

# EAT AFRICA

## HEALTHY AND DELICIOUS RECIPES COOKBOOK FEATURING FOODS FROM ACROSS AFRICA

GOODNESS PATRICK

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By Goodness Patrick

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# INTRODUCTION TO AFRICAN DISHES

Africa is the second-largest continent with just over 30 million square kilometers and the second largest with 1.1 billion inhabitants. A history of colonization dating back to ancient times in countries such as France, Greece, Portugal, and Great Britain has left a lasting mark on traditional dishes. In short, there are many variations in the local cuisine and large regional differences in the flavors.

Africa is synonymous with wilderness, jungles, safaris, Sahara, and adventure. However, this continent is also home to an incredible variety of cultures, all proud of their traditional cuisine. African cuisine is very diverse and represents a mix of local ingredients, European cooking methods, and Asian spices. Each African region has defined flavors and spices that together create truly extraordinary and sophisticated cuisine. It's a kitchen that can satisfy raw vegetarians and meat lovers alike, whose subtleties and secrets are yet to be discovered. African cuisine combines traditional fruits and vegetables, exotic game and fish from the surrounding oceans with a mixture of cultures, trade routes, colonies, and history.

Previously, African cuisine was unpopular in the west. However, recently, it is becoming increasingly popular as people from different countries come to the west with their native bring dishes.

## North African Cuisine

North Africa is probably the most refined and sophisticated cuisine of all African cuisines. The traditional cuisine of Morocco, Algeria or Egypt represents an irresistible mix of Mediterranean

herbs, oils, and vegetables with Asian herbs and classic dishes such as couscous or pilaf, the kebab. The absolute must of North African cuisines are candies: some can be extremely sweet, but they are worth the extra calories.

The food of the countries bordering the Mediterranean Sea is the best known of the West among all African countries, probably because of its continuous interaction with the Mediterranean region of Europe.

Lamb, seafood, dates, goat, beef, almonds, olives, and a variety of fruits and vegetables are the main elements of North African cuisine.

## South African Cuisine

South Africa is the meeting point for many rich dishes, inspired by an extraordinary variety of culinary techniques inspired by diverse cultures. Meat and vegetable stews are not the only typical black African cuisine but also dairy products, fermented cereals, rice, or fish dishes. There is a particular Asian influence, which is reflected in the use of curry and rice, and a colonial influence, for which the best ambassadors are good quality South African wines.

## East African cuisine

Meat, especially beef, and lamb, is at the heart of East African cuisine. It is often accompanied by vegetables and is rich in curry, cinnamon, saffron, and other aromatic powders brought by the Arabs. Tea, coffee, and cocoa, as well as various types of bananas, are grown in the region, which plays a unique role in cooking. In many tourist places like Nairobi or Mombasa, you will find restaurants specialized in hunting.

## Central African cuisine

Central African cuisine is as exotic and spicy as the jungle. Tapioca flour, okra, and ginger are the highlights of the cuisine of this region. Peanuts and peanut butter give Central African dishes a special taste. If you are a big fan of peanut butter, here are some of the most innovative uses.

## West African cuisine

Fish cooked in various ways is typical of the West African coast. Cooking methods include drying, peeling, and fermentation, roasting, and cooking. Carbohydrate-rich plants and carrots are often used for cooking, as are Asian spices. Guinea pigs or "grains of paradise" only exist in West Africa and are among the most popular culinary delights in the region.

# SOUTH AFRICAN CUISINES AND RECIPES

## South Africa Chakalaka Recipe



## Ingredients

1 fresh tomato

1 large onion

½ tablespoon of paprika

3 carrots

1 can baked beans

3 bell pepper. (Green, red, and yellow color)

Tomatoes sauce

3 tablespoon of curry powder

Chili pepper

3 tablespoon of tomato paste

Salt

4 tablespoons Olive oil

**Preparation**

1. Grate your carrots and put aside. Dice the onions, bell peppers and tomatoes
2. Add olive oil to a hot pot
3. Once the oil is heated, add the diced onions and fry until it is translucent. Cook on medium to high heat.
4. Add diced tomatoes and hot pepper
5. Stir well and boil for 2 minutes
6. Add the tomato paste, curry powder, paprika, and chili pepper and stir well.
7. Add salt to taste.
8. Cook on low heat for 5 minutes
9. Add the grated carrots and baked beans. Stir well until they are all mixed together
10. Cook for another five minutes. Taste and adjust seasoning if needed. Leave for a minute.
11. The food is ready. Serve warm.

# CHAKALAKA CHICKEN



## Ingredients

1 TSP of Salt

1 teaspoon of cumin seeds

Chicken Parts

Garlic

Mexican chili

Black pepper

Carrot

Baked beans

Onion

Tomato seed

Green pepper

Curry powder

***Optional***

Parsley

Coriander

**PREPARATION**

- Wash the chicken and your veggies.
- Grate the carrot and put it in a bowl.
- Add 1 TSP of salt, 1 teaspoon of cumin seeds (these seeds are usually used for Indian based dishes, but it works for this dish as well), Mexican chili spice, and bio spice. Also, some black pepper and garlic to taste
- You can use any spice for this recipe; it all depends on you. Many people use these spices because they love the flavor with the chicken.
- Mix all the spices together with the chicken. Make sure it is marinated perfectly. Let it chop and marinate for a few minutes.
- Dice the onion, tomato, and green pepper. (Be mindful of the knife).
- Make sure you wash all your vegetables before you chop them up.
- You can use either one or two onions and tomatoes for this recipe.
- (You can use a green, red, or yellow pepper or all of them for this recipe just for a bit of color).

**COOKING**

1. Place the chicken into a hot pan with oil.
2. Make sure that the pan is nice and hot.
3. Turn the chicken pieces around and make sure both sides of the chicken get brown.
4. ***Note***: The chicken shouldn't stay too long into this pan. It should be at least 5 to 10 minutes just until that golden brown color.
5. Bring down and leave to cool.
6. Add the diced onions to a hot pan.
7. Let the onion simmer for about a minute
8. Don't let them cook too much to retain its crunchiness.
9. Then, add your green pepper, tomato, and fresh red chili. You can use any chili with this recipe.
10. Make sure you mix everything together.
11. Add the grated carrots to the onion mix and stir everything well together.
12. Make sure this mixture is not too fatty.
13. Let the carrots simmer and then add your baked beans to the carrot mix and a quarter of a teaspoon of tomato paste.
14. Mix everything together. Add a little bit of chugga-lugga spice and some curry powder and water and mitt itself.
15. Place the chicken in an oven tray and add the mix on top of the chicken. Make sure you've got all of it for that amazing taste.
16. Place the chicken in a preheated oven of 180 degrees for 20 to 25 minutes

17. Place in a plate and add parsley or coriander to garnish your dish.

# SOUTH AFRICAN BOBOTIE



## INGREDIENTS

5 teaspoon of curry powder

2 medium onions

1 teaspoon dried mixed herbs

3 slices of bread

3 garlic cloves

Cloves

2 tablespoon of mango chutney

3 teaspoon of sultana

2 teaspoon raisin

6 bay leaves

Grounded ginger

Milk

Tomato puree

3 eggs

Garlic

Minced beef

**PREPARATION**

1. Break the slices of bread into a cooking bowl and pour the milk into it. Let the milk get soaked by the bread. Set aside.
2. Chop the onions and crush the garlic.
3. Put oil in the pot, let it heat up. Then add the onions and crushed garlic to it. Stir for a few minutes until the color turns golden brown.
4. Add the mango chutney, raisins, and sultanas, cloves, and tomato puree.
5. Add your minced meat to the pot. Stir well while crushing the mince into fine-grain until the color is changed.
6. Then, squeeze out the milk from the bread and stir in the soaked bread to the meat. Stir well together. Taste and adjust seasoning.
7. Leave to cook slowly for 5 minutes.
8. Remove the pot from the fire and pour the meat into a baking dish. Press it down and smoothen the top. Cover the dish with a foil and put it into a preheated oven at 190 degrees. Bake for 25-35 minutes.

9. Mix the eggs and remaining milk together with some seasonings. Whisk thoroughly.

10. Pour the mixture over the meat and bake for 20 more minutes until it turns golden.

11. Bring out to cool for 10-15 minutes.

12. The food is ready.

## SOUTH AFRICAN BRIYANI



***Ingredients***

½ KG of Chicken

1 cup of yogurt

½ teaspoon of turmeric powder

½ tablespoon of red chili pepper

Salt (to taste)

1 tablespoon of coriander powder

Ginger garlic paste (you can get this by crushing or grating ginger and garlic together. Then, mix with water)

Chopped green chili

I large onion (sliced)

2 tablespoon chopped mint leaves

Chopped 2 tablespoons of fresh coriander

1 cup fried onion

3 tablespoons of lemon juice

2 ½ liters of water

1 cinnamon stick

Cloves 4-5

1 tablespoon black peppercorns

1 leaf of star anis

2 leaves of green cardamom

2 bay leaves

2 tablespoons of vinegar

500g of rice

5-6 tablespoons of cooking oil

1 tablespoon of cumin seeds

**PREPARATION**

1. Wash and soak the rice for 30 minutes
2. Put the chicken in a big bowl.
3. Add the yogurt, turmeric powder, red chili powder, salt, coriander powder, ginger-garlic paste, chopped green chili, sliced onion, chopped mint leaves, chopped fresh coriander, and fried onions to the chicken. Mix them all together properly.

4. Pour the lemon juice to the chicken and mix thoroughly. Cover and marinate for 30 minutes.

5. Pour water into a pot. Then, add the cinnamon stick, cloves, black peppercorns, star anise, green cardamom, bay leaves, salt, and vinegar to the water.

