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How many editions has it been now? Is anybody keeping track anymore?

Cover design: Danielle Alling

...is it safe?

# K U M B E !

## I Can Cook!

Peace Corps / Tanzania Cookbook 2012

Brought to you by the Peace Corps/Tanzania medical team and your lovely 2012 editors,  
Danielle Alling and Trudy Cunningham





**In some ways**, cooking is a metaphor for Peace Corps service. You try new things, and you fail. You experiment some more, and you succeed! Sometimes you're really proud of what you've accomplished, and other times, you'd rather forget about it. What it really boils down to is being open to the possibilities and trying new things, and this cookbook can guide you along the way -- at least in the jikoni.

This cookbook is meant as a guide, not as a rule. Nothing in here needs to be followed exactly as stated, and if you want to change or alter a recipe, be free! A wise old PCV once said "cook with your eyes, nose, and mouth." It's true! You're the one eating the food, so make it the way you like it!

Some of the recipes call for pretty safi things that are only available in regional centers or Dar. This isn't meant to frustrate you, it's meant to give you a few more options when you're in Dar for medical and you want to cook up something for your ex-pat host. Or if you want to stock up on goodies while you're there and feast for a few weeks when you get back to your site. Plus, you'll probably take this cookbook back to America where you'll have more tools than you need and all the ingredients you can imagine available at your fingertips.

When you do finally go back to America, don't forget all the do-it-the-hard-way, made-from-scratch lessons you learned while cooking in your Peace Corps jikoni. Instead of buying Betty Crocker's cake frosting, make your own Nan's Simple But Delicious Frosting, which is, in fact, quite simple and delicious. Don't buy Smucker's jam; instead, head to your local Farmer's Market, buy some raspberries, and cook up your own! If you learn nothing else in the Peace Corps, rest assured you'll return to America with a solid foundation of how to cook.

This year's edition of the Peace Corps / Tanzania cookbook has gone through some changes. The most obvious change is a huge re-design of the format and layout and a re-organization of front matter, everything in the cookbook up to the recipes. A few new recipes have been added, a few old ones revived, and just a handful removed. Plus there's an expanded drinks section to entertain you and your guests. Many recipes were found in cookbooks of all kinds and simply adapted to fit the Tanzanian kitchen. Others were written by your fellow Peace Corps Volunteers. Regardless of their origin, all recipes have been tried, tested, and proven to be worthy of a space in the cookbook.

Over the years, this cookbook has been a collaboration between several PCVs, who each year contributed new recipes and tips. For this edition, we'd like to extend thanks to a few people: Katie Reaume, who wrote the sections on chicken slaughtering, cooking ugali, and cooking meat, and who edited the section on drying foods with her husband, Ron Meyer; Brandon Dornier, who contributed some of his delicious drink recipes and a couple of hearty dishes; and Lauren Fink, who shared her expertise on making chapati maji. Trudy Cunningham edited the cookbook and contributed new recipes, and Danielle Alling contributed a few recipes and formatted the cookbook. A few other new recipes, tips, and substitutions were taken from cookbooks from Peace Corps Morocco, Turkmenistan, and Ukraine, which are readily available online.

Remember that cooking is an adventure, and you, as the chef, are in charge of what you put in your sufuria. If you're new to cooking, have no fear. We've highlighted some super easy recipes for you to start with, recipes that call for minimal and readily available ingredients and that don't take much time or technique. Even if you've never baked a cake in an oven in America, even if you've never made meatloaf, even if you've never sprouted beans, even if you've never cooked anything other than Ramen noodles in America, you can cook here! *Kumbel!* Fancy that! Cooking isn't so hard, and with a little patience and experimentation you'll be a pro in no time. And don't forget: Cook with your eyes, nose, and mouth!

Enough, already... let's cook!



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‡ = Traditional Tanzanian dishes; get a mama in your village to help you perfect these

† = simple recipe; try it if you're just starting to build up your confidence in the kitchen

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# Health & Nutrition

## A FEW WORDS FROM MEDICAL

*Raw Produce:* If you are going to eat fruit or vegetables raw, soak them for 15 minutes in a solution of 1 Tbs bleach and 1 gallon of water. Rinse with treated water. If you are peeling or boiling fruit or vegetables they do not need to be treated. Lettuce often contains fecal matter because of accidental contamination from human and animal waste. Wash well, soak in bleach solution, and rinse with treated water. Cabbage is safer because it grows from the inside out.

