



BOHICON BENIN

2021

加入網絡年份

YEAR OF DESIGNATION

貝寧·博希孔

城市介紹 | INTRODUCTION OF THE CITY

Bohicon, a crossroads city in Benin, is a rich cultural and tourist hub. Situated at the intersection of several major roads, it plays a crucial economic role in the country. The city has been designated a "UNESCO Creative City" in 2021 due to the wealth of its intangible cultural heritage, including its artisanal, musical and culinary traditions.

The city is also known for its colonial architecture and fine arts and crafts (pottery, weaving, sculpture, etc.). From a tourism perspective, Bohicon attracts many visitors thanks to its vibrant cultural festivals and renowned culinary offerings.

The municipality has embarked on a decentralization process aimed at improving public services and local development. With its strategic location and cultural dynamism, Bohicon is positioning itself as a must-see destination in Benin.



Diana–Marlyse Johnson



Diana is a passionate chef and a dedicated owner of a popular restaurant in Bohicon. Diana's love for cooking and hospitality shines through in every aspect of her restaurant. With a background in traditional Béninese cuisine passed down through generations, Diana brings a unique flair to her dishes, infusing them with flavors that tell a story of her heritage.

Diana is known for her warm and welcoming personality, making every guest feel like a part of her extended family. She takes pride in sourcing the freshest local ingredients and creating dishes that showcase the diverse flavors of Bénin. Diana's commitment to quality and authenticity has earned her restaurant a loyal following of locals and tourists alike.

Beyond her culinary skills, Diana is also a pillar of the community, supporting local farmers and artisans and giving back through various charitable initiatives. Her dedication to her craft, her community, and her customers makes Diana a beloved figure in the Bohicon restaurant scene.

Meat Pepper Soup

Pepper soup has long held a special place in West African culture, with origins deeply rooted in ancient culinary and medicinal traditions. Originally crafted using a blend of local spices, its creation was not solely to enhance flavor but also to harness the natural healing properties of ingredients like chili peppers, ginger, and garlic. In Benin, as in other regional countries, pepper soup is much more than just a spicy dish; it is a symbol of warmth, comfort, and communal sharing.



Traditionally prepared during family gatherings and festive occasions, this soup offers both physical and emotional nourishment—especially during cooler weather or when one needs to recover from illness. The process of making pepper soup, which involves slow-cooking meat or fish with a variety of robust spices, is as much about passing down ancient culinary wisdom as it is about creating a flavorful meal. Serving this soup is also an act of hospitality, reflecting the core values of generosity and community bonding inherent in Beninese culture.

In essence, pepper soup represents a blend of culinary heritage and traditional healing practices. Its cultural significance lies in its ability to unite people, celebrate local resources, and preserve the legacy of ancestral knowledge.



Man Tindjan

Man tindjan, a traditional Beninese sauce also known as “sauce coincée” (literally “trapped sauce”) due to its richness in ingredients. Originating from southern Benin, particularly from Bohicon and Abomey, this sauce is made with various leafy vegetables such as gboman (African nightshade), and is generously filled with meats, fish, crabs, and other seafood. Spices, herbs and seasonings like garlic, onion, ginger, chili, and a local mustard called afitin enhance the flavor of the dish. Traditionally, man tindjan is served with cornmeal dough (tô) or télébô, both common staples in Beninese cuisine. This sauce is famously known as a “seduction dish,” it's often prepared by women to please their husbands or for special occasions.