

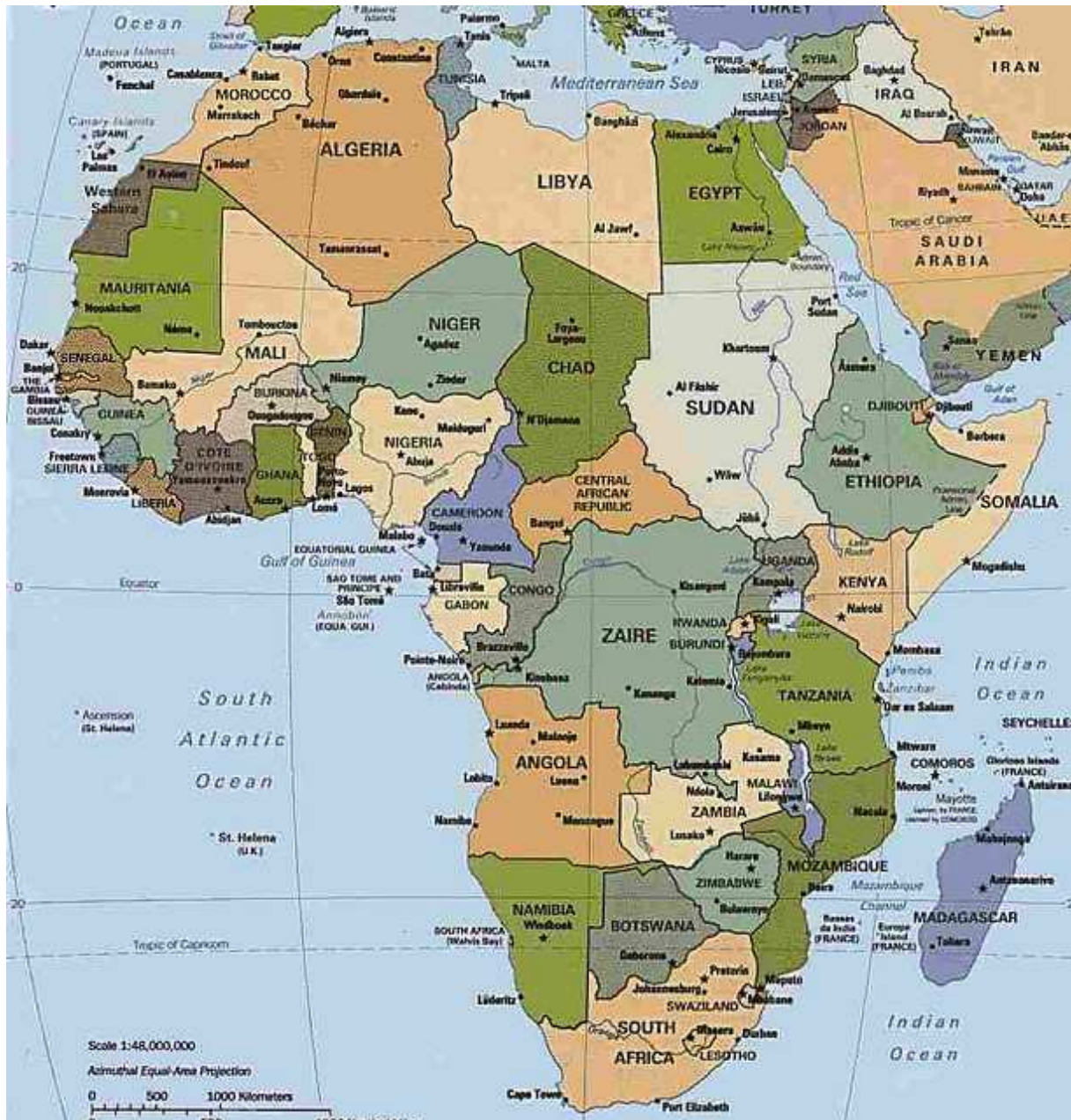
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AFRICA

Algeria, Angola, Benin, Botswana, Burkina Faso, Burundi, Cameroon, Cape Verde, Central African Republic, Chad, Comoros, Congo, Cote d'Ivoire, Djibouti, DR Congo, Egypt, Equatorial Guinea, Eritrea, Ethiopia, Gabon, Gambia, Ghana, Guinea, Guinea Bissau, Kenya, Lesotho, Liberia, Libya, Madagascar, Malawi, Mali, Mauritania, Mauritius, Morocco, Mozambique, Namibia, Niger, Nigeria, Rwanda, Sao Tome and Principe, Senegal, Seychelles, Sierra Leone, Somalia, South Africa, South Sudan, Sudan, Swaziland, Tanzania, Togo, Tunisia, Uganda, Zambia and Zimbabwe



ALGERIA - Couscous

Ingredients:

- 400-450 g packaged couscous
- 500 g dried chickpeas
- 2 brown onions, chopped
- 2 cloves of garlic, chopped
- 1 carrot, sliced
- 1 green capsicum, sliced
- 1 eggplant, sliced, rinsed and salted
- 450 g lamb, cut into 2x2 inch cubes
- 1 small chicken, cut into 8 parts
- 200 g of fresh green string beans
- 250 g of canned artichoke bottoms, drained
- 100 g of butter
- 3 tablespoons of olive oil
- 1 pimento
- 4 tomatoes, seeded and chopped
- 2 tablespoons of paprika
- Salt (according to your tastes)
- Cayenne pepper (according to your tolerance for spiciness!)

Instructions:

- Place the couscous in a shallow pan and fill it up with 4 cups of water.
- Swirl it around a bit, pour off the water using a sieve.
- Gently rub the couscous between your hands as you return it to the pan, to break up any lumps.
- Leave it aside to dry.
- Now, gently fry the onions, garlic, capsicum, carrot and eggplant with the chicken and lamb in the olive oil. This will be the base for your stew.
- Add the dried chickpeas into the pan, and place just enough water to cover the chickpeas.
- Add pimento, paprika, salt and cayenne pepper to taste.
- Bring the pan to a boil, and then let it simmer.
- Fill a kettle/pot up with some water.
- Fasten the colander over the kettle/pot.
- Spoon the couscous into the colander.
- Put the kettle/pot on the stove, bring it to a boil, and let the couscous steam for 45 minutes.
- After that, dump the couscous into the couscous pan again to let it dry.
- Add the tomatoes and beans into the other pan, the simmering one, and let it go on simmering for another 30 minutes. You want to make sure that you don't overcook the meat and chickpeas in this pan. The goal is to let the simmering soften up the meat and chickpeas.
- After that, you can lower the heat on the stew pan.
- Then, do the whole couscous steaming thing again for another 15 minutes.
- Add the canned artichoke bottoms to the stew.
- Continue letting the stew simmer for another 5-6 minutes.
- Add the butter to the couscous and place the couscous on a serving platter.
- Surround it with the meat, vegetables and gravy.

Note:

1. This process may seem time consuming, it is due to couscous. There are certain packaged couscous that can cook faster than the normal ones. This will cut down the time needed to cook it.

ANGOLA – Muamba de Galinha

Ingredients:

- Chicken, cut into serving pieces -- 3 to 4 pounds
- Red chili peppers, seeded and finely chopped -- 2 or 3
- Garlic, minced -- 3 cloves
- Salt and pepper -- to season
- Red palm oil -- 1/4 cup
- Onions, chopped -- 2
- Tomatoes, crushed -- 2 cups
- Pumpkin or winter squash, peeled and diced -- 1 pound
- Okra, cut into rounds -- 1/2 pound
- Palm soup base (optional, see variations) -- 1 1/2 cups

Instructions:

- Add the chicken, chili peppers, garlic, salt and pepper to a large bowl and set aside to marinate for 30 minutes to an hour.
- Wipe the marinade from the chicken, reserving the marinade. Heat the palm oil in a large pot and brown the chicken on both sides. Set aside.
- Add the onions to the oil and salt until wilted and translucent.
- Add the reserved marinade and tomatoes and simmer for about 5 minutes.
- Stir in the reserved chicken, pumpkin, okra and palm soup base and bring to a boil.
- Reduce heat to medium-low and simmer for 20 to 25 minutes, or until the chicken is cooked through.
- Adjust seasoning with salt and pepper and serve with cassava *funge* (see fufu recipe variations) or rice.

Variations:

- **Palm Soup Base, Moambé Sauce or Sauce Graine:** 1 pound palm fruit. Cook in water to cover 5 minutes, drain and remove the seeds and skin. Add to 3 cups warm water and mash. Simmer over low heat until reduced and thickened.
- The Angolan chili pepper, or *gindungo*, is bright red and packs a spicy punch. Substitute Scotch bonnet or habanero peppers and vary the amount to match your tolerance for heat.
- If you don't have palm oil you can substitute olive oil.
- Add some peeled, diced eggplant if you like.

BENIN - Kuli-Kuli

Ingredients:

- 500g /1lb groundnuts/peanuts,roasted
- salt to taste

Instructions:

- Pound or grind the roasted peanuts to a smooth paste.
- Collect into a ball.
- Knead and squeeze to remove oil.
- Use some water if necessary.
- Shape the pulp into rounds.
- Heat the oil extracted from the peanuts until hot and fry the shaped balls brown.
- Drain and serve cold or crushed on salad.

BOTSWANA - Seswaa or Chotlho

Ingredients:

- 3 lbs. bone-in beef chuck
- salt to taste
- 1 tbsp. oil
- 1 small yellow onion, chopped
- 1 small clove garlic, chopped

Instructions:

- Cut the beef chuck into large pieces, put in a pot and, cover with water and put on the stove.
- Cook covered in high heat until it starts boiling, then bring down heat and simmer uncovered until the meat is tender, about 2 hours.
- Drain the meat, let cool, and then shred.
- Mix with salt and return to the pot.
- Heat the oil in a small frying pan, add the onions and garlic, and fry on medium heat for about 3 minutes.
- Add the onion mixture to the meat, mix well, and cook over low heat until the beef is hot and caramelizes, stirring occasionally.