6. Bring it to boil.

7. Add the soaked rice to the water and stir.

8. Boil until it is ¾ done. i.e 8-10 minutes. (It should be able to break when pressed firmly with fingers. Leave slightly undercooked).

9. Strain through a sieve and set aside.

10. Add cooking oil to a pot and let it heat up. Add the cumin seeds to it and stir.

11. Pour the marinated chicken to the oil and mix well for 2-5 minutes. Cover the pot and cook on low flame for 10-12 minutes. Then cook on high flame until the oil separates from the chicken.

12. Remove some chicken from the pot for layering.

13. Add some of the boiled rice to the remaining chicken in the pot. Then, pour the reserved korma on top of the rice.

14. Add fresh coriander, mint leaves, and fried onions to it. Pour the remaining rice into the pot.

15. Mix ½ tablespoon of yellow food and 2-3 tablespoons of water together and pour on top of the rice.

16. Cover the pot and steam cook on low flame for 8-10 minutes.

17. Turn fairly well and bring the pot down.

18. Serve hot.

# SOUTH AFRICAN LAMB CURRY



## INGREDIENTS

Spices: Garlic, ginger, cumin, cinnamon, nutmeg, turmeric, garam masala, curry, coriander seeds, cinnamon sticks, cardamom seeds, and cumin seeds. (1-2 tablespoon each for the powdered spices)

Lamb meat

Salt

Black pepper

Olive oil

2 onions

1 green apple

Tomatoes

Sugar

Beef stock

***Stumbles to serve on the side:***

Banana

Coconut

Cucumber

Chutney

**PREPARATION**

1. Season the lamb meat generously with coarse salt and black pepper.
2. Add the olive oil to a pan and let it heat up. Then, add the meat to it and brown it to seal the juices up. Remove the meat from the oil after browning.
3. Chop the onions and apple and brown them in the oil till they are golden and caramelized. Set aside.
4. Combine all the spices in a bowl and heat them in the pot until they are fragrant.
5. Add the beef stock, tomato pulp, and sugar and bring the mixture to boil.
6. Then add the browned meat and caramelized vegetables to the mixture.
7. Taste and adjust seasoning
8. Cover and simmer on low heat for 2 hours. Then, uncover the curry and cook for an additional 45-60 minutes to thicken the sauce.

9. Cut the banana, coconut, onion, tomato, and cucumber as a salad to serve by the side.

10. Serve warm.

# SOUTH AFRICAN VEGGIE YELLOW RICE



## INGREDIENTS

**Spices**: garlic and ginger paste, paprika, white pepper, curry powder, cayenne pepper turmeric. (1-2 tsp each)

Veggies: 1 red/green bell pepper, celery, 1 cup of sweet corns, 3 carrots, peas, and green beans.

I medium onions

Oil

Rice

Salt

Water

## PREPARATION

1. Wash and cut the veggies
2. Heat the oil in a pot
3. Add garlic and ginger paste and onions to the oil, and stir well.

4. Stir in the spices and add some water to the pot. (The water should be enough t get the rice done).
5. Add turmeric to the pot for the yellow color.
6. Pour the rice into the pot and stir a little bit. Add the veggies. Taste and adjust seasoning.
7. Cover the food and cook for twenty minutes.
8. The food is ready.

# SOUTH AFRICAN DURBAN CHICKEN CURRY



## INGREDIENTS

Oil

Onions

Thyme

Cinnamon sticks

Star aniseed

Bay leaves

Curry leaves

Cumin seeds

Garam masala

Cumin powder

Chili powder

Ginger and garlic paste

Tomatoes (4)

Water

Salt

Chicken

Peas

Sweet potatoes

Coriander leaves

**PREPARATION**

1. Chop up the tomatoes, onions, and leaves.
2. Add oil to a pot and let it heat up
3. Add onions, thyme, cinnamon sticks, star aniseed, bay leaves, curry leaves, cumin seeds, and stir thoroughly. Allow simmering until the onions are translucent.
4. Add garam masala, cumin powder, coriander, turmeric powder, chili powder, ginger, and garlic paste and stir very well. Then, leave to simmer for 30 seconds.
5. Add the chopped tomatoes and mix well. Then add ¼ of water and stir. Let the tomatoes cook till it melts. Add salt to taste and stir well.
6. Add the chicken to the tomato mixture and mix thoroughly. Add little water to it.
7. Stir over so often to prevent burning.
8. When the chicken is almost cooked, add the peas and potatoes and mix. Let it cook until the potatoes are soft.

9. Turn off the heat once the potatoes are soft.
10. Garnish with some coriander leaves and serve hot.

# BUNNY CHOW (SOUTH AFRICAN CURRY SERVED INSIDE BREAD)



## INGREDIENTS

Spices: (I tsp each) turmeric, coriander powder, cayenne pepper/ extra hot chili pepper, 3 tsp curry powder, 2 tsp Kashmiri chili powder, 1.5 tsp salt, 0.25 tsp black pepper.

120ml oil

2 bay leaves

10cm cassia bark

1-star anise

1 tsp cumin seeds

1 tsp black mustard seeds

1 tsp fennel seeds

3 medium onions

3 garlic cloves

10g ginger

Curry leaves

400-500g lamb or any other meat such as beef, mutton, goat, or rabbit

Lamb bone (optional)

200g plum tomatoes

3 tbsp tomato ketchup

A handful of Coriander stalks/leaves

100g potato (Diced)

Green chilies

200-300g other veggies like green beans and aubergine

Water

White bread (flat bottomed)

Carrot salad

**PREPARATION**

1. Chop the onions, garlic cloves, garlic, and green chilies. Peel and dice the potatoes into cubes.
2. Add oil in a large pan on medium heat
3. Add the bay leaves, cassia bark, star anise and fry for 30-40 seconds to infuse the oil
4. Add the cumin seeds, black mustard seeds, fennel seeds and constantly stir until mustard seeds start popping.
5. Add chopped onions and fry for 5 minutes, frequently stirring until it is translucent and starting to brown.

6. Add the chopped garlic cloves and ginger and fry for further few minutes. Then, add the curry leaves and stir.

7. Add all the spices together and constantly stir for a couple of minutes. If spices start sticking to the pan, add a little water to compensate.

8. Add the meat, in 1-inch chunks, trimmed of any excess fat. Add some lamb bone to the pot for extra flavor if you have any.

9. Coat well with the mixture and fry for 2 more minutes until the meat is sealed.

10. Add the plum tomatoes and tomato ketchup and mix well. Add the coriander stalks/leaves and fry for a few minutes.

11. Add the potato, green chilies, and any other vegetable that you have and stir thoroughly for 2 minutes. Then, add 300l water and stir well.

12. Turn down the heat to low, cover and leave to cook for 1½ hours or until the meat is tender. Stir occasionally.

13. Taste and adjust seasoning and add fresh coriander leaves. (you can add more water to your desired consistency if you don't like a thick bunny).

14. Remove any bone and sticks.

**SERVING**

I. Take a cube-shaped chunk of flat bottomed bread and cut a cube of the inner bread out using a knife leaving about 1.5-2cm around the sides and the bottom.

II. Cut the removed inner into stripes (optional)

III. Ladle the curry into the hole in the bread and top with some carrot salad and the excess bread.

IV. Don’t worry if it gets messy. It’s supposed to be.

# SOUTH AFRICAN MALAY CURRY



## INGREDIENTS

3 tbsp oil

2 tsp minced garlic cloves

2 large onions

1 tsp ginger powder

1 tsp cumin

1 tsp coriander

2 tbsp curry powder

1 tsp turmeric

½ tsp cinnamon

1 tsp clove

1 green bell pepper

1 tsp vinegar

2 lbs lamb

2 hot green chili pepper

1 lb eggplant

1 cup dried apricot

One small can of tomato paste

½ apricot jam

2 cups stock

I cup plain yogurt

**PREPARATION**

1. Slice the onions, crush/mince the garlic, clean and chop the green bell pepper, soak the apricot in warm water, leave for some minutes and drain.
2. Put the oil in a large pan and let it heat up. Add the onions and garlic and stir continuously, add your spices and stir for 1-2 minutes.
3. Put the meat in the pot and fry, turning it over frequently for all sides to brown.
4. Add the vinegar, veggies, and meat stock to the pot, stir thoroughly and cover the pot. Simmer on low heat for 1 hour, occasionally stirring the food till everything is tender.
5. Add the jam and yogurt and stir well. Leave for 5 minutes and serve.
6. You can serve this dish with South African traditional garnishes like peanuts, dates, chutney, and sliced bananas.

# SOUTH AFRICAN BUTTERNUT SOUP



## INGREDIENTS

250ml water

2kg butternut squash

1½ tsp lemon juice

3 medium onions

3 garlic cloves

250ml fresh pouring cream

500ml chicken broth

5 green chilies

1½ tbsp butter

## PREPARATION

1. Peel, scrape out the pips and cut the butternuts into square pieces of approx. 5 cm.
2. Roast the butternut in the oven for 40-50 minutes until it is soft and slightly caramelized around the edges.
3. Peel and finely chop the onions and dice the garlic.

4. Cut the green pepper or jalapeño pepper in half and scrape off all the seeds and chop finely.

5. Melt the butter in a saucepan over medium heat and add the garlic, onions, and peppers to it. Cook until the onions are tender and translucent.

6. Add the chicken broth and lemon juice and stir thoroughly until everything is well mixed.

7. Add the roasted butternut cubes and water and cook for 1 hour for the ingredients to blend well and the soup to thicken.