*Meat:* Thoroughly cook all meat until there is no trace of pink to ensure all bacteria and parasites are killed. After preparing a meal, be sure to thoroughly wash all utensils used to prepare the meat, such as knives and cutting boards, with a solution of 1 Tbs bleach to 1 gallon of water.

*Drinking Water:* Bring drinking water to a full rolling boil for at least three minutes. Iodine tablets are effective on all pathogens except cryptosporidium, and should not be used for a period of longer than three weeks. Drinking water can also be treated by PUR and filtering. This is more environmentally sound than boiling as these methods don't use fuel.

*Dairy:* Fresh cow's milk should be boiled for one minute before consumption. Cheese should not be eaten uncooked, and be careful with your sources.

*Eggs:* Eggs are easily contaminated. Fried eggs should be cooked until the yolk is no longer runny. Raw eggs are a big no-no, and even hard-boiled eggs that have been sitting at room temperature can be dangerous. To determine the freshness of an egg, submerge it in water. A fresh egg will sink and a semi-fresh one will stand on end. An egg that floats is old and should probably not be eaten.

## WHAT ARE COMPLETE PROTEINS?

Twenty amino acids make up the proteins our bodies use. Of these 20, eight must come directly from the foods we eat. These eight are called the essential amino acids. The rest our bodies can synthesize. All the essential amino acids must be present simultaneously and in proper proportions for our bodies to utilize them. If one is lacking, even temporarily, the body's ability to use protein will fail accordingly.

Complete protein foods contain all eight essential amino acids. Animal products such as eggs, milk, and meat, provide all eight amino acids in the proportions our bodies require. Eggs most nearly match the ideal pattern, milk is a close second, and meats follow. Soybeans and whole rice come close to meats in protein quality. Other grains, legumes, seeds, and nuts are also good sources of protein but each lacks one or more of the essential amino acids.

Corn (maize) is a complex carbohydrate but it lacks the vitamin niacin and two essential amino acids, lysine and tryptophan. Poultry, fish, meat, wheat, and to a lesser degree some vegetables, can supply niacin. Dairy products and some plant products can make up for the missing amino acids. The amino acid deficiency in plant proteins does not mean that we must rely on animal products for complete protein supply. The amino acids lacking in one plant source can be made up in another.

## INCREASING PROTEIN CONTENT IN FOODS

Herbivores and carnivores alike, fear not! Ensuring your body is getting its share of complete protein is easy. Here are some simple ways to increase the amount of protein in your meals.

In baked goods:

- Use part or all whole wheat flour
- Add 2 Tbs wheat germ per cup of flour
- Add dry milk powder (Nido is better than Cowbell, albeit a bit more expensive)
- Replace 2 or more Tbs of flour with soy flour

In vegetables, casseroles, soups, etc.:

- Add cheese
- Use a sauce made with milk
- Add extra dry milk powder
- Use soybeans
- Use ground soybeans as extender
- Add hard-boiled eggs
- Add nuts

In salads:

- Add grated cheese or cottage cheese
- Add chilled, marinated soybeans
- Sprinkle roasted sunflower seeds or nuts
- Whip cottage cheese or yogurt into dressings
- Add hard-boiled eggs

In desserts:

- Use yogurt, milk, eggs, cottage cheese, or tofu
- Add extra dry milk powder
- Add soy flour
- Add nuts
- Sprinkle with granola

## COMPLETE PROTEIN COMBINATIONS

The following are some meal ideas that provide you with all eight essential amino acids for complete protein synthesis in your body:

- Peanut butter sandwiches
- Soybean salad with bread
- Bread containing soy flour
- Lentil soup and muffins
- Lentils or split peas with rice
- Rice and beans
- Beans and brown bread
- Beans and tortillas or corn bread
- Corn, peanuts, milk powder, papaya
- Peas, beans, fish, mango
- Millet, beans, egg
- Meat, beans, tomato
- Millet, fish, banana

## VITAMIN AND MINERAL CHARTS

Use the following charts on vitamins, minerals, and basic nutrition information as a means to ensure you are keeping yourself healthy and happy. Don't forget to supplement your healthy diet with a little healthy exercise!