BURKINA FASO – Tö

Ingredients:

- 500g millet, sorghum, corn or rice flour
- 2.2l water

Instructions:

- Add the water to a large pot and bring to a boil.
- Slowly add about a quarter of your chosen flour to the pot, stirring rapidly so that no lumps form.
- Reduce the heat and reserve some 250ml of the water and flour mixture.
- Slowly add the remaining flour, about 200g at a time as you stir continuously.
- Add a little of the reserved liquid back to the pot if necessary.
- In the end you should have a smooth paste that's too thick to stir.
- Complete the cooking by covering the pot and simmering very gently over low heat for about 10 minutes.
- Remove from the heat and serve warm with any soup, stew or sauce.

BURUNDI - Isombe (Cassava Leaves Stew)

Ingredients:

- 4 lbs chopped cassava leaves
- 1 lb chopped spinach
- 1 large eggplant
- 1 small cabbage
- 4 medium tomatoes
- 4 bunches green onions
- 1 bunch cilantro
- 1 garlic

Maggi seasoning

- 1 tablespoon black pepper
- 1 tablespoon garlic powder
- 1 tablespoon seasoning salt
- 1 lb soup bones
- 2 teaspoons peanut butter
- 1 lb palm oil

Instructions:

- Chop all the vegetables.
- Meanwhile boil 6 cups of water with the soup bones with all condiments.
- Add cassava leaves and all the veggies except tomatoes when the water start boiling.
- When water almost dried out, add palm oil.
- Let cook and boil until oil almost evaporated.
- Add chopped tomatoes, boil until almost dry.
- Finally add peanut butter.

CAMEROON – Ndole

Ingredients:

- 500 g bitterleaf
- 2-3 tbsp vegetable or olive oil
- 1 large onion, chopped
- 2 cloves garlic, crushed
- 2 generous tbsp finely grated ginger
- 6 large sweet fresh tomatoes, peeled and chopped
- 250 g natural peanut butter
- 500 g peeled cooked prawns, cut into bite size pieces

Instructions:

- Soak the bitterleaf overnight.
- Drain in the morning and press out the excess water.
- Heat 2 tbsp of oil in a large pot and add the onions, the garlic and the ginger and fry gently for a few minutes until the onions are translucent.
- Add the chopped tomatoes, reduce heat and simmer for about 3 minutes before adding the greens and then simmering again for about another 5 minutes.
- Now add the peanut butter, stirring well to combine everything – cover the pot and continue simmering until the greens are tender, about 10 – 15 minutes – if the mixture is a little dry, add some of the water, a little at a time.
- Add the prawns and simmer them until they have warmed through.
- Serve with rice or boiled plantains and fufu.

CAPE VERDE – Cachupa

Ingredients:

- 800g samp (hominy)
- 200g kidney beans
- 200g lima beans
- 100g pinto beans
- 1 whole chicken, cut into serving pieces
- 900g pork or beef spareribs
- 1 chorizo, sliced
- 1 blood sausage or black pudding
- 100g lean bacon, diced
- 900g cabbage, coarsely chopped
- 900g tomatoes, quartered
- 900g green bananas or plantains, peeled and sliced
- 900g yams, peeled and cut into chunks
- 900g sweet potatoes, peeled and cubed
- 900g squash, peeled and cubed
- 1 onion, chopped
- 2 garlic cloves, peeled and chopped
- 2 bayleaves handful of chopped coriander

Instructions:

- Add the beans and samp to a bowl, cover with plenty of water and soak over night.
- The following day add 1.5l water to a large pot along with 2 tbsp olive oil, the onion, garlic and bayleaf. Bring to a boil and add the samp and beans.
- Cook the vegetables (except the tomatoes) in a separate pot, along with the meats (except chicken).
- Season the chicken and fry in olive oil.
- Add the tomatoes to the pan and allow to simmer until the beans are almost tender (but not quite done).
- Now add the cooked vegetables and meats to the bean pot and allow to simmer for 20 minutes.
- Turn off the heat and allow to sit, covered, for half an hour before serving.
- Arrange the vegetables on a serving platter and place the meats on top.
- Garnish with the chopped coriander and serve.

CENTRAL AFRICAN REPUBLIC – Bâton de Manioc (Cassava Sticks)

Ingredients:

- Several kilos of bitter cassava tubers
- leaves of *Megaphrynium macrostachyum*, or banana leaves

Instructions:

- Soak the whole tubers in a tub, pond or stream for at least three days.
- At the end of this time peel the tubers and wash them in a large tub, changing the water several times.
- Using a large pestle and mortar pound the tubers into a thick, smooth, paste.
- Put this paste into the leaves using two leaves per packet.
- Fold these lengthways into packets and tie closed (typically these packets are either 4cm in diameter and 30cm long or 10cm in diameter and 30cm long).
- Place sticks or an upturned wire basket in the bottom of a large pot.
- Stack the packets on the bottom of the pot then add water (the water level should be beneath the packets).
- Cover tightly and steam for about 6 hours.
- The finished bâton de manioc should be very thick and solid, approximating the consistency of modelling clay.
- It is typically either served warm or at room temperature.
- Cooked bâton de manioc will keep for several days as long as not removed from its leaf wrapper. (Discard the leaves and do not eat).

CHAD – Boule

Ingredients:

- 1l water
- 200g rice or wheat
- 3 tbsp peanut butter
- 3 tbsp wheat, millet or corn flour
- buttermilk or the juice from 1 lemon
- sugar to taste
- 200ml whole milk

Instructions:

- Boil the water then add the rice or wheat.
- Mix the peanut butter with 200ml lukewarm water to form a smooth paste and pour into the rice mixture.
- Mix the flour with a little water to make a smooth paste and add this to the rice mixture as well.
- Simmer for about 40 minutes then add the lemon juice or buttermilk.
- Add sugar according to taste.
- The final consistency should be about that of a thick porridge.
- If too thick add the whole milk to thin it out.
- Take off the heat, wait 10 minutes and serve.

COMOROS - Langouste a la Vanille

Ingredients:

- 2 live lobsters, 1 1/4- to 1 1/2-pounds each
- 1 tablespoon olive oil
- 7 tablespoons plus 2 teaspoons unsalted butter
- 3 medium shallots, peeled and finely chopped
- 1/4 cup white wine
- 1 1/2 tablespoons white wine vinegar
- 1/2 vanilla bean, split lengthwise
- 1/2 teaspoon kosher salt
- freshly ground pepper to taste
- 3/4 pound tender spinach, stemmed
- baby vidaliaoOnion bulbs sliced into coins
- tender clover sprouts (or other sprouts)

Instructions:

- Place a roasting pan large enough to hold the lobsters in the oven and preheat to 450 degrees.
- With the tip of a sharp knife pierce lobsters between the eyes to sever the spinal cord. Crack claws using the blunt edge of a cleaver or a hammer.
- Place lobsters in the hot roasting pan, drizzle with oil and roast until red, about 15 minutes.
- Remove from oven, and set aside.
- Melt 2 teaspoons of butter in a small sauce pan, add the shallots and sauté over low heat until soft and translucent, about 3 minutes.
- Add wine and vinegar, raise heat and cook at a moderate boil until the liquid is reduced to 1 tablespoon, about 5 minutes.
- Remove the pan from the heat, and whisk in 6 tablespoons of butter, about 1 tablespoon at a time until all is incorporated.
- Scrape the seeds from the vanilla bean into the sauce, stir to combine and strain out the shallots through a chinois (strainer) into a clean saucepan.
- Use a spoon or wooden spoon to gently mash the shallots in the chinois to squeeze out all of the sauce.
- Season with 1/4 teaspoon salt and pepper, and set aside.
- When the lobsters are cool enough to handle, remove the meat from the claws.
- Detach the tails, and discard the heads.
- With a pair of scissors, cut the shell on the underside of each tail in half lengthwise, remove the meat and cut into 1/4-inch-thick slices.
- Loosely cover the meat with aluminum foil, and keep warm.
- Melt 1 tablespoon of butter in a large pot, and add spinach and Vidalia's.
- Stir until greens have melted down, and continue to cook, stirring occasionally, until the greens become tender, about 5 minutes.
- Season them with 1/4 teaspoon of salt and pepper.
- To serve, reheat the sauce over low heat until warm, whisking constantly.
- Place a bed of greens on each plate, arrange the lobster meat on top and spoon the sauce over the lobster.
- Top with clover Sprouts.
- Serve immediately.

CONGO - Poulet Moambe

Ingredients:

- Chicken, cut into serving pieces -- 3 to 4 pounds
- Red chili peppers, seeded and finely chopped -- 2 or 3
- Garlic, minced -- 3 cloves
- Salt and pepper -- to season
- Red palm oil -- 1/4 cup
- Onions, chopped -- 2
- Tomatoes, crushed -- 2 cups
- Pumpkin or winter squash, peeled and diced -- 1 pound
- Okra, cut into rounds -- 1/2 pound
- Palm soup base (optional, see variations) -- 1 1/2 cups

Instructions:

- Add the chicken, chili peppers, garlic, salt and pepper to a large bowl and set aside to marinate for 30 minutes to an hour.
- Wipe the marinade from the chicken, reserving the marinade. Heat the palm oil in a large pot and brown the chicken on both sides. Set aside.
- Add the onions to the oil and salt until wilted and translucent.
- Add the reserved marinade and tomatoes and simmer for about 5 minutes.
- Stir in the reserved chicken, pumpkin, okra and palm soup base and bring to a boil.
- Reduce heat to medium-low and simmer for 20 to 25 minutes, or until the chicken is cooked through.
- Adjust seasoning with salt and pepper and serve with cassava *funge* (see *fufu* recipe variations) or rice.