8. Liquefy with a food processor.

9. Serve hot.

10. Before serving, place a spoon or two of cream in the center of each bowl.

# EAST AFRICAN CUISINES

## EAST AFRICAN UGALI RECIPE



**INGREDIENTS**

3 cups of water

2 cups Maize flour

5g margarine

*Equipment*: Wooden spoon and pot

**COOKING**

1. Put the water in a pot and boil until the water starts bubbling.
2. Add the margarine to the boiling water.
3. Pour a reasonable quantity of the maize flour into the water and boil for 2 minutes, then turn with a wooden spoon, mixing the flour and water completely together.

4. You can add more maize flour to the mixture to thicken it. However, sprinkle the flour instead of pouring it all in at a go. Keep stirring thoroughly, folding the flour into itself.

5. You'll notice that the mixture is becoming heavier and firming up. At this juncture, you will need a heavy cloth to hold the pot with to avoid burning your hands while folding the heavy flour into itself.

6. When the Ugali gets firmer and stops sticking to the sides of the pot, press it against the pot with the wooden spoon. Put the spoon under the pressed Ugali and flip it over on the other side to the center of the pan and press down.

7. You'll know that the ugali is cooking well once it starts releasing a pleasant aroma.

8. Leave the mixture in the center of the pot and cook on medium heat for 4 minutes. Press and turn again

9. Remove the Ugali from the pot onto a plate and form it into a round shape.

10. You can serve ugali with meats, chicken, fish, and vegetables.

## CONGO TOFU RECIPE



Different Ways of Making Tofu

**TOFU STIR FRY**

**INGREDIENTS**

1 block tofu

Oil

Salt to taste

Pepper to taste

3 tablespoons cornstarch

***Stir fry***

2 cups Broccoli florets

2 carrots

1 cup shredded cabbage

I red bell pepper

Oil

½ cup snow peas

**Sauce**

½ cup of soy sauce

Ginger and garlic paste

2 ½ brown sugar

2 medium green onions

**PREPARATION**

1. Mix the soy sauce, brown sugar, ginger and garlic paste, cornstarch, and green onions in a small bowl and whisk thoroughly.
2. Put the tofu on a cutting board or paper towel-lined plate to reduce the moisture. Then, press it down with a heavy skillet and leave for 15 minutes. Pat dry after 15 minutes.
3. Cut the tofu block into cube sizes, and top it with some corn starch, pepper, and salt to taste. This adds the much-needed crispness to the exterior of the tofu, and it's going to help it get nice and golden while you're serving it. You can also add nutritional yeasts and spices to it if you want.
4. Slice the carrots thinly, onions, and the green pepper

5. COOKING

6. Heat a skillet up on medium heat and add 250ml cooking oil to it.

7. Once the oil is heated, add the tofu and cook for 3-4 minutes or until it becomes golden on all sides. You're going to want to keep tossing it regularly to make sure it cooks evenly.

8. Once the tofu has turned golden, remove it from the skillet and keep by the side.

9. Then, pour a little more cooking oil into the same skillet. Add the broccoli, carrots, and red pepper to it and cook for 4 minutes. Add the snow peas and cabbage and cook for more couple of minutes and stir in the sauce. Cook for further 2 minutes and add the tofu. Simmer on low heat for some minutes and serve.

**TOFU LASAGNA**

3 cups tomato sauce

Diced I block of tofu

2 ½ cups baby spinach

3 garlic cloves (chopped)

½ cup basil (crumbled)

1 ½ teaspoon Italian seasoning

1 teaspoon hot chili flakes (minced)

Pepper to taste

Salt to taste

½ cup parmesan (shredded)

2 cups mozzarella

10 lasagna sheets (shredded)

**Preparation**

1. Combine the tomato sauce and spinach in a large bowl. Put it aside.
2. Mix the tofu, garlic, chili, basil, and Italian herbs in another bowl and put it aside.
3. To assemble the lasagna, put a small amount of tomato sauce in the bottom of the baking pan. Decorate with pasta sheets. Put a small quantity of the tofu mixture and sprinkle with cheese. Repeat layers until the pan is full and finish with a layer of cheese.
4. Bake for 40-50 minutes at 350° F until pasta is cooked and cheese is melted and bubbly.
5. Have fun!

# ETHIOPIA DORO WAT (CHICKEN STEW)



## INGREDIENTS

Spiced butter

2 medium Bermuda onions

Chicken (cut into chunks

¼ cup lemon juice

2 tablespoon berbere

1 teaspoon cayenne pepper

½ teaspoon pepper

2g ginger and garlic paste

1 teaspoon paprika

5 whole eggs

3 cups of water

**PREPARATION**

- Chop the onions and boil the eggs.
- Cut the chicken into chunks and wash. Set aside in a large bowl.
- Mix 2 cups of water with the lemon juice in a separate bowl and pour over the chicken. Leave it to soak for 20 minutes.

**COOKING**

1. Put a pot/Dutch oven over medium heat. Add the onions to the pot and constantly stir until it browns. Then add the spiced butter and ginger and garlic paste and stir until the oil heats up.
2. Add the spices and one cup of water and stir thoroughly, making sure that the mixture is well combined.
3. Remove the chicken from the water and lemon mixture and add it to the mixture in the pot. Stir thoroughly, making sure the chicken is well coated by the mixture.
4. Cover the pot and simmer on medium heat until the chicken is tender.
5. You can add more water to your desired consistency. Taste and adjust the seasoning.
6. Peel the eggs and pierce with a fork. This is for the eggs to be able to absorb the stew.
7. Add the eggs to the pot and simmer for further few minutes.
8. Enjoy with injera!

# EAST AFRICAN CHAPATI



## INGREDIENTS

½ cup cooking oil

All-purpose flour (7 cups: 2 cups for kneading and the rest for cooking)

Salt to taste

2 cups warm water

## COOKING

i. Measure 5 cups of flour in a large bowl.
ii. In another bowl, combine the salt, 3 tablespoons of oil, and 1½ cups of water and stir until the salt dissolves.
iii. Pour the mixture into the bowl of flour. Mix well, and add the remaining water until the dough softens.

iv. Knead the dough for 10-15 minutes. Add flour if necessary.
v. Divide into 11-15 equal parts (spherical shape), place it on a flat surface, and cover with a plastic sheet or clean white cloth.
vi. Remove the ball and place it on a flat surface lightly sprinkled with flour. Sprinkle the rolling pin with the flour to keep it from sticking to the dough.
vii. Roll out the dough with a rolling pin thinner than ¼ of a centimeter (it's fine if it's not perfectly round).
viii. Brush the oil over it.
ix. Make an inch crease on the side facing you, then roll forward with both hands.
x. Do just four. Roll the rest while cooking.
xi. Heat a non-stick skillet over medium heat (use a round skillet). Sprinkle with a few drops of water after heating. If the drops dry immediately, the pan is ready.
xii. Place the freshly rolled chapati on the heated pan. After about a minute, check the bottom of the chapati, if it is golden brown and the top is translucent, turn it upside down.
xiii. Spread a little oil on it and check that the bottom is cooked and golden brown.
xiv. If so, turn the loaf over again, brush the oil on the second side of the loaf and turn it over again.
xv. After about 30 seconds, remove the chapati from the pan, place it on a plate, and cover with aluminum foil.

# UGANDAN CURRIED POTATOES



## INGREDIENTS

4½ tbsp cooking oil

1 large onion (finely chopped)

2 kilos of red potatoes, washed, cut into 1-inch cubes. (Parboil in salted water, but not boiled soft enough (boil water, add potatoes, cook over low heat. Remove the potatoes and drain after 4 minutes, rinse with cold water)

2 garlic cloves (minced)

2 cups of water

½ tsp turmeric powder

½ tsp cinnamon powder

½ tsp cayenne powder

½ tsp coriander powder

Salt to taste

1 tbsp lemon juice

1 tbsp tomato paste

4 tbsp fresh parsley, minced

**COOKING**

1. Heat oil in a large saucepan over medium heat
2. Add onions and cook for 6-8 minutes. Add garlic and cook for 30 seconds.
3. Add turmeric, cayenne pepper, cinnamon, and coriander and mix well. Add the tomato paste and lemon juice and mix again to combine everything.
4. Add potatoes and about ¼ teaspoon salt and mix again.
5. Add 1½ cups of water.
6. Cook uncovered for 10 minutes or until the potatoes are tender, and the curry is thick and covering the potatoes.
7. Add the parsley at the end of the cooking time and mix well. Serve hot with grilled chicken or meat stew.

# ETHIOPIAN ATAKILT WAT



## INGREDIENTS

5 potatoes

I medium green cabbage

4 carrots

1 medium onion

1½ tbsp curry powder

1 tbsp turmeric

1 tsp cumin powder

Pepper and salt to taste

½ cup cooking oil

1 cup of water

**COOKING**

1. Slice the onions and carrot.
2. Peel the potatoes and cut them into cubes
3. Chop up the cabbage without adding the core
4. Place a pot over medium heat and add the cooking oil
5. Add the sliced onions and carrot and sauté for approximately 5 minutes. Add the spices and stir.
6. Pour the water into the mixture to prevent the food from burning.
7. Add the cabbage and potatoes into the pot and mix thoroughly.
8. Taste and adjust seasoning, adding the salt and pepper to taste.
9. Cover the pot tightly and cook on medium heat for 25-30 minutes.
10. Bring the pot down and allow it to cool a bit.
11. Serve hot with rice or injera flatbread.

