



## Benhera (Stirring Ladle)

**Artist/Maker**  
Unknown, Noanamá Chocó

**Medium**  
Wood

**Description**  
Food stirring ladle (benhera) with plain sides, used to stir up food. Made by men. Used by women and their property.

**Dimensions**  
23 13/16" L x 3 7/8" W x 7/16" D

**Object number**  
NLA1970.051.HOW