Variations:

- **Palm Soup Base, Moambé Sauce, or Sauce Graine:** 1 pound palm fruit. Cook in water to cover 5 minutes, drain and remove the seeds and skin. Add to 3 cups warm water and mash. Simmer over low heat until reduced and thickened.
- The Angolan chili pepper, or *gindungo*, is bright red and packs a spicy punch. Substitute Scotch bonnet or habanero peppers and vary the amount to match your tolerance for heat.
- If you don't have palm oil you can substitute olive oil.
- Add some peeled, diced eggplant if you like.

COTE d'IVORIE - Fufu

Ingredients:

- White yams -- 2 pounds
- Butter -- 2 tablespoons
- Salt and pepper -- to taste

Instructions:

- Place the unpeeled yams in a large pot, cover with cold water and bring to a boil over medium-high heat.
- Boil for 15 to 30 minutes, or until the yams are cooked through and tender.
- Drain and let cool somewhat.
- Peel the yams, chop them into large pieces and place them into a large bowl with the butter, salt and pepper.
- Mash with a potato masher until very smooth. Alternatively, put the yams through a potato ricer and then mix with the butter, salt and pepper.
- Place the fufu into a large serving bowl.
- Wet your hands with water, form into a large ball and serve.

Variations:

- **Cuban Fufu:** use all plantains and mix in some pieces of roast pork or pork cracklings. Add a quick squeeze of lime juice if you like.
- Substitute cassava root (*yuca*) for the yams.
- Use half yams and half plantains if you like. Simply boil the plantains unpeeled along with the yams. Then peel and mash along with the yams.

Notes:

1. Fufu is made with a wide variety of starches. White yams are most popular in West Africa, sometimes mixed with plantains. Central Africans tend to favor cassava root (*yuca*). Africans far away from home will sometimes use potato flakes or Bisquick™. Other options are sweet potatoes or semolina and ground rice. A variety of flours (rice, plantain) can also be boiled with water to form a starchy mass.
2. This starchy side dish goes by many names: **fufu**, **fofo**, **foufou**, **foutou**. In French-speaking countries it is sometimes called **cous-cous**. The East and Southern African counterpart is ugali.
3. *Fufu* has also found its way into Caribbean creole cuisine and was certainly brought there by imported slaves. It is most often made with plantains or cornmeal and is known as **foo-foo**, or **foofoo**. On Barbados it is known as **coocoo**.
4. If you have ever seen pictures of African women pounding a large mortar and pestle in a steady rhythm, they are probably making fufu.

DJIBOUTI - Skoudekharis

Ingredients:

- 500g chicken, diced or cubed (substitute lamb if desired)
- 500g rice
- 3 tbsp oil
- 500g fresh tomatoes, blanched, peeled and chopped
- 2 large onions, chopped
- Salt and black pepper to taste
- 1/2 tsp ground cumin
- 1/2 tsp ground cloves
- 1 tsp minced garlic
- 1/2 tsp ground cardamom seeds
- 1 tsp chopped red chili

Instructions:

- Fry the chopped onions in the oil until softened.
- Add the meat and cook until browned then add the tomatoes and allow to cook for a few minutes.
- Add all the spices, cover with water and allow to simmer gently for 45 minutes.
- When the meat is tender add the rice and 500ml water, bring to the boil reduce to a simmer and cook for 20 minutes, or until the rice is done.
- Cook for a few more minutes to dry the mixture immediately and serve immediately.

DR CONGO - Poulet Moambe

Ingredients:

- Chicken, cut into serving pieces -- 3 to 4 pounds
- Red chili peppers, seeded and finely chopped -- 2 or 3
- Garlic, minced -- 3 cloves
- Salt and pepper -- to season
- Red palm oil -- 1/4 cup
- Onions, chopped -- 2
- Tomatoes, crushed -- 2 cups
- Pumpkin or winter squash, peeled and diced -- 1 pound
- Okra, cut into rounds -- 1/2 pound
- Palm soup base (optional, see variations) -- 1 1/2 cups

Instructions:

- Add the chicken, chili peppers, garlic, salt and pepper to a large bowl and set aside to marinate for 30 minutes to an hour.
- Wipe the marinade from the chicken, reserving the marinade. Heat the palm oil in a large pot and brown the chicken on both sides. Set aside.
- Add the onions to the oil and salt until wilted and translucent.
- Add the reserved marinade and tomatoes and simmer for about 5 minutes.
- Stir in the reserved chicken, pumpkin, okra and palm soup base and bring to a boil.
- Reduce heat to medium-low and simmer for 20 to 25 minutes, or until the chicken is cooked through.
- Adjust seasoning with salt and pepper and serve with cassava *funge* (see *fufu* recipe variations) or rice.

Variations:

- **Palm Soup Base, Moambé Sauce, or Sauce Graine:** 1 pound palm fruit. Cook in water to cover 5 minutes, drain and remove the seeds and skin. Add to 3 cups warm water and mash. Simmer over low heat until reduced and thickened.
- The Angolan chili pepper, or *gindungo*, is bright red and packs a spicy punch. Substitute Scotch bonnet or habanero peppers and vary the amount to match your tolerance for heat.
- If you don't have palm oil you can substitute olive oil.
- Add some peeled, diced eggplant if you like.

EGYPT - Ful Medames

Ingredients:

- Dried, peeled fava beans -- 1 pound
- Red lentils -- 1/2 cup
- Garlic -- 3 to 4 cloves
- Cumin -- 1 teaspoon
- Salt -- to taste
- Olive oil or melted butter -- 3 tablespoons

Instructions:

- Soak the fava beans in water to cover for 8 to 10 hours. Start early the morning before to have your *ful medames* for breakfast the next day.
- After they have soaked, drain the beans. Place the favas, red lentils, onion, garlic and cumin in a large saucepan and add enough fresh water to cover by 2 inches. Bring to a boil, reduce heat to very low, cover and simmer for 8 to 10 hours, overnight if necessary, skimming the scum off the top occasionally.
- Remove from heat and mash lightly with a potato masher or the back of a spoon. Stir in the lemon juice and salt to taste.
- Place the beans in a serving bowl and garnish with a drizzle of olive oil or melted butter. Serve with fried or hard-boiled eggs and lots of pita bread.

Variations:

- *Ful medames* is always made with dried favas, not fresh. A small fava called *ful hammam* is used by Egyptians. The larger *ful rumi* is the kind you find more often in American markets, and it can be used instead.
- The red lentils are added for color. They can be eliminated if you like.
- Add 1/2 chopped onion and/or 1 cup of chopped tomatoes to the simmering beans for more flavor.
- Stir in 2 or 3 tablespoons of lemon juice before mashing the beans.
- Garnish with chopped scallions.

Note:

1. Goes by a variety of spellings: fool, foul, ful, fuul; medames, mudammas, medammis, midammas.

EQUATORIAL GUINEA – Succotash

Ingredients:

- 1 cup butter, divided
- 2 cups fresh lima beans
- 1/2 teaspoon salt
- 4 fresh tomatoes, peeled and chopped
- 2 teaspoons white sugar
- 4 ears fresh corn kernels, cut from the cob

Instructions:

- Melt 1/2 cup butter in a large saucepan over medium heat.
- Stir in lima beans and salt, and cook until tender, about 20 minutes.
- Meanwhile, in a separate saucepan heat tomatoes, sugar and remaining 1/2 cup butter.
- Cook until tomatoes are tender, about 20 minutes.
- Stir tomatoes into lima beans and add corn; cook 10 minutes more.

ERITREA - Zigini with Injera

Ingredients:

- 1 (3 pound) whole chicken, including neck and giblets, cut into 1-inch pieces
- 2 cups water
- 1/4 cup lemon juice
- 3 cups chopped Bermuda onion
- 3 tablespoons butter
- 1/2 teaspoon cayenne pepper
- 1 teaspoon paprika
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon ground ginger
- 1 cup water, or as needed
- 2 tablespoons all-purpose flour (optional)
- 2 tablespoons water (optional)
- 8 hard-boiled eggs, peeled

Instructions:

- Soak the chicken in 2 cups water and lemon juice in a large bowl for 10 minutes. Drain.
- Place the onion, with no fat, in a large Dutch oven or heavy pot over medium-high heat.
- Cook and stir until very dark, about 20 minutes.
- Stir in the butter, cayenne pepper, paprika, black pepper, and ginger, then stir in 1 more cup of water.
- Add the drained chicken, stirring until well-blended.
- Cover and reduce heat to low.
- Simmer until the chicken is tender, about 1 hour. If a thicker stew is desired, whisk flour with 2 tablespoons of water, and stir into the pot; allow to simmer until thickened, about 2 minutes.
- Stir in eggs; cook and stir until heated through, about 10 minutes more.

INJERA

Ingredients:

- 1/4 cup teff flour
- 3/4 cup all-purpose flour
- 1 cup water
- a pinch of salt
- peanut or vegetable oil

Instructions:

- Put the teff flour in the bottom of a mixing bowl, and sift in the all-purpose flour.
- Slowly add the water, stirring to avoid lumps.
- Put the batter aside for a day or more (up to three days) to allow it to ferment. In this time, your *injera* batter will start to bubble and acquire the slight tanginess for which it's known. Note: If you find that your *injera* batter does not ferment on its own, try adding a teaspoon of yeast.
- Stir in the salt.
- Heat a nonstick pan or lightly oiled cast-iron skillet until a water drop dances on the surface. Make sure the surface of the pan is smooth: Otherwise, your *injera* might fall apart when you try to remove it.
- Coat the pan with a thin layer of batter. *Injera* should be thicker than a crêpe, but not as thick as a traditional pancake. It will rise slightly when it heats.