# PILAU RICE (TANZANIA)



## INGREDIENTS

2 cups basmati rice

3 tbsp cooking oil

1 medium onion

3 cups chicken broth

½ cup of coconut milk

1 ½ tbsp ginger and garlic paste

Salt

2 tbsp pilau masala (1 tbsp cloves, ½ tsp cumin seeds, ½ tsp black peppercorns, ¼ cinnamon powder, ¼ tsp cardamom powder all crushed and mixed together).

## COOKING

1. Heat the cooking oil up in a pot over a medium heat
2. Add the onions and rice and stir continuously until the color of the rice starts to change from translucent to white color.
3. Add the spices including the ginger and garlic paste and stir for 2 minutes
4. In another bowl, mix 2 cups of chicken broth and coconut milk. Pour the mixture into the rice pot and stir softly.
5. Cover the pot and cook on low heat, adding the broth gradually to the rice until it is well cooked.
6. You can serve this dish with curried meat or with savory dishes.

# PEA BEANS NAIROBI STYLE (M'BAAZI) (KENYA)



## INGREDIENTS

4 tablespoons of cooking oil or butter

1 cup dried pea beans (you can use any dried beans)

1 cup of coconut milk

1 teaspoon cayenne pepper

1 medium onion

1 bell pepper

Salt to taste

M'baazi

Parsley

Tomato (optional)

**COOKING**

1. Slice the onion and bell pepper and set aside
2. Boil the beans for 1 hour in 1 liter of salted water in a pan, or until the beans are cooked. Remove from heat and drain.
3. Heat the oil or butter in another pan. Add the onion, salt, cayenne pepper, and bell pepper and sauté until the onion is soft but not golden brown.
4. Add the beans and continue sautéing until the onion is golden brown. Pour the coconut milk into the pot and cook. Continue to stir until the mixture turns to the consistency of a medium sauce.
5. Dish in a bowl and let cool.
6. Line small plates with lettuce and add half a glass of M'baazi every plate. Garnish with tomato wedges and parsley.

# NYAMA CHOMA (KENYA)



## INGREDIENTS

3 tbsp vegetable oil

1 lbs mutton (goat meat) or beef

Salt to taste

1 tbsp ginger and garlic paste

¼ lemon juice

Pepper to taste

1 cup of water

## PREPARATION

a) Wash and leave the meat to dry. Put in a bowl and set aside.

b) In a separate bowl, mix the ginger and garlic paste and lemon juice. Then pour the mixture over the meat to marinate it.
c) Cover the meat and leave for 2 hours to marinate completely.

**COOKING**

1. Heat your grill to be very hot.
2. Spread the cooking oil over the meat and place it on the grill.
3. Dissolve the salt in warm water and sprinkle it over the meat while cooking.
4. Charcoal should be low for the meat to cook slowly without burning.
5. Flip the meat over on all sides until the outside is soft, and the inside cooks well.
6. Once the meat is completely cooked, remove it from the grill and serve hot.

## YEKIK ALICH'A (ETHIOPIA)



### INGREDIENTS

3 tablespoons cooking oil

2 cups split red or green peas

2 medium red onions (chopped)

3 cups of water

1 tablespoon ginger and garlic paste

Salt to taste

1 tablespoon black pepper

3 green jalapeno pepper or green Anaheim (sliced)

### COOKING

1. Wash the peas and boil in water over medium heat until tender. Drain the water from it and set aside.
2. Put the oil in a pot and heat up. Add the sliced onions and sauté until it becomes tender and golden brown.

3. Then, add the peas to the pot continuously for 3 minutes. Prevent it from sticking to the bottom of the pot by stirring frequently.
4. Add the garlic and ginger paste, pepper, and salt to taste.
5. Cook for 25 minutes on low heat. Stir occasionally.
6. Add the green chili, stir, and cook for further 3 minutes.
7. Enjoy!

# CENTRAL AFRICAN CUISINES

# SAUCE AUX CHAMPIGNONS ET CITRON (CONGOLESE MUSHROOM AND LEMON SAUCE)



## INGREDIENTS

Mushroom (1 lb)

3 tablespoons vegetable oil or margarine

½ cup lemon juice

Salt and pepper to taste

## COOKING

1. Clean and chop the mushrooms into small chunks.
2. Place a saucepan over medium heat and heat the oil up.
3. Add the chunks of mushroom to the oil and sauté until the chunks are tender.
4. Pour the lemon juice into the pan along with the salt and pepper. Mix thoroughly and simmer for a couple of minutes.

5. You can serve this dish with rice, fufu, or baton de manioc.

# CENTRAL AFRICAN EGUSI



## INGREDIENTS

2 cups ground egusi

Red palm oil

2 tablespoon tomato paste (you can use 2 fresh tomatoes, chopped)

1 medium onion

I chili pepper

Salt to taste

Black or cayenne pepper

## COOKING

1. Heat the oil in a pot over medium heat.
2. Add the onions and sauté for 1 minute
3. Add all the ingredients to the pot except the ground egusi. Stir thoroughly and let it boil for 3 minutes.

4. Add the egusi to the pot and stir. Add water to your desired consistency to make a smooth sauce.
5. Cook on a low heat for 15 – 20 minutes.
6. Serve with yam, rice, plantain, or grilled fish, chicken, or meat.

# RIZ VERT (GREENS AND RICE)

## INGREDIENTS

2 cups of rice

1 medium onion

1 lb fresh spinach

7 ½ cups water

3 tomatoes

1 cup meat broth

Any cooked meat

Pepper and salt to taste

Cayenne powder or red chili

## COOKING

1. Chop the onion and dice the tomatoes
2. Wash the fresh spinach, trim, and chop finely.
3. Pour the water into a large pot over high heat.
4. Wash and add the rice to the pot.
5. Add all the ingredients to the rice except the seasonings and stir thoroughly. Cover the pot and let it boil over high heat.

6. Stir and cover the pot tightly.  Reduce the heat and cook over medium heat until the rice is tender approximately 30 minutes.
7. Add the spices (pepper, red chili, and salt), stir well, and simmer for 5 minutes.
8. Serve hot.

# MASHED YAMS (FOUTOU)



## INGREDIENTS

1 lb true yam (Not sweet potatoes)

4 cups of water

Pepper and salt to taste

1 teaspoon flake red pepper

## COOKING

1. Peel and cut the yam into chunks and wash.
2. Put the water in a pot, add the yam to it, and boil for 20 minutes over medium heat.
3. The yam should be soft by now. Remove the yam from the pot and discard the water.
4. Using a food processor or mortar, add the seasonings, and process or pound the yam until it is

soft and becomes a glutinous paste.

5. Serve with any meat dish.

# WILD SPINACH IN PALM OIL AND PEANUTS (FUMBWA ELAMBANINA MAFUTAYA NGUBA)



## INGREDIENTS

2 kilos fumbwa (you can substitute with any other green veggie such as collards, kale, cassava leaves, turnip greens, or spinach.

½ cup peanut butter or 1 cup peanuts

2 tomatoes

1 medium onion

2 tablespoons red palm oil

4 ounces dried or smoked fish

Water

## COOKING

1. Clean the veggie, remove hard stems, and shred finely.
2. If using peanut seeds, ground them into a fine paste.
3. Chop/crush the tomatoes and dice the onions.
4. Debone the smoked fish and soak in water for a few minutes, and rinse.
5. Parboil the fumbwa in an uncovered pot with a lot of water until it becomes tender.
6. Place a pan over medium heat, put the parboiled veggies to it, and add 1 cup of the parboiled water.
7. Add the sliced onions, tomatoes, and smoked fish to the pot and mix well.
8. In a bowl, mix the peanut butter or ground peanut paste with 1 cup of the parboiled water and make a smooth paste.
9. Stir in the mixture to the veggies and add the red palm oil. Stir thoroughly, cover, and cook on medium heat for 7 minutes.
10. Enjoy with baton de manioc, fufu, yam, rice, or sweet potatoes.

# ELEPHANT SOUP




## INGREDIENTS

½ pounds biltong or beef jerky (Washed in hot, salted water and cut into chunks)

5 cups broth

2 medium onions

1 cup mirepoix (Combination of diced onions, carrots, celery, and herbs sautéed in oil or butter on very low heat)

½ cup peanut butter

1 cup lentils

1 cup mushroom

1 leek

2 tablespoon butter

½ cream

Salt and pepper to taste

**COOKING**

1. Place a dutch oven with enough water to cover the meat over medium heat and add the meat. Cook for 30 minutes, then add the broth and mirepoix and cook for 2 hours.

2. Add the peanut butter, onions, leek, mushroom, and lentils (dal) and stir thoroughly. Cook for further 15-20 minutes.

3. Taste and adjust seasoning. Top up with cream and butter.

4. Enjoy!

# CENTRAL AFRICAN PILI-PILI



## INGREDIENTS

3 tablespoons cooking oil

1 medium onion

Cumin seeds ( ½ teaspoon cumin powder)

Salt to taste

Hot pepper ( ½ cup)

½ cup additional oil

## COOKING

1. Heat the oil up in a skillet over medium heat

2. Add the onions and salt and sauté until golden brown. Remove from the heat.

3. Add the peppers and cumin to the onions and mix thoroughly. (be mindful of the rising fume)

4. Pour the mixture into a sterilized tight-lid container, add more oil to it, cover, and store refrigerated.

# SQUASH WITH PEANUTS



## INGREDIENTS

2 lbs squash (peel and cube)

1 tablespoon cooking oil

2 cups roasted peanuts (crush into a paste)

1 teaspoon unrefined sugar

Salt to taste

Water

## COOKING

1. Pour enough water into a pot. Allow it to boil.

2. Add the squash to it and cook until it’s soft but unbroken. Remove the squash from the pot and discard the

water.

