cover the pot well and cook at low for 5 minutes. After the 5 minutes has passed, turn the stove off and let the fonio sit covered or 10 mins. Don’t touch it until the 10 mins pass. Then you can open it and fluff it up with a fork. It is now ready serve.

**Attieke Cooking Instructions**

* In a bowl mix attieke and equal parts water in a bowl.
* Once all of the water has absorbed, steam over boiling water until attieke is done.
* Your attieke is now ready to serve warm or cold.

**Diouka Cooking Instructions**

* 2 parts liquid (broth or water)
* 1 part Diouka
* Boil the liquid in a pot. When it comes to a boil, add the Diouka, mix, cover the pot well and cook at low for 5 minutes. After the 5 minutes has passed, turn the stove off and let the diouka sit covered or 10 mins. Don’t touch it until the 10 mins pass. Then you can open it and fluff it up with a fork. It is now ready serve.

**Degue Thiakry**

* 3 parts liquid (broth or water)
* 1 part Degue Thiakry
* Add to pot. Bring to a boil, reduce and simmer and let cook for approximately 40-55 minutes or until the Degue Thiakry is tender. Drain any remaining liquid and serve.