ETHIOPIA - Wat with Injera

Ingredients:

- 1 (3 pound) whole chicken, including neck and giblets, cut into 1-inch pieces
- 2 cups water
- 1/4 cup lemon juice
- 3 cups chopped Bermuda onion
- 3 tablespoons butter
- 1/2 teaspoon cayenne pepper
- 1 teaspoon paprika
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon ground ginger
- 1 cup water, or as needed
- 2 tablespoons all-purpose flour (optional)
- 2 tablespoons water (optional)
- 8 hard-boiled eggs, peeled

Instructions:

- Soak the chicken in 2 cups water and lemon juice in a large bowl for 10 minutes. Drain.
- Place the onion, with no fat, in a large Dutch oven or heavy pot over medium-high heat.
- Cook and stir until very dark, about 20 minutes.
- Stir in the butter, cayenne pepper, paprika, black pepper, and ginger, then stir in 1 more cup of water.
- Add the drained chicken, stirring until well-blended.
- Cover and reduce heat to low.
- Simmer until the chicken is tender, about 1 hour. If a thicker stew is desired, whisk flour with 2 tablespoons of water, and stir into the pot; allow to simmer until thickened, about 2 minutes.
- Stir in eggs; cook and stir until heated through, about 10 minutes more.

INJERA

Ingredients:

- 1/4 cup teff flour
- 3/4 cup all-purpose flour
- 1 cup water
- a pinch of salt
- peanut or vegetable oil

Instructions:

- Put the teff flour in the bottom of a mixing bowl, and sift in the all-purpose flour.
- Slowly add the water, stirring to avoid lumps.
- Put the batter aside for a day or more (up to three days) to allow it to ferment. In this time, your *injera* batter will start to bubble and acquire the slight tanginess for which it's known. Note: If you find that your *injera* batter does not ferment on its own, try adding a teaspoon of yeast.
- Stir in the salt.
- Heat a nonstick pan or lightly oiled cast-iron skillet until a water drop dances on the surface. Make sure the surface of the pan is smooth: Otherwise, your *injera* might fall apart when you try to remove it.
- Coat the pan with a thin layer of batter. *Injera* should be thicker than a crêpe, but not as thick as a traditional pancake. It will rise slightly when it heats.

GABON - Poulet Nyembwe

Ingredients:

- Chicken, cut into serving pieces -- 3 to 4 pounds
- Red chili peppers, seeded and finely chopped -- 2 or 3
- Garlic, minced -- 3 cloves
- Salt and pepper -- to season
- Red palm oil -- 1/4 cup
- Onions, chopped -- 2
- Tomatoes, crushed -- 2 cups
- Pumpkin or winter squash, peeled and diced -- 1 pound
- Okra, cut into rounds -- 1/2 pound
- Palm soup base (optional, see variations) -- 1 1/2 cups

Instructions:

- Add the chicken, chili peppers, garlic, salt and pepper to a large bowl and set aside to marinate for 30 minutes to an hour.
- Wipe the marinade from the chicken, reserving the marinade. Heat the palm oil in a large pot and brown the chicken on both sides. Set aside.
- Add the onions to the oil and salt until wilted and translucent.
- Add the reserved marinade and tomatoes and simmer for about 5 minutes.
- Stir in the reserved chicken, pumpkin, okra and palm soup base and bring to a boil.
- Reduce heat to medium-low and simmer for 20 to 25 minutes, or until the chicken is cooked through.
- Adjust seasoning with salt and pepper and serve with cassava *funge* (see fufu recipe variations) or rice.

Variations:

- **Palm Soup Base, Moambé Sauce, or Sauce Graine:** 1 pound palm fruit. Cook in water to cover 5 minutes, drain and remove the seeds and skin. Add to 3 cups warm water and mash. Simmer over low heat until reduced and thickened.
- The Angolan chili pepper, or *gindungo*, is bright red and packs a spicy punch. Substitute Scotch bonnet or habanero peppers and vary the amount to match your tolerance for heat.
- If you don't have palm oil you can substitute olive oil.
- Add some peeled, diced eggplant if you like.

GAMBIA - Domoda

Ingredients:

- 6 tbsp peanut butter
- 1/2 small chilli, chopped
- 500ml water
- 250ml tomato purée
- 1 onion, chopped
- 2 Maggi cubes (or bouillon cubes)
- 1 tbsp lime or lemon juice
- 2 garlic cloves
- 1 green bell pepper, chopped
- 1 carrot, sliced
- 1 small cabbage, quartered and cored
- 200g cassava or yam, peeled and cubed
- salt, freshly-ground black pepper and chilli powder, to taste

Instructions:

- The vegetables are optional and you can use whatever you like and substitute whatever happens to be in season.
- Bring the water to a boil then blend in the Maggi (or bouillon) cubes and the peanut butter.
- No blend in the tomato purée until smooth.
- Add the garlic, chilli, onions and all the remaining vegetables.
- Bring to a simmer, cover and cook gently for about 25 minutes.
- The stew is ready when the vegetables are cooked through and tender and the oil begins to separate on the top of the sauce.
- Add the lime juice during the final 5 minutes of cooking. In more traditional recipes groundnut oil is also added at this point.
- Adjust the seasonings to taste and serve as an accompaniment to a chicken, meat or bean dish.

GHANA – Fufu

Ingredients:

- White yams -- 2 pounds
- Butter -- 2 tablespoons
- Salt and pepper -- to taste

Instructions:

- Place the unpeeled yams in a large pot, cover with cold water and bring to a boil over medium-high heat.
- Boil for 15 to 30 minutes, or until the yams are cooked through and tender.
- Drain and let cool somewhat.
- Peel the yams, chop them into large pieces and place them into a large bowl with the butter, salt and pepper.
- Mash with a potato masher until very smooth. Alternatively, put the yams through a potato ricer and then mix with the butter, salt and pepper.
- Place the fufu into a large serving bowl.
- Wet your hands with water, form into a large ball and serve.

Variations:

- **Cuban Fufu:** use all plantains and mix in some pieces of roast pork or pork cracklings. Add a quick squeeze of lime juice if you like.
- Substitute cassava root (*yuca*) for the yams.
- Use half yams and half plantains if you like. Simply boil the plantains unpeeled along with the yams. Then peel and mash along with the yams.

Notes:

1. Fufu is made with a wide variety of starches. White yams are most popular in West Africa, sometimes mixed with plantains. Central Africans tend to favor cassava root (*yuca*). Africans far away from home will sometimes use potato flakes or Bisquick™. Other options are sweet potatoes or semolina and ground rice. A variety of flours (rice, plantain) can also be boiled with water to form a starchy mass.
2. This starchy side dish goes by many names: **fufu**, **fofo**, **foufou**, **foutou**. In French-speaking countries it is sometimes called **cous-cous**. The East and Southern African counterpart is ugali.
3. *Fufu* has also found its way into Caribbean creole cuisine and was certainly brought there by imported slaves. It is most often made with plantains or cornmeal and is known as **foo-foo**, or **foofoo**. On Barbados it is known as **coocoo**.
4. If you have ever seen pictures of African women pounding a large mortar and pestle in a steady rhythm, they are probably making fufu.

GUINEA - Poulet Yassa

Ingredients:

- Chicken, cut into serving pieces -- 2 to 3 pounds
- Onions, thinly sliced -- 4 to 6
- Hot chile pepper, minced -- 1 to 3
- Lemons, juice only -- 4 or 5
- Dijon mustard (optional) -- 2 tablespoons
- Peanut or vegetable oil -- 1/4 cup
- Salt and pepper -- to season
- Oil -- 2 or 3 tablespoons

Instructions:

- Add all the ingredients except for the oil to a large non-reactive bowl and mix together.
- Refrigerate and marinate for at least 4 hours, preferably overnight.
- Remove the chicken pieces, wipe dry, and grill, broil or sauté them until well browned. Set aside.
- Heat the oil in a large pot over medium flame. Remove the onions from the marinade and add them to the pot.
- Sauté for 8 to 10 minutes until they are well wilted and starting to brown.
- Add the rest of the marinade and the browned chicken pieces to the onions, reduce heat to medium-low heat and simmer until cooked through and tender, about 30 to 40 minutes.
- Adjust seasoning and serve with rice, fufu or couscous.

Variations:

- **Poisson Yassa:** Substitute 2 or 3 pounds of firm fish fillets for the chicken. Marinating time only needs to be 30 minutes to an hour in this case. Grill the fish and sauté the onions. Then simmer the marinade without the fish for 10 to 15 minutes. Finally, add the marinated grilled fish and simmer for 10 minutes more.
- Sometimes vegetables are added to the pot to stretch the meat and add more flavor. Add 2 or 3 chopped carrots, 1/2 head of chopped cabbage or a handful of green olives when you bring the marinade to simmer.
- Half of the lemon juice can be replaced with vinegar. Cider vinegar works well.
- Cubed lamb or mutton may be substituted for the chicken. The dish will need to cook a bit longer for the meat to become tender.

GUINEA BISSAU - Jollof Rice

Ingredients:

- 1 pound parboiled rice
- 1 can tomato puree-400 grams
- 1 onion, sliced
- 3 cloves garlic
- 4 teaspoons olive oil
- 6 small or 3 large red bell peppers,seeded and sliced
- 1 bunch thyme, leaves picked
- 1 teaspoon white pepper
- 8 chicken bouillon cubes (recommended: Maggi or Goya)

Instructions:

- With blender, blend tomatoes, onions, red pepper, and garlic until smooth.
- Add bouillon cubes, thyme and white pepper..
- Add olive oil to the blended paste, and set the mixture aside.
- Add 4 cups of water into a pot.
- Wash the rice in hot water until the water is clear.
- Drain through a fine sieve.
- Pour the rice and blended mixture into the pot of water and stir with wooden spoon.
- Set the stove to medium heat and place pot on stove, then let it cook for 45 minutes while stirring every 15 minutes.