3. Place a skillet over medium heat. Add the oil and let it heat up.

4. Add the squash and simmer for five minutes. Stir so often that the squash can break up.

5. Add the peanuts, sugar, and salt, and stir thoroughly.

6. Cook for 5 minutes on very low heat.

7. Serve hot!

# MEAT AND OKRA SAUCE



## INGREDIENTS

2 lbs lamb or beef (cut into chunks)

I large onion

1 tablespoon cooking oil

¾ cup tomato paste

Salt to taste

Garlic

Water

4 ounces okra

## COOKING

1. Slice the onions, crush the garlic, and dice the okra.

2. Heat the oil in a saucepan and brown the meat in it.

3. Add onion and sauté until golden brown, then add the garlic and stir.

4. Dilute the tomato paste in an equal amount of water. Add the paste and salt to the meat and stir thoroughly. Cover the pot and simmer on a medium until the meat is tender.

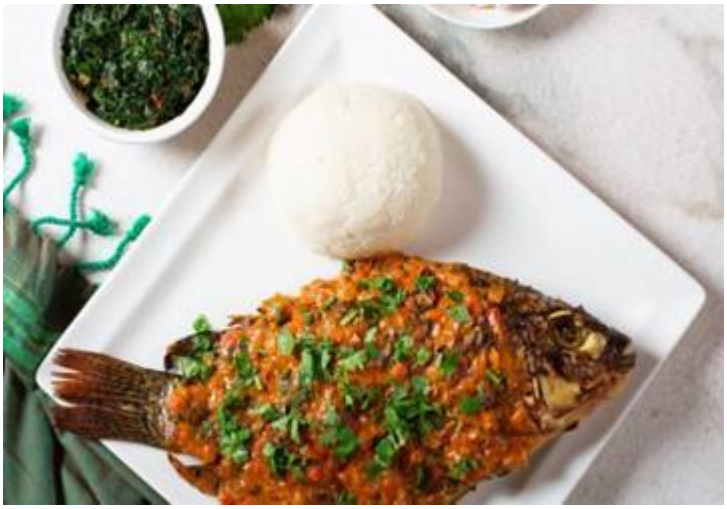
5. Add some water to the meat and stir.

6. Add the diced okra 20 minutes before the end of the cooking time.

7. Serve with rice or any other staple food.

***Note*** that the smaller the okra, the sauce will be more glutinous.

# FISH IN PEANUT SAUCE



## INGREDIENTS

3 lbs 1 whole fish

4 tablespoons cooking oil (red oil)

1 cup peanut butter

3 garlic cloves

1 medium onion

1 teaspoon coriander

2 chili peppers

½ teaspoon ginger powder

Black pepper to taste

½ teaspoon nutmeg powder

Ginger

Peanut oil

½ cup smoked prawns, shrimp, or fish.

**COOKING**

1. Wash and pat the fish dry. Cut into sizeable chunks saving the head.

2. Dice the onions, mince the garlic, and clean the pepper (leave it whole)

3. Heat the oil in a pan and add the fish. Add some garlic to it and fry on both sides until the inside is done and the outside golden brown. Remove from the oil and place on an absorbent paper.

4. Grind the ginger, nutmeg, coriander, black pepper, salt, and half of the prawns or shrimp. Set aside.

5. Boil 4 cups of water in a pot and add the fish head along with the mixed spices in step 4. Simmer on low heat.

6. Heat two tbsp of peanut oil in a clean pan. Add the onions with the remaining garlic and caramelize. Then, add the chili pepper. Reduce the heat and add the fried fish to the mixture.

7. Remove the head of the fish from the broth and add peanut butter to the mixture. Stir thoroughly to get a smooth paste. Cook over medium heat for some minutes until the mixture turns into a thick sauce.

8. Pour the sauce over the fish and onions in the pan and stir. Add the remaining dried prawn or shrimp and cook for further few minutes.

9. Serve with rice or boiled plantains.

# WEST AFRICAN CUISINES

## EGUSI SOUP



## INGREDIENTS

1 cup Palm oil

2 medium onions (chopped)

Fresh pepper to taste (chopped)

Cooked turkey or any meat and fish

Ponmo

3 cups ground egusi

1 tbsp Iru (locust beans)

1 cup ground crayfish

2 cups cut vegetables (spinach, pumpkin, or bitter leaf)

Salt to taste

8 cups stock or chicken broth

Stock cubes

**COOKING**

**FRYING METHOD**

1. Heat the pot and pour palm oil into it
2. Let the oil heat up and add the onions to it. Stir and add the chopped pepper and locust bean. Sauté for 30 seconds
3. Add the ground egusi to the pot and stir thoroughly to avoid sticking to the point. Mix thoroughly and allow to fry for 5 minutes.
4. Add the ground crayfish and mix thoroughly.
5. Add your meat broth and the ponmo.
6. Add water, stir, cover, and simmer over medium heat for 10 minutes.
7. Add the stock cube and salt to taste.
8. Add your turkey or chicken, or meat.
9. Let it cook for a further few minutes. Then, add the vegetables and mix well with the soup.
10. Cover and allow vegetables to steam for 5 minutes.
11. Serve with fufu, eba, garri, or pounded yam.

**CAKING METHOD**

1. Put the grounded egusi in a bowl; add a little water to it to make a paste.

2. Heat the oil in a pot over low heat for 40 seconds, add the onions and locust beans, and stir.

3. Pour the stock to the onion mixture, add salt and pepper to taste, and the ground crayfish, and bring to boil.

4. Using a tablespoon, scoop the egusi paste into the pot. Make sure to keep the shape of the ball. Cook on medium for 25 minutes until the egusi balls cook well.

5. Add the turkey, fish, and any other bits you have and cook for further few minutes.

6. Add the veggies, stir, and cook for 5 minutes until the leaves are tender.

7. Stir, taste, and adjust seasoning.

Enjoy!

# PARTY JOLLOF RICE



## INGREDIENTS

5 tbsp groundnut oil

5 fresh tomatoes

3 medium onions

1 medium tin of tomato paste

2 red bell peppers (tatashe)

3 habanero peppers

Crayfish

3 cups stock

5 cups long-grain parboiled rice

**SPICES**: 3 stock cubes, salt, and black pepper to taste, bay leaves, curry powder, garlic cloves, ginger, and thyme.

The measurement for the spices depends on taste. Use your judgment and avoid using too many of them.

**COOKING**

1. Parboil the rice. (Boil in water for 15 minutes, strain, and discard the water).
2. Chop up 2 onions and mince the garlic.
3. Blend the fresh tomatoes, the remaining onion, fresh pepper, and ginger together to get a smooth paste. Set aside.
4. Heat the oil in a large saucepan over low heat, add some onions and minced garlic to it and fry until translucent.
5. Add the canned tomato paste to the onions and fry, frequently stirring to avoid sticking to the pot and burning.
6. Pour the blended tomato mixture into the pot, stir continuously for 10 minutes
7. Stir in the spices except for the salt to the pot. Let the tomato fry for more minutes until the sour taste goes completely.
8. Add the stock to the pot and stir. Taste and adjust seasoning. You can add the salt now.
9. Add more cups of water, enough to get the rice done, to the pot, and bring to boil.
10. Add the rice to the pot and stir lightly. You can cover the pot with aluminum foil before the pot's cover to keep the heat from seeping out.
11. Cook for 30 minutes on over low heat, check to see that everything is in place. Simmer for furthers 5 minutes and remove the pot from the heat.

Enjoy!

# MOI MOI (NIGERIA)



## INGREDIENTS

5 cups black-eyed beans

4 boiled eggs (de-shelled and sliced)

2 medium onions

3 raw eggs

3 red bell peppers

3 scotch bonnet pepper

4 tbsp palm oil

3 tbsp crayfish

3 tsp melted butter (optional)

3 bouillon/stock cubes

Salt to taste

3 cups of water

**COOKING**

1. Soak the beans in hot water (preferably overnight).
2. Peel the beans by placing them in a food processor with 4 cups of hot water.
3. Let the food processor work for 3 minutes and check whether most of the beans are cut into pieces. Otherwise, let the food processor work for a few more minutes
4. Put the beans with water in a large bowl and turn using your hand.
5. Pour the water through a sieve, collect the loose skins, and repeat this process until all of the skins are gone from the beans.
6. Mix the beans, onions, peppers, and 3 cups of water in a blender and blend until smooth.
7. Transfer the blended mixture into a large bowl, add 2 raw eggs to it, and keep aside.
8. Combine the salt, palm oil, stock cubes, and ground crayfish with ½ cup of boiling water and let cool. Leave it to cool, and then add to the blended mixture.
9. Mix the mixture well with a spatula or an electric mixer for 5 minutes.
10. Taste and adjust seasoning.
11. Boil 6 cups of water in a large saucepan over medium heat.
12. Grease a loaf pan, pour some of the mixtures into the pan and add some sliced hard-boiled eggs. Pour some more

batter over it and cover with aluminum foil.

13. Place the pan filled with the mixture into the pot with boiling water (it must not be covered with water). Cover the pot with an airtight lid and reduce the heat to a minimum. Steam for 45 to 60 minutes
14. Bring down from the heat and leave to cool.

Enjoy!

# WAAKYE (GHANA)



## INGREDIENTS

3 cups of rice

1 ½ cup beans or any kind of beans peas

Salt to taste

4 dry sorghum leaves

10 cups of water

## COOKING

1. Wash the beans and soak them in water for 3-4 hours.
2. Drain the beans and put them in a large saucepan with partly filled with water. Leave to cook for 45 minutes.
3. Wash the sorghum leaves and cut 3 to 4 inches, add to the boiling beans and cook together.
4. If the sorghum leaves are not accessible, substitute with a teaspoon of baking soda to give Waakye its distinctive

color.

