

# Demba's Dimanche Dish

*A One-Day Special: Sunday, May 31st*



## **A Sunday Tradition**

In Senegal, Dimanche (Sunday) is the day the community slows down to share a meal and stories. This May, Demba is bringing this tradition to Gairloch, sharing a signature recipe from his home village. We invite you to join the "Nio Far" spirit—the Senegalese idea that "We Are One"—and experience a taste of West African hospitality.

## **The Dish: Riz Sénégalais**

This May, we are proud to feature a West African classic: Riz Sénégalais. Tender chicken drumsticks are slow-cooked in a savory tomato base infused with garlic, leek, and onion. This fragrant sauce is absorbed by the rice as it cooks, creating a rich, one-pot masterpiece served alongside a medley of softened carrots and peppers. It is a hearty, soul-warming meal that captures the essence of Demba's home.

## **Food with a Purpose**

By joining us on Sunday, May 31st, you are directly contributing to the **Nio Far** project. A portion of every dish sold will be donated to support the school in **Thiaroye-sur-Mer** and help Demba realize his dream of building a **Sanctuary for the Talibé**. Your meal today helps build a brighter future for the children of his home village.