KENYA – Ugali

Ingredients:

- Water -- 4 cups
- Salt -- 2 teaspoons
- White cornmeal, finely ground -- 2 cups

Instructions:

- Bring the water and salt to a boil in a heavy-bottomed saucepan. Stir in the cornmeal slowly, letting it fall through the fingers of your hand.
- Reduce heat to medium-low and continue stirring regularly, smashing any lumps with a spoon, until the mush pulls away from the sides of the pot and becomes very thick, about 10 minutes. Remove from heat and allow to cool somewhat.
- Place the ugali into a large serving bowl. Wet your hands with water, form into a ball and serve.

Variations:

- White cornmeal is the most commonly used grain for ugali. But you can substitute sorghum, millet or coarse cassava flour or even hominy grits.
- More or less water can be added to achieve the consistency you prefer.
- Stir in a little butter if you like for a richer flavor.

Notes:

1. Ugali is usually served as an accompaniment to meat or vegetable stews, greens or soured milk. To eat ugali, pull off a small ball of mush with your fingers. Form an indentation with your thumb, and use it to scoop up accompanying stews and other dishes. Or you can form larger balls with your hands or an ice cream scoop, place them in individual serving bowls and spoon stew around them.
2. Cornmeal mush is also found in Caribbean creole cuisine and was certainly brought there by imported slaves. On the islands of Curaçao and Aruba it is known as **funchi**, **funjie** in the Virgin Islands. In Antigua and Dominica it is called **fungi**. Haitians make **mayi moulin**.

LESOTHO - Afrikaanse Stoofschotel

Ingredients:

- 1 large onion
- 1 tsp curry powder
- 300g potatoes
- 00g white cabbage
- 2 tomatoes
- 300ml water salt
- salt
- pepper

Instructions:

- Dice the potatoes and shred the cabbage.
- Fry the onion in hot oil then add curry powder and fry for a minute longer.
- Add the potatoes and water, bring to a boil and allow to simmer for five minutes.
- Add the cabbage and cook for 10 minutes longer.
- Chop the tomatoes and add to the stew.
- Cook for 5 more minutes until the tomatoes soften.
- Season with salt and pepper and serve.

LIBERIA – Fufu

Ingredients:

- White yams -- 2 pounds
- Butter -- 2 tablespoons
- Salt and pepper -- to taste

Instructions:

- Place the unpeeled yams in a large pot, cover with cold water and bring to a boil over medium-high heat.
- Boil for 15 to 30 minutes, or until the yams are cooked through and tender.
- Drain and let cool somewhat.
- Peel the yams, chop them into large pieces and place them into a large bowl with the butter, salt and pepper.
- Mash with a potato masher until very smooth. Alternatively, put the yams through a potato ricer and then mix with the butter, salt and pepper.
- Place the fufu into a large serving bowl.
- Wet your hands with water, form into a large ball and serve.

Variations:

- **Cuban Fufu:** use all plantains and mix in some pieces of roast pork or pork cracklings. Add a quick squeeze of lime juice if you like.
- Substitute cassava root (*yuca*) for the yams.
- Use half yams and half plantains if you like. Simply boil the plantains unpeeled along with the yams. Then peel and mash along with the yams.

Notes:

1. Fufu is made with a wide variety of starches. White yams are most popular in West Africa, sometimes mixed with plantains. Central Africans tend to favor cassava root (*yuca*). Africans far away from home will sometimes use potato flakes or Bisquick™. Other options are sweet potatoes or semolina and ground rice. A variety of flours (rice, plantain) can also be boiled with water to form a starchy mass.
2. This starchy side dish goes by many names: **fufu**, **fofo**, **foufou**, **foutou**. In French-speaking countries it is sometimes called **cous-cous**. The East and Southern African counterpart is ugali.
3. *Fufu* has also found its way into Caribbean creole cuisine and was certainly brought there by imported slaves. It is most often made with plantains or cornmeal and is known as **foo-foo**, or **foofoo**. On Barbados it is known as **coocoo**.
4. If you have ever seen pictures of African women pounding a large mortar and pestle in a steady rhythm, they are probably making fufu.

LIBYA – Couscous

Ingredients:

- 400-450 g packaged couscous
- 500 g dried chickpeas
- 2 brown onions, chopped
- 2 cloves of garlic, chopped
- 1 carrot, sliced
- 1 green capsicum, sliced
- 1 eggplant, sliced, rinsed and salted
- 450 g lamb, cut into 2x2 inch cubes
- 1 small chicken, cut into 8 parts
- 200 g of fresh green string beans
- 250 g of canned artichoke bottoms, drained
- 100 g of butter
- 3 tablespoons of olive oil
- 1 pimento
- 4 tomatoes, seeded and chopped
- 2 tablespoons of paprika
- Salt (according to your tastes)
- Cayenne pepper (according to your tolerance for spiciness!)

Instructions:

- Place the couscous in a shallow pan and fill it up with 4 cups of water.
- Swirl it around a bit, pour off the water using a sieve.
- Gently rub the couscous between your hands as you return it to the pan, to break up any lumps.
- Leave it aside to dry.
- Now, gently fry the onions, garlic, capsicum, carrot and eggplant with the chicken and lamb in the olive oil. This will be the base for your stew.
- Add the dried chickpeas into the pan, and place just enough water to cover the chickpeas.
- Add pimento, paprika, salt and cayenne pepper to taste.
- Bring the pan to a boil, and then let it simmer.
- Fill a kettle/pot up with some water.
- Fasten the colander over the kettle/pot.
- Spoon the couscous into the colander.
- Put the kettle/pot on the stove, bring it to a boil, and let the couscous steam for 45 minutes.
- After that, dump the couscous into the couscous pan again to let it dry.
- Add the tomatoes and beans into the other pan, the simmering one, and let it go on simmering for another 30 minutes. You want to make sure that you don't overcook the meat and chickpeas in this pan. The goal is to let the simmering soften up the meat and chickpeas.
- After that, you can lower the heat on the stew pan.
- Then, do the whole couscous steaming thing again for another 15 minutes.
- Add the canned artichoke bottoms to the stew.
- Continue letting the stew simmer for another 5-6 minutes.
- Add the butter to the couscous and place the couscous on a serving platter.
- Surround it with the meat, vegetables and gravy.

Note:

1. This process may seem time consuming, it is due to couscous. There are certain packaged couscous that can cook faster than the normal ones. This will cut down the time needed to cook it.

MADAGASCAR – Romazava

Ingredients:

- 6 1/2 lbs meat (if beef with fat, if zebu add small tip of the bump)
- 2 1/4 lbs greens (Anamalaho, Acmeella oleracea - 2 big boots)
- 2 1/4 lbs malabar spinach (anamamy, malabar spinach, again 2 big boots)
- 2 1/4 lbs greens (anadrano, cress)
- 5 tomatoes
- 2 1/4 lbs onions
- 1 gingerroot
- 2 bell peppers, big and hot
- 1 green pepper, cool
- 6 garlic cloves
- 3 tablespoons pan drippings (duck or goose are called for.....wing it)
- salt

Instructions:

- Arm yourselves with patience to sort out the greens. Only use the leaves, remove all branches. It is good to wash them. Pay attention to how many flowers are included. 50 to 60 are sufficient, throw the rest and branches to the ducks or rabbits.
- Wash the meat. Cut to 8 inch pieces.
- Shred the onions.
- Peel the ginger and cut in small pieces.
- Peel the garlic and cut in pieces.
- Cut the tomatoes in dice.
- In a large pot (3+ gallons) heat the grease. Throw in the onions. Add ginger, tomatoes, green pepper, salt and pepper. Let cook 10 minutes.
- Add 1.5 gallons of water and bring to a boil on a big fire, covered pot.
- When it boils to soup, introduce the greens.
- If the greens won't go in, add some and as the volume decreases add more.
- Let it boil about 1 to 1 1/2 hours.
- Serve with a great deal of cooked rice. Drown the rice under the soup and leaves.

MALAWI – Nsima

Ingredients:

- Water -- 4 cups
- Salt -- 2 teaspoons
- White cornmeal, finely ground -- 2 cups

Instructions:

- Bring the water and salt to a boil in a heavy-bottomed saucepan. Stir in the cornmeal slowly, letting it fall through the fingers of your hand.
- Reduce heat to medium-low and continue stirring regularly, smashing any lumps with a spoon, until the mush pulls away from the sides of the pot and becomes very thick, about 10 minutes. Remove from heat and allow to cool somewhat.
- Place the ugali into a large serving bowl. Wet your hands with water, form into a ball and serve.

Variations:

- White cornmeal is the most commonly used grain for ugali. But you can substitute sorghum, millet or coarse cassava flour or even hominy grits.
- More or less water can be added to achieve the consistency you prefer.
- Stir in a little butter if you like for a richer flavor.

Notes:

1. Nsima is usually served as an accompaniment to meat or vegetable stews, greens or soured milk. To eat ugali, pull off a small ball of mush with your fingers. Form an indentation with your thumb, and use it to scoop up accompanying stews and other dishes. Or you can form larger balls with your hands or an ice cream scoop, place them in individual serving bowls and spoon stew around them.
2. Cornmeal mush is also found in Caribbean creole cuisine and was certainly brought there by imported slaves. On the islands of Curaçao and Aruba it is known as **funchi**, **funjie** in the Virgin Islands. In Antigua and Dominica it is called **fungi**. Haitians make **mayi moulin**.