5. After 5 minutes, remove the sorghum leaves from the pot.
6. Wash the rice thoroughly and add to the beans. Add more water to the pot.
7. Cook the mixture for 15-20 minutes.
8. Make sure the food does not burn. Stir occasionally while it’s cooking.
9. Season with salt
10. You can serve with stew, egg or fish, pepper sauce, beef, chicken, and vegetables.

## CACHUPA RICA (CAPE VERDE) (MUNCHUPA)



## INGREDIENTS

5 cups hominy, (soak overnight in warm water)

Olive oil

3 garlic cloves (peel and dice)

1 medium onion, finely chopped

3 bay leaves

1 cup dried lima beans (soak overnight in warm water)

1 cup dried kidney beans (soak overnight in warm water)

2 lbs beef (you can substitute with pork spareribs)

1 blood sausage (sliced)

2 lbs cabbage or kale (chop roughly)

1 cup fresh green beans

1 chourico or linguica sausage (sliced finely)

¼ lbs lean bacon (sliced finely)

2 lbs plantains (peel and slice)

2 lbs sweet potatoes (peel and dice 1-inch)

2 lbs yams (peel and dice 1-inch)

2 lbs fresh tomatoes (quartered)

2 lbs squash (peel and dice 1-inch)

1 lbs chicken (cut into chunks)

Pepper and salt to taste

Cilantro (chopped)

Sofrito seasoning (Fried onion, garlic, and tomato used as a base for cooking sauces and dishes)

**COOKING**

1. Combine 6 cups of water, 2 tablespoons of olive oil, garlic, onion, and bay leaves in a saucepan. Allow it to boil. Add the hominy and the beans. Cook until they are slightly tender.
2. Fry the ribs, the chouriço or the linguiça, the bacon, and the blood sausage in a separate pan and then add the green beans, the plantains, the cabbage, the sweet potatoes, the yam, and the squash. Stir thoroughly and put it aside.
3. Season the chicken with salt and pepper and fry in a pan with olive oil until golden brown. Add the tomatoes and the mixture of meat and vegetables to the Hominy and beans

mixture. Simmer over medium heat for 40 minutes. Add the sofrito as you like and let it cook for another 20 minutes. Turn the heat off and leave it covered for at least 30 minutes.

4. Put the meat and vegetables on the plate. Garnish with chopped cilantro. Serve the main dish in a separate plate.

Enjoy!

## NDOLE (CAMEROON)



**INGREDIENTS**

2 cups peanut/groundnut

2 bouillon cubes

3 cups oil

1 medium onion

½ lbs shrimp

1 lb stew beef (cut into sizeable bits)

½ lb stockfish

5 garlic cloves

1 lb washed bitter leaves (you can substitute with frozen spinach)

¾ cups ground crayfish

***THINGS TO NOTE***

If you are using dry, bitter leaves, make sure you soak it in warm water overnight and boil with 1 teaspoon of baking soda for 15

minutes. Rinse thoroughly and drain.

Boil some water, add the stockfish to it, and leave to soak overnight

**COOKING**

1. Put the meat in a large pot, add the bouillon cubes, salt, and onions to it, mix well, and cook until the meat becomes tender.
2. Boil the stockfish with salted water for a few minutes and pour into the meat pot.
3. In another pot, boil the groundnuts for 10 minutes, leave it to cool, and then blend with a blender or food processor into a very smooth paste. You can add some water to help the process. Pour into the pot with meat and stockfish.
4. Use the same blender to blend the garlic and onions and our into the meat pot.
5. Add the ground crayfish and cook for a few minutes, stirring consistently to keep it from burning. Add bouillon cubes and salt to taste.
6. Add the washed bitter leaves or spinach to the pan. Stir thoroughly and cook for 15 minutes
7. Heat the oil in a pan or preferably cast iron. Add the shrimp while stirring until they turn pink. Cut the remaining onions and add them and mix for a few more minutes. Then, pour the mixture to the pot of Ndole. Stir thoroughly for 3-5 minutes. Serve hot with miondo/Bobolo or plantain.

# POULET YASSA (SENEGALESE CHICKEN)



## INGREDIENTS

3 chicken breasts (de-skin, de-bone, and cut horizontally into two-piece each)

½ cup groundnut oil or any cooking oil

4 medium onions

8 tablespoons cider vinegar

1 bay leaf

8 tablespoons lemon juice

2 tablespoons Dijon (substitute with stone-ground mustard)

4 garlic cloves

1 jalapeno pepper

½ teaspoon black pepper

½ teaspoon cayenne pepper

2 tablespoon groundnut or any cooking oil

1 tablespoon salt

**COOKING**

1. Chop the onions, mince the garlic cloves, remove the seeds from the jalapeno pepper and chop up.
2. Mix all ingredients except the last 2 tablespoons of oil in a large zip-top bag and let the chicken marinate in the refrigerator for 8 hours or preferably overnight. Remove the chicken from the bag when you are ready to cook, but keep the marinade.
3. Heat a large saucepan over medium heat and add 2 teaspoons of oil. As soon as it heats up, add the chicken and sauté on both sides for two minutes. Remove and place on a plate.
4. Scoop the onions from the marinade bag with a perforated spoon, put them in the hot pan, and simmer for 5 minutes. Add the rest of the marinade and allow it to boil. Cook for 10 minutes over medium heat.
5. Keep cooking the marinade until it turns into a sauce (about 20 minutes). Reduce heat to low, add the chicken to the sauce, cover and simmer until chicken is tender (about 10-15 minutes longer). Serve with rice

# COTE D' IVOIRE KEDJENOU (IVORY COAST STEWED CHICKEN AND VEGETABLES)



## INGREDIENTS

5 lbs chicken (trimmed of fats and cut into chunks)

2 green onions

1 large onion

4 tomatoes

1 fresh pepper

2 tbsp ginger and garlic paste

1 bay leave

1 sprig thyme

1 tbsp smoked paprika

1 whole habanero pepper

3 chicken stock cubes

Pepper and salt to taste

**COOKING**

1. Preheat oven to 350 degrees F.
2. You can season the chicken with ginger, garlic, pepper, thyme, paprika, bouillon, and onion and marinate for at 2-3 hours in the refrigerator.
3. Cut the tomatoes, onions, and peppers.
4. Mix all ingredients in an oven-safe pot and stir thoroughly to get everything completely mixed. Cover the pot tightly with the lid.
5. Put it in the oven and shake the pot occasionally while cooking without uncovering it.
6. Depending on the chicken used and the flavor, cook the chicken for approximately 1 hour until the chicken is well cooked.
7. Serve with white rice or atieke.

# EFO RIRO (NIGERIAN SPINACH STEW)



## INGREDIENTS

2 lbs spinach (blanched)

3 scotch bonnet peppers

3 red bell peppers

1 medium onion (diced)

2 tablespoons ground crayfish

½ cup of palm oil

3 teaspoons locust beans

Stockfish (shredded)

1 bouillon cube

A handful of prawn

1 small onion (diced)

1 lb beef

**COOKING**

1. Pre-heat palm oil
2. Add the onion and sauté until golden brown.
3. Add the peppers and stir-fry until the sauce thickens.
4. Add bouillon and salt to taste, along with the locust bean and crayfish. Stir thoroughly to mix everything completely.
5. Add the meat, the prawns, and the stockfish, and some water or broth to thin the sauce. Then cover again and bring it to a boil.
6. Finally, add the spinach and stir well. Then cook uncovered for about 2 to 5 minutes. Adjust the spices if necessary.
7. Serve with your favorite swallow like amala, fufu or rice, yam ... enjoy your meal!

# SUPERKANJA (GAMBIAN OKRA STEW)



## INGREDIENTS

2 lbs lean beef

2 cups of palm oil

2 medium onions

1 lb smoked catfish or any fish

2 lbs okra (diced into small cubes)

Pepper and salt to taste

¼ teaspoon of baking powder

8 cups of water

## COOKING

1. Cut the meat into chunks and wash thoroughly
2. Boil the meat and fish in a pot with enough water for 15 minutes. Then remove the fish from the pit.

3. Add salt, onions, pepper, and diced okra to the pot and mix well.
4. Cook over medium heat for 15 minutes, and then add the palm oil.
5. Reduce heat to low and simmer for 20 minutes. Stir occasionally
6. Add the fish back to the pot and simmer for 6-10 minutes on low heat.
7. You can also add crabs and shrimps to the dish if you so wish.
8. Serve with white rice or fufu.

9.

# NORTH AFRICAN CUISINES

# MOROCCAN COUSCOUS WITH ROASTED VEGGIES, CHICKPEAS, AND ALMOND



## INGREDIENTS

1 ½ Couscous

1 Zucchini (sliced)

2 medium carrots (diced into cubes)

1 medium onion (sliced)

1 yellow bell pepper (sliced)

3 cloves Garlic (minced)

4 tbsp Olive oil

3 tablespoon fresh cilantro (minced)

2 tablespoons fresh mint (minced)

1 Can chickpeas (drain and rinse)

2 tablespoons Lemon

½ teaspoon turmeric powder

½ teaspoon Cinnamon powder

1 teaspoon Coriander powder

1 teaspoon Cumin powder

1 Can low-sodium chicken broth

½ cup Raisins

½ cup Almonds (roasted)

Pepper and salt to taste

**COOKING**

1. Preheat the oven to 475 degrees. Spray an 18 x 13-inch baking sheet with non-stick cooking spray. Put the diced carrots, sliced peppers, zucchini, and onions on a baking sheet.
2. Sprinkle with a spoonful of olive oil, add salt, and mix to coat evenly. Bake in the preheated oven for 15 minutes. Stir once while baking.
3. While the veggies are roasting in the oven, mix the 3 tablespoons of olive oil, garlic, lemon juice, coriander, cumin, cinnamon in a small bowl and season with 1/4 teaspoon salt.
4. Add turmeric and ½ teaspoon of salt to the chicken broth and bring to boil. In a large bowl, put the couscous and raisins and pour the hot chicken broth over it and mix thoroughly, cover with a plastic wrap and leave for 5 minutes.
5. Once it is 5 minutes, add the roasted veggies to the couscous along with the almonds, chickpeas, coriander lemon,

and mint mixture, and mix well, tasting and adjusting seasoning as desired.

