

AFRICAN RECIPES

African Yam and Peanut Stew, with Ginger and Pineapple

A real gourmet treat that just delights the taste buds. Serves 8 and can also be prepared ahead of time.

Ingredients:

8 C. vegetable stock	2 tbsp. vegetable oil
1 large yellow onion, diced	2 tsp salt
6 tbsp minced ginger	4 large garlic cloves, minced
1 tbsp ground cumin	2 tbsp ground coriander
½ tsp cayenne pepper	1 tsp paprika
1 red bell pepper, diced	Juice of 2 limes, more to taste
4 medium yams, peeled and roughly chopped	1-14 oz. can water packed pineapple, juice reserved
3 ripe tomatoes, chopped	5 tbsp smooth peanut butter
1 bunch cilantro, chopped	Hot sauce, to taste

1. Heat stock and keep warm while you assemble the soup. In a heavy-bottomed soup pot, heat oil over medium heat. Add onion and a pinch of salt; sauté for minutes, stirring occasionally. Next, add garlic, ginger, and spices and sauté until soft and golden. Stir in red pepper, yams, and salt and continue cooking until they start to stick to the bottom of the pot. Add vegetable stock to cover, bring to a boil, and reduce to a simmer. Cover partially and simmer until the yams are tender.
2. Add pineapple with juice, tomatoes, peanut butter and remaining stock and simmer 30 minutes. Puree the soup until smooth, either directly in the pot with a hand blender, or in batches using a food processor.
3. Return soup to the pot and simmer for a final 10 minutes. Season to taste with more salt, pineapple juice, and/or hot sauce. Just before serving, add chopped cilantro and fresh lime juice.

Ugandan Ginger Tea

Tea for two!

Ingredients: 2 tbsp sugar 2 cups milk 1 inch ginger root 1½ tsp loose black tea leaves

Directions:

- 1 Combine the milk, tea and sugar in a small saucepan, and bring to a boil.
- 2 Wash a thumb-sized piece of fresh ginger. Pound until flat - juice should begin to ooze.
- 3 Add the ginger to the milk-tea mixture when it begins to boil.
- 4 Reduce the heat, letting simmer for 2-3 minutes. Pour and serve.

Groundnut Bread

Traditional West African recipe (Yields approximately 12 slices)

Ingredients:

1 Jumbo tube of pre-made biscuit dough 2 tbsp melted butter 1 cup flour 4 tbsp chopped peanuts 1 cup peanut butter

Directions:

- 1 Use rolling pin to flatten dough on a floured board (create a rectangle about ¼ inch thick).
- 2 Spread peanut butter uniformly over the surface.
- 3 Roll up tightly starting from the longer edge. Swing the loaf around to form a circle.
- 4 Lift the circular loaf onto a greased cookie sheet with a spatula.
- 5 Brush melted butter over loaf.
- 6 Sprinkle chopped peanuts over top, pressing them into loaf.
- 7 Score across the top of loaf with a knife, with lines one inch apart for crisscross effect.
- 8 Bake as directed on tube package.
- 9 Break or cut into 1 inch slices when serving.

Coconut Pie

A traditional sub-Saharan African recipe for a classic pie filled with a custard containing freshly grated coconut.

Ingredients:

1 cup butter Pinch of baking soda ½ cup sugar ½ tsp grated nutmeg 2 eggs, beaten Pinch of cloves 1 cup milk 9 inch pie shell 1 2/3 cup grated coconut 1 tsp vanilla extract

Directions:

- 1 Partially bake your pie shell by placing in an oven pre-heated to 355°F for about 6 minutes. Take out of the oven and allow to cool completely.
- 2 Meanwhile, prepare the filling by creaming together softened butter and sugar. Add eggs and mix thoroughly.
- 3 Finally add all the remaining ingredients and mix well. Pour into the pie shell.
- 4 Place in an oven pre-heated to 355°F and bake for about 35 minutes or until the filling is set and the pie is golden brown in color.

Matoke in a Peanut Sauce

Matoke, otherwise known as plantains or green bananas, are a staple food eaten by Ugandans daily. They are often wrapped in the matoke leaves and steamed.

Ingredients:

4 plantains, peeled and 3-4 chili peppers, minced
cut into 1½ inch pieces 4 tomatoes; blanched, peeled, finely chopped
½ cup peanuts ½ tsp turmeric powder
1 tbs vegetable oil 2 tsp coriander/cumin powder
1 stem coriander, finely chopped 1 tsp cumin seeds
1 medium onion, finely chopped ½ tsp mustard seeds
2 cloves garlic, minced 1½ cup water
Chèvre cheese (optional)

Directions:

- 1 Heat oil in pan, add cumin and mustard seeds, wait for it to pop, add onions and fry until golden brown. Meanwhile, grind peanuts finely.
- 2 Add tomatoes, garlic, ginger, and chili peppers. Fry for 5 minutes and add turmeric and coriander/cumin powders. Cook for an additional 5 min.
- 3 Add matoke and mix until all is coated by tomato sauce. Cook a few more minutes.
- 4 Add ground peanuts to mix until matoke is coated.
- 5 Add 1½ cup water and bring to boil. Cook for 20 minutes.
- 6 Garnish with chopped coriander. It is lovely by itself or with Chèvre cheese.

Ugali, Wiki Na Nyama

Steamed Cornmeal and Collard Greens with Beef

Ingredients: 1 tsp ground coriander 2-2½ lbs cubed beef 2¼ cups white cornmeal 1 large red onion, chopped 4½ cups boiling water ½ tsp fresh ginger, grated 1 bunch collard greens, chopped 1 tsp fresh garlic, grated ½ tsp each cloves, cardamom, cumin, 1 large tomato, chopped cinnamon, and black pepper 2 stems coriander, finely chopped

Directions:

- 1 Shred leaves off collard greens, discard stalks.
- 2 Cook the meat in a pan with onions, garlic, ginger, and spices.
- 3 Add collard greens and tomatoes once meat is nearly cooked.
- 4 Boil water separately and slowly add cornmeal. Stir vigorously until consistency is smooth and doughy.
- 5 Serve hot with beef and vegetable mixture on side.

ENJOY!

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