MALI – Tö

Ingredients:

- 500g millet, sorghum, corn or rice flour
- 2.2l water

Instructions:

- Add the water to a large pot and bring to a boil.
- Slowly add about a quarter of your chosen flour to the pot, stirring rapidly so that no lumps form.
- Reduce the heat and reserve some 250ml of the water and flour mixture.
- Slowly add the remaining flour, about 200g at a time as you stir continuously.
- Add a little of the reserved liquid back to the pot if necessary.
- In the end you should have a smooth paste that's too thick to stir.
- Complete the cooking by covering the pot and simmering very gently over low heat for about 10 minutes.
- Remove from the heat and serve warm with any soup, stew or sauce.

MAURITANIA - Thieboudienne

Ingredients:

- 3 cups of rice
- 4 large pieces of fish (salmon)
- 4 cups of hot water
- 3 fresh tomato, mashed
- 3 tbs of tomato paste
- 6 small okra
- 1 bunch parsley, crushed
- 1 big carrot , cut into small pieces
- 2 potatoes, cut into pieces
- 1 large onion, minced
- 4 large cloves garlic, crushed or chopped
- 2 small eggplant, cut into slices
- 1 cabbage, cut into 4 pieces
- 4 TBS peanut oil
- 2 chicken seasonings or Maggi jumbo
- 4 bay leaves
- 4 chili, crushed
- 1 Tps black pepper
- 1 Tps salt

Some ingredients you may add:

- 1 sweet cassava
- 1 sweet potato
- some smoked fish

Instructions:

- Prepare the stuffing for the fish. Mix the parsley, half the garlic, a little bit of chili, add salt and 1/2 of a Maggi. Then insert the mixture into the fish.
- Next, heat the oil, add onions, tomato, tomato paste, the remaining garlic, black pepper. Then fry for 5 minutes.
- Add the fish, the chicken seasonings (or Maggi), with the bay leaves and 1 cup of water. Then let it simmer until the fish is ready (15 min around).
- Remove the fish and add the vegetable with 1 cup of water and cook the vegetable till done (20 min). You have to make sure that the vegetable are ready before you remove them and also do not over cook them. Some may need more cooking time like the carrot.
- Next remove the vegetable, then add the okra with the remaining water, salt and chili.
- After 5 min remove the okra and add the rice. To make the rice easy to cook you can soak it in some hot water for 30 minutes before the adding time .
- Cook it on low heat, flipping the rice often so all the sides is well cook.
- When serving, place the rice in a dish and arrange the vegetables and fish on top.

MAURITIUS - Octopus Curry

Ingredients:

- 2 kgs octopus
- 1 tspn ground cloves
- 2 tspn ground cinnamon
- 4 large tomatoes, diced
- 1 large onion, sliced
- 4 cloves garlic, finely diced
- 1 tspn ginger, finely diced
- 5 - 6 curry leaves (fresh or dried)
- 2 tbsps oil
- 2 tbsps curry powder
- fresh coriander for garnish

Instructions:

- Wash octopus thoroughly, removing the hard centre.
- Rub with salt, ground cloves and cinnamon.
Place in saucepan, cover with water and bring to the boil.
- Simmer for approximately 20 minutes or until tender (check with a fork).
Remove from the flame and drain.
- Cut the tentacles into small pieces, approximately 1 2 - 2 cm thick.
Place with the other ingredients in a saucepan, cover and cook on a medium to low heat for approximately 20 minutes.

MOROCCO - Couscous

Ingredients:

- 400-450 g packaged couscous
- 500 g dried chickpeas
- 2 brown onions, chopped
- 2 cloves of garlic, chopped
- 1 carrot, sliced
- 1 green capsicum, sliced
- 1 eggplant, sliced, rinsed and salted
- 450 g lamb, cut into 2x2 inch cubes
- 1 small chicken, cut into 8 parts
- 200 g of fresh green string beans
- 250 g of canned artichoke bottoms, drained
- 100 g of butter
- 3 tablespoons of olive oil
- 1 pimento
- 4 tomatoes, seeded and chopped
- 2 tablespoons of paprika
- Salt (according to your tastes)
- Cayenne pepper (according to your tolerance for spiciness!)

Instructions:

- Place the couscous in a shallow pan and fill it up with 4 cups of water.
- Swirl it around a bit, pour off the water using a sieve.
- Gently rub the couscous between your hands as you return it to the pan, to break up any lumps.
- Leave it aside to dry.
- Now, gently fry the onions, garlic, capsicum, carrot and eggplant with the chicken and lamb in the olive oil. This will be the base for your stew.
- Add the dried chickpeas into the pan, and place just enough water to cover the chickpeas.
- Add pimento, paprika, salt and cayenne pepper to taste.
- Bring the pan to a boil, and then let it simmer.
- Fill a kettle/pot up with some water.
- Fasten the colander over the kettle/pot.
- Spoon the couscous into the colander.
- Put the kettle/pot on the stove, bring it to a boil, and let the couscous steam for 45 minutes.
- After that, dump the couscous into the couscous pan again to let it dry.
- Add the tomatoes and beans into the other pan, the simmering one, and let it go on simmering for another 30 minutes. You want to make sure that you don't overcook the meat and chickpeas in this pan. The goal is to let the simmering soften up the meat and chickpeas.
- After that, you can lower the heat on the stew pan.
- Then, do the whole couscous steaming thing again for another 15 minutes.
- Add the canned artichoke bottoms to the stew.
- Continue letting the stew simmer for another 5-6 minutes.
- Add the butter to the couscous and place the couscous on a serving platter.
- Surround it with the meat, vegetables and gravy.

Note:

1. This process may seem time consuming, it is due to couscous. There are certain packaged couscous that can cook faster than the normal ones. This will cut down the time needed to cook it.

MOZAMBIQUE - Shrimp Piri Piri

Ingredients:

- 3 medium serrano chiles
- 4 medium cloves garlic
- 1 tablespoon paprika
- 1/4 cup freshly squeezed lime juice
- 1 tablespoon red wine vinegar
- 1/3 cup olive oil
- 1 1/2 pounds uncooked, deveined, and peeled shrimp, tails left on (about 40)
- Salt
- 1/3 cup roughly chopped fresh cilantro leaves
- Lime wedges, for serving
- white rice, for serving

Instructions:

- Heat oven to 500 degrees F and arrange rack in upper third.
- Place chiles on a baking sheet and roast until blackened and soft, about 10 to 15 minutes.
- Trim chiles and remove seeds.
- Combine chiles, garlic, paprika, lime juice, and vinegar in a blender and blend until smooth and combined, about 1 minute.
- Add olive oil and blend until thoroughly incorporated and marinade thickens slightly.
- Combine marinade and shrimp in a medium nonreactive bowl and toss to coat. Let marinate 20 minutes to 24 hours in the refrigerator.
- Heat a large cast iron skillet over medium-high heat.
- When heated, add half the shrimp and cook until white with a few brown spots, about 1 to 2 minutes per side.
- Transfer to a serving plate and season with salt.
- Repeat to cook off all shrimp.
- Toss shrimp with cilantro and serve with lime wedges over rice.

NAMIBIA - Pap

Ingredients:

- 500 ml water
- 3 ml salt
- 700 ml maize meal (mielie)

Instructions:

- Bring the water to the boil and add the salt.
- Add the maize meal until it forms a little mound in the middle.
- Cover and allow to simmer until a skin has formed around the maize meal.
- Then, stir with a fork until you get a crumbly consistency.
- Put the lid back on and very gently simmer for 30 to 40 minutes.
- Stir from time to time to break the lumps.

NIGER- O Jo Jo Meat Balls

Ingredients:

- one bowl of chopped beef
- two green bell peppers chopped fine
- one onion to be chopped fine
- raw white potatoes to be peeled and grated
- three eggs

Instructions:

- All the ingredients are to be mixed thoroughly and formed into a paste.
- Meat balls are to be created with the paste.
- To be deep fried in oil till the meat balls turn dark brown.
- To be garnished with the seasonal vegetables and served.

NIGERIA – Jollof Rice

Ingredients:

- 1 pound parboiled rice
- 1 can tomato puree-400 grams
- 1 onion, sliced
- 3 cloves garlic
- 4 teaspoons olive oil
- 6 small or 3 large red bell peppers, seeded and sliced
- 1 bunch thyme, leaves picked
- 1 teaspoon white pepper
- 8 chicken bouillon cubes (recommended: Maggi or Goya)

Instructions:

- With blender, blend tomatoes, onions, red pepper, and garlic until smooth.
- Add bouillon cubes, thyme and white pepper..
- Add olive oil to the blended paste, and set the mixture aside.
- Add 4 cups of water into a pot.
- Wash the rice in hot water until the water is clear.
- Drain through a fine sieve.
- Pour the rice and blended mixture into the pot of water and stir with wooden spoon.
- Set the stove to medium heat and place pot on stove, then let it cook for 45 minutes while stirring every 15 minutes.

RWANDA – Isombe

Ingredients:

- 500g cassava leaves, washed and chopped (or other greens such as kale, collard greens)
- 6 spring onions, chopped
- 2 medium aubergines (eggplants), cubed
- 500g spinach, washed and chopped
- 2 green bell peppers, sliced into pieces
- 3 tbsp palm oil
- 3 tbsp peanut butter

Instructions:

- Add the cassava leaves (or other greens) to salted water and boil until tender.
- Add the chopped onions, aubergine, spinach and green bell peppers then cook on medium heat for 10 minutes.
- Add the palm oil and peanut butter and stir to form a smooth paste.
- Simmer for about 10 minutes, or until the sauce thickens and serve with rice and bread.