6. Serve warm!

# MOROCCAN LAMB TAGINE



## INGREDIENTS

2 x 400g tinned chopped tomatoes

1-pint tomato juice

2 teaspoon black pepper

2 teaspoon cinnamon powder

1 teaspoon cayenne pepper

2 tablespoons ginger powder

2 tablespoons paprika

3 lbs lamb shoulder (dice into chunks)

1 tablespoon turmeric

2 medium onions (chopped)

2 ½ tablespoons argan oil (you can substitute with vegetable oil)

2 ½ tablespoons olive oil

115g dried apricots (halved)

3 cloves garlic (minced or crushed)

55g dates (halved)

85g flaked almonds

55g raisins or sultanas

600ml lamb stock

1 teaspoon saffron stamens (soak in cold water overnight)

1 tablespoon honey

2 tablespoons flat-leaf parsley (chopped)

2 tablespoons coriander (chopped)

**COOKING**

1. In a small bowl, mix the black pepper, cayenne pepper, paprika, ginger, cinnamon, and turmeric. In another bowl, put the lamb and season with half of the mixed spices. Mix thoroughly, cover, and marinate for 8 hours, preferably overnight.
2. Preheat the oven to 300 degrees F
3. Add 1 spoonful each of the oils to a large saucepan and heat up. Toss in the grated onions along with the remaining half of the mixed spices sauté over medium heat for 10 minutes until the onions are tender but not browned. Add the minced garlic for the last 3 minutes.

4. Heat the remaining oil in a skillet; fry the lamb on all sides until golden brown, then add to the onions and spices mixture. Add ¼ liter of tomato juice to the skillet, stir, and pour the juice into the meat.

5. Add the rest of the tomato juice, apricots, tomatoes, dates, sultanas or raisins, almond flakes, lamb stock, saffron, and honey to the saucepan. Let it boil, then, cover with an airtight lid, put in the oven and cook for 2.5 hours or until the meat has melted slightly.

6. Place the lamb in a tagine or large bowl and sprinkle over the chopped herbs.

7. Serve warm

# SHAKSHOUKA



## INGREDIENTS

2 spoons of olive oil

1 large yellow onion, finely chopped

1 large red pepper or roasted pepper, finely chopped

¼ teaspoon of fine sea salt

3 cloves of garlic, chopped or minced

2 tablespoons of tomato paste

1 teaspoon cumin powder

½ teaspoon smoked paprika

Reduce or omit ¼ teaspoon of chili flakes if you are sensitive to spices

1 large can (28 grams) of crushed tomatoes, preferably roasted on the fire

2 tablespoons of fresh coriander or flat parsley and addition of coriander or parsley leave to garnish

Freshly ground black pepper to taste

5 to 6 large eggs

½ cup of crumbled feta cheese

Crispy bread or pita to serve

**COOKING**

1. Preheat the oven to 375 degrees Fahrenheit. Heat the oil in a large saucepan (preferably stainless steel) over medium heat. Add the onion, salt, and pepper. Cook for 4 to 6 minutes, frequently stirring, until the onions are soft and translucent.
2. Add tomato paste, garlic, cumin, red pepper flakes, and paprika. Let it boil for 1 or 2 minutes, constantly stirring until pleasant and fragrant.
3. Pour the blended tomatoes with their juice and add the cilantro. Stir and simmer. If necessary, reduce the heat to low and cook for 5 minutes.
4. Extinguish the fire. Taste (be careful it's hot) and adjust seasoning if needed. Use the back of a spoon to create a well near the perimeter and break the egg right into the well. Gently pour the tomato mixture over the egg white to save the egg. Repeat for a second the amount you can do with the remaining 4-5 eggs. Sprinkle the eggs with some salt and pepper.

5. Gently put the pan in the oven (it is heavy) and cook for 8 to 12 minutes. Often return after 8 minutes. They are cooked when the egg whites are matte white, and the yellow yolk has increased slightly but remains soft. They ought to always turn halfway when you shimmy the pan. (Remember that they will keep on cooking after removing the pan from the oven.)

6. Place the hot pot with potholders on a heat resistant surface such as the stove. Garnish with crumbled feta, fresh coriander leaves, and other chili flakes.

7. Serve in bowls with crispbread on one side.

# FUL MUDAMMAS



## INGREDIENTS

2 cans fava beans

½ medium onion, (minced)

Olive oil

2 garlic cloves (roasted)

½ cup of water

Black pepper and salt to taste

1 teaspoon cumin powder

½ cup lemon juice

Optional toppings:

Red tomato (diced)

Boiled eggs (sliced)

Tahini sauce

Onions (sliced into rings)

Paprika

Fresh cilantro or parsley (minced)

Pepper flakes

**COOKING**

1. Pour the canned fava beans into a colander to drain. Rinse in cold water and set aside.
2. Heat 1 tablespoon olive oil in a large pan on medium heat. Sauté the chopped onions until they are translucent and golden. Add the garlic and cumin and cook for 1 minute until it releases an aroma. Put the beans in the pan and add about half a cup of water to the pan. Bring the mixture to a boil. Reduce the heat to medium-low, season with salt and pepper. Cover the pan.
3. Cook the mixture over medium heat for about 10 minutes until the beans are cooked through. Remove the lid from the pan and continue cooking until the liquid decreases by about 75%. Bring down from the heat.
4. Pour the bean mixture into a bowl. Add the fresh lemon juice. Mash the mixture to a semi-smooth consistency; it should be slightly chunky than hummus. You can use a potato masher or the back of a large metal spoon.
5. Serve each serving as hummus on a plate. Create a shallow pool between the mudamas. Lightly sprinkle the olive

oil in the dish and decorate with the ingredients you like. Serve hot

# CHERMOULA FISH



## INGREDIENTS

4 cloves garlic (minced)

3 tbsp of olive oil

1 tsp cumin powder

2 tsp of paprika

1 bunch coriander (chopped)

2 tbsp of lemon juice

½ tsp cayenne pepper

Salt to taste

1 tbsp saffron (optional)

2 large potatoes, peeled, grated and drained to remove excess moisture

3 cod fillets or any kind of meaty and flaky white fish fillets

3 medium carrots (grated)

2 red and yellow bell peppers

1 cup cherry tomatoes

¼ cup lemon juice

Preheat the oven to (400 F)

**COOKING**

1. Combine the garlic cloves, olive oil, coriander, lemon juice, cumin, salt, paprika, cayenne pepper, and saffron together and mix thoroughly until very smooth (you can use a food processor for this process).
2. Using half a cup of Chermoula, coat the fish fillets thoroughly and refrigerate to marinate for 2 hours.
3. Place a large pan over medium heat and add the potatoes, carrots, and the rest of the chermoula. Mix well and cover with an airtight lid.
4. Cook for 25-30 minutes until the carrots and potatoes are tender and cooked. Stir from time to time.
5. In the meantime, remove the lemon pulp and chop it finely.
6. Divide the carrot and potato mixture into 4 equal parts. Put each portion on a baking sheet. Every piece forms a small nest for fish fillets.
7. Put a marinated fish fillet in each nest of carrots and potatoes.
8. Garnish the fish with the bell peppers and lemon juice, and cherry tomatoes.
9. Sprinkle olive oil (optional) and cover the pan with aluminum foil.

10. Depending on the thickness of the fish fillets, cook in the oven for 12 to 17 minutes.
11. Serve hot with brown rice or bread.

# MATBUCHA (MOROCCAN TOMATO AND PEPPER SALAD)



## INGREDIENTS

Green bell peppers 3/2 lbs

1 medium jalapeño pepper (or more to taste)

Tomato cubes of 56 grams or 8 large tomatoes, peeled and diced (2 large cans)

1 garlic clove, minced

2 tablespoons of sugar

1 teaspoon chili flakes (or more to taste)

1/2 teaspoon of salt

1/3 cup extra virgin olive oil

1 tablespoon of paprika

## COOKING

1. Roast the bell peppers, deseed them and removed the charred skin, then chop up.

2. Remove the seeds from the jalapeño pepper and chop it finely. (If you have sensitive skin, wear gloves for this step). You can add more jalapeños for maximum heat if you like a spicy matbucha. The recipe has a little boost, but it's not too spicy.
3. Combine diced tomatoes, chopped jalapeño pepper, roasted peppers, salt, sugar, garlic, and chili flakes, in a medium saucepan. Bring to a boil over medium heat.
4. Reduce the heat to medium-low until Matbucha cooks at medium and constant levels. Check the temperature of the Matbucha and stir every ten minutes to make sure it does not stick to the bottom of the pan. Let the mixture cook for 65 to 75 minutes until most of the moisture dries up.
5. When most of the liquid has evaporated, and the mixture is thick enough, you can add the oil.
6. Whisk oil and paprika in a bowl.
7. Pour the seasoned oil into the pan and mix.
8. Let the matbucha cook for around 30 minutes and stir every 5 minutes. Taste the food at the end of cooking and adjust the taste to your taste: more sugar for sweetness, pepper for spices, and possibly salt.
9. Remove Matbucha from the stove and allow it to cool completely.
10. Serve cooled at room temperature.