SAO TOME AND PRINCIPE – Matata

Ingredients:

- 1 cup onions, finely chopped
- 2 ounces olive oil
- 4 cups chopped clams in their juice (use fresh or frozen)
- 1 cup Port wine (don't be afraid to be generous)
- 1 cup unsalted, roasted peanuts, finely chopped (or lightly salted)
- 2 tomatoes, cut into small pieces
- salt to taste (reduce salt if using lightly salted peanuts)
- freshly ground black pepper to taste
- 1 tsp. crushed red pepper
- 1-1/2 lbs. fresh spinach, chopped

Instructions:

- Heat olive oil in a 4-quart sauce pan.
- Add onions and saute until soft.
- Add clams and port wine, bring to quick boil, then lower heat to a simmer.
- Add peanuts, tomatoes, salt and pepper and crushed red pepper and simmer gently for 30 minutes.
- Add spinach and cover just until leaves have wilted.
- Serve with hot white rice.

SENEGAL - Thieboudienne

Ingredients:

- 3 cups of rice
- 4 large pieces of fish (salmon)
- 4 cups of hot water
- 3 fresh tomato, mashed
- 3 tbs of tomato paste
- 6 small okra
- 1 bunch parsley, crushed
- 1 big carrot, cut into small pieces
- 2 potatoes, cut into pieces
- 1 large onion, minced
- 4 large cloves garlic, crushed or chopped
- 2 small eggplant, cut into slices
- 1 cabbage, cut into 4 pieces
- 4 TBS peanut oil
- 2 chicken seasonings or Maggi jumbo
- 4 bay leaves
- 4 chili, crushed
- 1 Tps black pepper
- 1 Tps salt

Some ingredients you may add:

- 1 sweet cassava
- 1 sweet potato
- some smoked fish

Instructions:

- Prepare the stuffing for the fish. Mix the parsley, half the garlic, a little bit of chili, add salt and 1/2 of a Maggi. Then insert the mixture into the fish.
- Next, heat the oil, add onions, tomato, tomato paste, the remaining garlic, black pepper. Then fry for 5 minutes.
- Add the fish, the chicken seasonings (or Maggi), with the bay leaves and 1 cup of water. Then let it simmer until the fish is ready (15 min around).
- Remove the fish and add the vegetable with 1 cup of water and cook the vegetable till done (20 min). You have to make sure that the vegetable are ready before you remove them and also do not over cook them. Some may need more cooking time like the carrot.
- Next remove the vegetable, then add the okra with the remaining water, salt and chili.
- After 5 min remove the okra and add the rice. To make the rice easy to cook you can soak it in some hot water for 30 minutes before the adding time.
- Cook it on low heat, flipping the rice often so all the sides is well cook.
- When serving, place the rice in a dish and arrange the vegetables and fish on top.

SEYCHELLES – Fish Curry

Ingredients:

- 900 g snapper
- 2 tbsp sunflower oil
- 2 onions, chopped
- 2 tbsp Seychelles curry paste
- 1/2 tsp ground turmeric
- 2 garlic cloves, chopped
- 2 cm piece ginger, chopped
- 3 tbsp tamarind water
- leaves from 2 sprigs thyme
- 1/2 tsp star anise
- 450 ml fish stock
- salt and black pepper

Instructions:

- Cut the fish into bite-sized pieces and season generously with salt and black pepper.
- Meanwhile heat the oil in a heavy pan and fry the onion until golden.
- Stir-in the curry paste and turmeric and fry gently.
- Add the fish and all the remaining ingredients.
- Bring the mix to a simmer and cook for about 10 minutes or until the fish is ready.
- Serve on a bed of rice.

SIERRA LEONE – Jollof Rice

Ingredients:

- 1 pound parboiled rice
- 1 can tomato puree-400 grams
- 1 onion, sliced
- 3 cloves garlic
- 4 teaspoons olive oil
- 6 small or 3 large red bell peppers, seeded and sliced
- 1 bunch thyme, leaves picked
- 1 teaspoon white pepper
- 8 chicken bouillon cubes (recommended: Maggi or Goya)

Instructions:

- With blender, blend tomatoes, onions, red pepper, and garlic until smooth.
- Add bouillon cubes, thyme and white pepper..
- Add olive oil to the blended paste, and set the mixture aside.
- Add 4 cups of water into a pot.
- Wash the rice in hot water until the water is clear.
- Drain through a fine sieve.
- Pour the rice and blended mixture into the pot of water and stir with wooden spoon.
- Set the stove to medium heat and place pot on stove, then let it cook for 45 minutes while stirring every 15 minutes.

SOMALIA - Surbiyaan

Ingredients:

- 6 pieces chicken (thighs & legs)
- 3 cups basmati rice
- 5 cardamom pods, crushed
- 2 black cardamom
- 2 cinnamon sticks
- 5 peppercorn
- 1 onion, chopped
- 3 cloves
- 2 tsp cumin, powder
- 1 tsp ginger, powder
- 2 tsp coriander powder
- 1 tsp paprika/red pepper
- 2 tsp cilantro, chopped
- 2 cloves garlic, chopped
- 1/2 green pepper, chopped
- 1 cup yogurt
- 1/2 lemon
- two medium tomatoes, chopped

Instructions:

- Clean and soak the rice with water and let it rest of 30 minutes.
- Fry the chicken with the oil until brown, add cardamom, black cardamom, cinnamon sticks, cloves, pepper corn.
- Add onions saute until brown then add garlic, add tomatoes.
- Add the yogurt when tomatoes are tender.
- Add the juice of a lemon, cumin, ginger, coriander, paprika and the cilantro.
- Let it simmer while covered on a medium heat until boil and then lower the heat for 10-15 minutes.
- In another saucepan add the rice in boiling water and cook until the rice is half done.
- Drain and add the rice to the chicken sauce and cook until the rice is tender on medium heat covered, add the garnish.

For garnish:

- 3 tsp oil
- 1 tsp food coloring
- 1/2 cup raisins
- 1 onion, sliced

Instructions:

- Heat the oil over medium heat, add the onion and fry until nice and brown.
- Add raisins and cook until they puff up.
- Add this mixture over rice,
- Add the food coloring on one side.

SOUTH AFRICA – Bobotie

Ingredients:

- 2 tablespoons vegetable oil
- 2 medium onions, minced
- 1 1/2 pounds ground beef
- 1 cup milk
- 2 slices Texas toast thick-sliced bread
- 1/2 cup raisins
- 1 teaspoon apricot jam
- 1 tablespoon hot chutney
- 1/2 tablespoon curry powder
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 large egg
- 1 pinch salt
- 1 bay leaf

Instructions:

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13-inch baking dish.
- Heat the oil in a large skillet over medium-high heat.
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- Cook the onions in the hot oil until soft. Break the ground beef into the skillet and cook until brown.
- Place the milk in a shallow dish.
- Soak the bread in the milk.
- Squeeze the excess milk from the bread. Set the milk aside.
- Add the bread to the beef mixture.
- Stir in the raisins, apricot jam, chutney, curry powder, salt, and black pepper.
- Pour the mixture into the prepared baking dish.
- Bake in the preheated oven 1 hour.
- While the bobotie bakes, whisk together the reserved milk, egg, and a pinch of salt. Pour over top of the dish. Lay the bay leaf onto the top of the milk mixture.
- Return the bobotie to the oven until the top is golden brown, 25 to 30 minutes. Remove bay leaf before serving.

SOUTH SUDAN – Shahan Ful

Ingredients:

- 500g dried fuul musri (broad [fava] beans)
- 1 tbsp salt
- 2 dates (optional)
- 120ml sesame seed oil
- 50g jibna (feta cheese)
- 1 tsp shottar (chilli powder) [optional]
- 300g crusty bread, roughly cut into cubes

Instructions:

- Soak the dried broad beans in water for at least 3 hours.
- Then drain the beans and place in a large pot.
- Cover with plenty of water, bring to a boil, reduce to a simmer, cover and cook for about 2 1/2 hours, or until the beans are soft.
- Drain the beans and place in a bowl or pestle and mortar and lightly mash.
- Mix-in the salt, sesame oil and cubed feta cheese to form a paste then add and of the optional ingredients you desire.
- Place the bread in a bowl and pour the fuul over the top.
- Serve garnished with paprika.

SUDAN – Shahan Ful

Ingredients:

- 500g dried fuul musri (broad [fava] beans)
- 1 tbsp salt
- 2 dates (optional)
- 120ml sesame seed oil
- 50g jibna (feta cheese)
- 1 tsp shottar (chilli powder) [optional]
- 300g crusty bread, roughly cut into cubes

Instructions:

- Soak the dried broad beans in water for at least 3 hours.
- Then drain the beans and place in a large pot.
- Cover with plenty of water, bring to a boil, reduce to a simmer, cover and cook for about 2 1/2 hours, or until the beans are soft.
- Drain the beans and place in a bowl or pestle and mortar and lightly mash.
- Mix-in the salt, sesame oil and cubed feta cheese to form a paste then add and of the optional ingredients you desire.
- Place the bread in a bowl and pour the fuul over the top.
- Serve garnished with paprika.

SWAZILAND – Sishwala

Ingredients:

- 500 ml (2 cups) sugar beans
- water
- 10 ml (2 t) salt
- 480 g (17 oz) maize-meal

Instructions:

- Soak beans overnight in cold water.
- Drain, cover with fresh water and add salt.
- Cook in a large saucepan until soft.
- Add maize-meal, mix well and cook 30 minutes.