# MOROCCAN HARIRA



## INGREDIENTS

8 ounces of diced lamb, beef, or chicken

3 tablespoons of vegetable or olive oil

Various soup bones (optional)

2 pounds of ripe and soft tomatoes (about 6 large)

1 handful of dry chickpeas, soaked and peeled

2 handfuls of dried green or brown lentils

1 large onion, grated

1 celery stalk (leafy), chopped

1 bunch of flat parsley, finely chopped

1 scoop of coriander, finely chopped

1 tablespoon of Smen (optional)

1 spoon of salt

1 tablespoon of ginger

1.5 teaspoons of black pepper

1 teaspoon of ground cinnamon

1/2 teaspoon of turmeric

3 tablespoons of tomato paste combined with 1 or 2 cups of water

3 tablespoons of uncooked rice or sliced spaghetti

1 cup of flour combined with 2 cups of water

Coriander and lemon wedges (optional) for garnish

**COOKING**

***Preparation***

I. Soak the chickpeas overnight. Drain and peel the next day. You can do this simply by pressing the chickpeas between your index finger and thumb or by vigorously rubbing on a cloth. (You can freeze the prepared chickpeas until ready to use.)

II. Remove stones and dirt from the lentils. Reserve until you need it.

III. Stew the tomatoes and put them in a food mill to obtain a puree. Throw away the skins and seeds. Alternatively, quarter the tomatoes and blend them in a food processor.

IV. Grate the onion or make a thick pulp using a food processor. (You can combine the grated onions with the tomato puree and freeze until needed.)

V. Wash the celery and chop finely. Put it aside. Remove and remove large stalks of parsley and coriander. Wash the parsley and coriander and drain well before cutting by hand or in a food processor. (You can combine all the veggies together and put in the refrigerator until needed)

***Prepare the Soup***

1. Fry the meat in oil in a pressure cooker of at least 6 liters or in a pan over medium heat. Add the chickpeas, soup bones, tomato puree, spices, grated onions, smen (if used), and 3 cups of water. Leave it to boil, cover, and simmer at medium heat for 50-60 minutes.
2. Add lentils, herbs, tomato puree, and 2 liters of water. Cover and leave to cook.
3. Cook the soup over medium heat for 30 minutes. Add the rice and cook for further 15 minutes (or 30 minutes on low heat).
4. However, if you want to use vermicelli, boil the soup over medium heat for 45 minutes before adding the broken noodles. Simmer for further few minutes until the noodles are soft.
5. Adjust seasonings if needed. Add tedouira (flour and water mixture) to the soup to get silky, creamy consistency with constant stirring so that it is well mixed. Use only what you need to get the consistency you prefer.
6. Cook the soup for further 5-10 minutes. Stir occasionally to remove the foam on the surface.
7. Remove from the heat and serve.

# CHICKEN ANDOUILLE SAUSAGE GUMBO



## INGREDIENTS

2 pounds of chicken, skinless breast (908 g) and boneless thighs

2 liters of water

1 pound okra, (454 g) 1 inch slices (cut and frozen if not available)

1/2 cup of water (240 ml) to boil the okra

1/2 cup unsalted butter (114 g)

1/2 cup all-purpose flour (68 g)

1 ½ cup of yellow onion (206 g) ¼ inch diced

1 ½ cups of bell pepper, (230 g) ¼ inch diced, (green and red)

1/3 cup of celery, (55 g) ¼ inch diced

2 chopped cloves of garlic

2 cups of canned tomatoes (454 g)

12 ounces of cooked andouille sausage (340 g), sliced

1 dried bay leaf

1 teaspoon of dried thyme

1 teaspoon of basil, dry

1 teaspoon of cayenne pepper or chili (use less to reduce heat)

½ teaspoon of black pepper

1 teaspoon of kosher salt

1 tablespoon of gumbo files, (5 g) zatar

**COOKING**

1. Put the chicken breast and the thigh in a medium saucepan and cover with 2 liters of water. Bring the water to a boil and simmer for 20-25 minutes until it is completely cooked.
2. Filter the water and set it aside.
3. Remove the cooked chicken from the pan, let it cool, and cut it into small pieces. Cover and set aside.
4. Put the okra and half cup of water in a medium saucepan. Bring to a boil, reduce heat and cover. Cook over low heat for 7 to 9 minutes until it becomes soft. Stir occasionally.
5. Put the okra in a sieve, drain, and keep.
6. Combine half a cup of unsalted butter and half a cup of flour in a large saucepan. Cook over medium heat and frequently stir with a whisk to obtain a dark brown roux (about 15 minutes). Stir constantly for the last 5 minutes so that the roux does not burn.

7. Add the onion, celery, bell peppers, and garlic. Sauté for 8 to 10 minutes until vegetables are tender.
8. Add the cooked okra, tomatoes, and Andouille sausage. Cook for 10 minutes, turning occasionally.
9. Add the bay leaf, basil, thyme, salt, and cayenne pepper. Stir thoroughly.
10. Add 4 cups of reserved water (from step 2) and mix well. You can add more water to your desired consistency.
11. Cook over medium heat for about 30 minutes with the pan covered loosely, and stir occasionally.
12. Add the chicken and simmer for another 15 minutes.
13. Turn off the heat and slowly add the gumbo file. Do not cook after adding, as this will make the gumbo stringy. Season with more salt and pepper to taste
14. Serve with steamed rice.

# LENTIL SALAD (MOROCCO)



## INGREDIENTS

1 ¼ cup of green lentils

1 small onion cut in half

3 whole cloves

5 cups of water

¼ cup of fresh lemon juice

2 teaspoons of olive oil

1 teaspoon of dried mint

1 teaspoon of cumin powder

½ teaspoon of coriander powder

½ teaspoon of salt

½ teaspoon minced garlic

½ cup chopped roasted red pepper (about ½ peppers)

## COOKING

1. Select the lentils to remove the stones and rinse well.

2. Place the cloves in half an onion.
3. Combine the lentils, ½ onion and the cloves in a large skillet.
4. Bring to a boil over medium heat.
5. Lower the heat and uncover and simmer until the lentils are tender (about 20 minutes).
6. Throw away the onion with the cloves.
7. Drain the lentils and let them cool slightly.
8. Combine lemon juice, mint, olive oil, cumin, salt, cilantro, and garlic in a bowl.
9. Add the lentils and stir to mix.
10. Chop the remaining halves of the onion and add them to the lentils with the roasted peppers.
11. Let cool for at least 30 minutes for the flavors to blend well.
12. Serve chilled or at room temperature.

# BRAISED LAMB SHANK



## INGREDIENTS

4 lamb shanks with meat (about 1 ¼ pound each)

Salt and pepper to taste

2 large carrots (diced)

¼ cup extra virgin olive oil

1 medium onion (diced)

2 cloves garlic (minced)

1 tsp of cumin powder

½ tsp cinnamon powder

¼ tsp freshly grated nutmeg

½ tsp coriander powder

¼ tsp allspice powder

2 tbsp tomato paste

1 tsp Harissa or another chili

1 28-ounce can of whole tomatoes (peel, drain, and chop)

1 cup dry red wine

2 cups canned chicken broth or low sodium broth

2 tbsp cilantro (chopped)

¼ cup finely chopped almonds

2 spoons of chopped mint

1 10-ounce can of instant couscous

1 large chopped shallot

2 tbsp unsalted butter

¼ cup dried currants

1 cup of water

**COOKING**

1. Preheat your oven to 330 degrees F
2. In a bowl, place the lamb shanks and season generously with salt and pepper.
3. Heat up 2 spoonfuls of cooking oil in a saucepan and add the seasoned meat to the pan. Cook over medium heat for 12 minutes or until golden browned on all sides. Remove from the pan.
4. Clean the pan and add the onions, garlic, and carrots to it. Sauté over medium heat for 5 minutes or until the onion is golden. Then, add the coriander, cumin, allspice, nutmeg, and

cinnamon and keep stirring for a few more minutes until it's slightly roasted.

5. Add the harissa and tomato paste and cook for 2 minutes over medium-high heat. Stir frequently.
6. Pour the wine into the pot and boil for 4 minutes until a thick syrup forms.
7. Add the tomatoes and 1 cup chicken broth to the pan. Add salt, pepper, and bring to a boil.
8. Place the leg of lamb in the liquid.
9. Cover well and cook for about 3 hours in the oven, basting from time to time until the meat almost falls from the bone.
10. Place the shanks in a bowl and cover with aluminum foil. Leave the oven on.
11. In a pie pan, place the almonds and roast them for about 10 minutes or until golden.
12. Strain the sauce using a colander into a bowl, pressing on the vegetables and skimming any fat.
13. Return the sauce to the pan and cook over high heat for about 10 minutes.
14. Return the vegetables and lamb to the sauce, and keep warm.
15. Combine mint with coriander and almonds in a bowl and season with salt and pepper.
16. Melt the butter in a medium saucepan.
17. Add the shallots and cook over medium heat for about 2 minutes.
18. Add couscous and cook 2 to 3 minutes until light brown.

19. Add 1 cup chicken broth, water, and ¼ tsp salt and leave to boil.
20. Remove from heat and add the currants.
21. Cover and let stand 10 minutes.
22. Grind with a fork and add half the mixture of spices and almonds.
23. Stack the couscous in the center of a large plate.
24. Wrap the lamb legs around the couscous and garnish with the sauce.
25. Sprinkle with the rest of the herbs and almond mixture and serve.