TANZANIA - Ugali

Ingredients:

- Water -- 4 cups
- Salt -- 2 teaspoons
- White cornmeal, finely ground -- 2 cups

Instructions:

- Bring the water and salt to a boil in a heavy-bottomed saucepan. Stir in the cornmeal slowly, letting it fall through the fingers of your hand.
- Reduce heat to medium-low and continue stirring regularly, smashing any lumps with a spoon, until the mush pulls away from the sides of the pot and becomes very thick, about 10 minutes. Remove from heat and allow to cool somewhat.
- Place the ugali into a large serving bowl. Wet your hands with water, form into a ball and serve.

Variations:

- White cornmeal is the most commonly used grain for ugali. But you can substitute sorghum, millet or coarse cassava flour or even hominy grits.
- More or less water can be added to achieve the consistency you prefer.
- Stir in a little butter if you like for a richer flavor.

Notes:

1. Ugali is usually served as an accompaniment to meat or vegetable stews, greens or soured milk. To eat ugali, pull off a small ball of mush with your fingers. Form an indentation with your thumb, and use it to scoop up accompanying stews and other dishes. Or you can form larger balls with your hands or an ice cream scoop, place them in individual serving bowls and spoon stew around them.
2. Cornmeal mush is also found in Caribbean creole cuisine and was certainly brought there by imported slaves. On the islands of Curaçao and Aruba it is known as **funchi**, **funjie** in the Virgin Islands. In Antigua and Dominica it is called **fungi**. Haitians make **mayi moulin**.

TOGO – Fufu

Ingredients:

- White yams -- 2 pounds
- Butter -- 2 tablespoons
- Salt and pepper -- to taste

Instructions:

- Place the unpeeled yams in a large pot, cover with cold water and bring to a boil over medium-high heat.
- Boil for 15 to 30 minutes, or until the yams are cooked through and tender.
- Drain and let cool somewhat.
- Peel the yams, chop them into large pieces and place them into a large bowl with the butter, salt and pepper.
- Mash with a potato masher until very smooth. Alternatively, put the yams through a potato ricer and then mix with the butter, salt and pepper.
- Place the fufu into a large serving bowl.
- Wet your hands with water, form into a large ball and serve.

Variations:

- **Cuban Fufu:** use all plantains and mix in some pieces of roast pork or pork cracklings. Add a quick squeeze of lime juice if you like.
- Substitute cassava root (*yuca*) for the yams.
- Use half yams and half plantains if you like. Simply boil the plantains unpeeled along with the yams. Then peel and mash along with the yams.

Notes:

1. Fufu is made with a wide variety of starches. White yams are most popular in West Africa, sometimes mixed with plantains. Central Africans tend to favor cassava root (*yuca*). Africans far away from home will sometimes use potato flakes or Bisquick™. Other options are sweet potatoes or semolina and ground rice. A variety of flours (rice, plantain) can also be boiled with water to form a starchy mass.
2. This starchy side dish goes by many names: **fufu**, **fofo**, **foufou**, **foutou**. In French-speaking countries it is sometimes called **cous-cous**. The East and Southern African counterpart is ugali.
3. *Fufu* has also found its way into Caribbean creole cuisine and was certainly brought there by imported slaves. It is most often made with plantains or cornmeal and is known as **foo-foo**, or **foofoo**. On Barbados it is known as **coocoo**.
4. If you have ever seen pictures of African women pounding a large mortar and pestle in a steady rhythm, they are probably making fufu.

TUNISIA - Couscous

Ingredients:

- 400-450 g packaged couscous
- 500 g dried chickpeas
- 2 brown onions, chopped
- 2 cloves of garlic, chopped
- 1 carrot, sliced
- 1 green capsicum, sliced
- 1 eggplant, sliced, rinsed and salted
- 450 g lamb, cut into 2x2 inch cubes
- 1 small chicken, cut into 8 parts
- 200 g of fresh green string beans
- 250 g of canned artichoke bottoms, drained
- 100 g of butter
- 3 tablespoons of olive oil
- 1 pimento
- 4 tomatoes, seeded and chopped
- 2 tablespoons of paprika
- Salt (according to your tastes)
- Cayenne pepper (according to your tolerance for spiciness!)

Instructions:

- Place the couscous in a shallow pan and fill it up with 4 cups of water.
- Swirl it around a bit, pour off the water using a sieve.
- Gently rub the couscous between your hands as you return it to the pan, to break up any lumps.
- Leave it aside to dry.
- Now, gently fry the onions, garlic, capsicum, carrot and eggplant with the chicken and lamb in the olive oil. This will be the base for your stew.
- Add the dried chickpeas into the pan, and place just enough water to cover the chickpeas.
- Add pimento, paprika, salt and cayenne pepper to taste.
- Bring the pan to a boil, and then let it simmer.
- Fill a kettle/pot up with some water.
- Fasten the colander over the kettle/pot.
- Spoon the couscous into the colander.
- Put the kettle/pot on the stove, bring it to a boil, and let the couscous steam for 45 minutes.
- After that, dump the couscous into the couscous pan again to let it dry.
- Add the tomatoes and beans into the other pan, the simmering one, and let it go on simmering for another 30 minutes. You want to make sure that you don't overcook the meat and chickpeas in this pan. The goal is to let the simmering soften up the meat and chickpeas.
- After that, you can lower the heat on the stew pan.
- Then, do the whole couscous steaming thing again for another 15 minutes.
- Add the canned artichoke bottoms to the stew.
- Continue letting the stew simmer for another 5-6 minutes.
- Add the butter to the couscous and place the couscous on a serving platter.
- Surround it with the meat, vegetables and gravy.

Note:

1. This process may seem time consuming, it is due to couscous. There are certain packaged couscous that can cook faster than the normal ones. This will cut down the time needed to cook it.

UGANDA - Matoke

Ingredients:

- 8 -10 plantains
- 1 lemon, juice of (optional)
- oil (for frying)
- 1 onion, chopped
- 2 -3 tomatoes, chopped (or canned whole tomatoes, drained)
- 1 green bell pepper, chopped
- 3 -4 garlic cloves, crushed
- 1 chili pepper, chopped (optional)
- salt or coriander or cayenne pepper (to taste) or red pepper (to taste)
- 1 lb ground beef (optional) or 1 lb beef stew meat, cut in bite-sized pieces (optional)
- 1 cup beef broth (optional) or 1 cup beef stock (optional)

Instructions:

- Peel the plantains, cut into cubes, sprinkle with lemon juice, and set aside.
Heat oil in a large pan. Fry the onion, tomatoes, green pepper, hot pepper, and garlic together.
- Add spices to taste.
- Add meat or broth. Continue frying and stirring until the meat is nearly done or until the broth is starting to boil.
Reduce heat.
- Add plantains.
- Cover and simmer over low heat until plantains are tender and meat is done.
- Serve matoke hot.

ZAMBIA - Nsima or Nshima

Ingredients:

- Water -- 4 cups
- Salt -- 2 teaspoons
- White cornmeal, finely ground -- 2 cups

Instructions:

- Bring the water and salt to a boil in a heavy-bottomed saucepan. Stir in the cornmeal slowly, letting it fall through the fingers of your hand.
- Reduce heat to medium-low and continue stirring regularly, smashing any lumps with a spoon, until the mush pulls away from the sides of the pot and becomes very thick, about 10 minutes. Remove from heat and allow to cool somewhat.
- Place the ugali into a large serving bowl. Wet your hands with water, form into a ball and serve.

Variations:

- White cornmeal is the most commonly used grain for ugali. But you can substitute sorghum, millet or coarse cassava flour or even hominy grits.
- More or less water can be added to achieve the consistency you prefer.
- Stir in a little butter if you like for a richer flavor.

Notes:

1. Nsima or Nshima is usually served as an accompaniment to meat or vegetable stews, greens or soured milk. To eat ugali, pull off a small ball of mush with your fingers. Form an indentation with your thumb, and use it to scoop up accompanying stews and other dishes. Or you can form larger balls with your hands or an ice cream scoop, place them in individual serving bowls and spoon stew around them.
2. Cornmeal mush is also found in Caribbean creole cuisine and was certainly brought there by imported slaves. On the islands of Curaçao and Aruba it is known as **funchi**, **funjie** in the Virgin Islands. In Antigua and Dominica it is called **fungi**. Haitians make **mayi moulin**.

ZIMBABWE – Sadza

Ingredients:

- Water -- 4 cups
- Salt -- 2 teaspoons
- White cornmeal, finely ground -- 2 cups

Instructions:

- Bring the water and salt to a boil in a heavy-bottomed saucepan. Stir in the cornmeal slowly, letting it fall through the fingers of your hand.
- Reduce heat to medium-low and continue stirring regularly, smashing any lumps with a spoon, until the mush pulls away from the sides of the pot and becomes very thick, about 10 minutes. Remove from heat and allow to cool somewhat.
- Place the ugali into a large serving bowl. Wet your hands with water, form into a ball and serve.

Variations:

- White cornmeal is the most commonly used grain for ugali. But you can substitute sorghum, millet or coarse cassava flour or even hominy grits.
- More or less water can be added to achieve the consistency you prefer.
- Stir in a little butter if you like for a richer flavor.

Notes:

1. Sadza is usually served as an accompaniment to meat or vegetable stews, greens or soured milk. To eat ugali, pull off a small ball of mush with your fingers. Form an indentation with your thumb, and use it to scoop up accompanying stews and other dishes. Or you can form larger balls with your hands or an ice cream scoop, place them in individual serving bowls and spoon stew around them.
2. Cornmeal mush is also found in Caribbean creole cuisine and was certainly brought there by imported slaves. On the islands of Curaçao and Aruba it is known as **funchi**, **funjie** in the Virgin Islands. In Antigua and Dominica it is called **fungi**. Haitians make **mayi moulin**.