MINERAL	NECESSARY FOR...	FOUND IN...	WHEN DEFICIENT CAUSES...
Calcium	healthy bones, teeth, and muscle tissue; good metabolism	milk (also natural tranquilizer), dairy products	poor growth, fragile bones, joint pain, muscle cramps
Chlorine	aiding liver function, digestion, regulating acid balance	table salt, oats, kelp, cabbage, tomatoes, celery	loss of hair, teeth, improper muscle contraction
Cobalt	cell function and cell maintenance	organ meats, milk, clams, oysters	poor growth, pernicious anemia
Copper	nerve function, bone health, skin and hair pigmentation	whole grains, almonds, eggs, leafy greens, beets, oranges	iron deficiency, anemia, poor red cell maintenance

MINERAL	NECESSARY FOR...	FOUND IN...	WHEN DEFICIENT CAUSES...
Fluorine	preventing dental cavities, strengthening bones	treated water, seafood, garlic, oats, sunflower seeds	tooth decay, degeneration of bones
Iodine	thyroid functions, controlling metabolism	sea, freshwater fish, sea plants, seaweed	hardening of arteries, goiters, poor metabolism, heart flutters
Iron	blood and liver function	gently cooked liver, spinach, dark leafy greens	iron deficiency, anemia
Magnesium	healthy blood sugar levels, energy level, acid / alkali balance	soybeans, wheat germ, apples, green vegetables	mental disorientation, heart disease, muscle tremors
Phosphorous	bone and muscle growth and function, body energy	fish, poultry, meat, eggs, corn, dried fruit	poor teeth and bones, rickets, arthritis
Potassium	body fluid balance, good skin, normal heartbeat	vegetables, oranges, bananas, sunflower nuts, grains	nerve disorders, poor reflexes, saggy muscles
Sodium	muscle activity, water balance	salt, carrots, meat, poultry, seafood. Found in most foods	not often lacking, but limit intake to avoid water retention
Sulfur	youthful skin and hair, building collagen	cabbage, radish, soybeans, brussel sprouts, fish, nuts	with sufficient protein, adequate amounts found in normal diet
Zinc	body growth, development of reproductive system	brewer's yeast, wheat germ, bran, green leafy vegetables	slow healing wounds, retarded growth

VITAMIN	NECESSARY FOR...	FOUND IN...	WHEN DEFICIENT CAUSES...
Vitamin A	hair retention, luster, supple and moist skin	fish oil, liver, carotene, yellow and orange fruits, vegetables, spinach, broccoli	dry inflamed eyes, styes, night blindness, brittle fingernails
Vitamin B-1 (Thiamin)	growth, muscle tone, forms enzymes in liver, cleans arteries of fat	bran, grains, yeast, organ meats, fish, nuts, beets, leafy greens	loss of mental alertness, memory loss, emotional instability
Vitamin B-2 (Riboflavin)	metabolism; healthy hair, skin, and nails; vision	organ meats, legumes, cheese, egg yolks, nuts, leafy green vegetables	fatigue, eye grittiness, scaling nose, mouth
Vitamin B-3 (Niacin)	metabolism, circulation, creating sex hormones, healthy skin and tongue	brewer's yeast, liver, poultry, tuna, milk, brown rice, peanuts	headaches, irritation, depression, mouth sores, breath
Vitamin B-5	producing enzymes that convert food to energy	eggs, salmon, wheat germ, legumes	low blood sugar, poor organ health
Vitamin B-6	body fluid balance, metabolism, digestion, absorbing vitamin B-12	milk, eggs, bananas, walnuts, peanuts, leafy greens, carrots	increased urination, skin cracks around the eyes and mouth, stomach cramps
Vitamin B-12	developing red blood cells, using amino acids, creating RNA and DNA	animal proteins, organs, brewer's yeast, yolks, salmon, cheese, vegetables	depression, schizophrenia, nervousness, insomnia, unpleasant body odor
Vitamin B-15	metabolizing foods, proteins, sugars, and fats	brewer's yeast, grains, pumpkin, sesame seeds	impaired circulation, premature aging

VITAMIN	NECESSARY FOR...	FOUND IN...	WHEN DEFICIENT CAUSES...
Vitamin C (Ascorbic acid)	fighting bacterial infections, healing wounds, maintaining collagen (which is extracted by smoking)	fresh citrus fruits, vegetables, tomatoes, potatoes	anemia, easy bruising, continued bleeding, poor digestion, painful swollen joints
Vitamin D (from the sun!)	strong teeth and bones, heart functions, stable nerve system	fish oils, liver, yolks, salmon, herring, sardines, organ meats, fortified milk	bone deformities, rickets, muscle spasms, muscle numbness
Vitamin K	liver function, blood clotting	kelp, leafy greens, yogurt, soybean oil	inability to absorb nutrients, colitis, poor clotting
Vitamin P (Bioflavonoid)	connecting tissues, cells, works well with Vitamin C	vegetables, fruit, pulp, buckwheat, rosehips	excessive bleeding, skin bruising
Calcium	healthy bones, teeth, and muscle tissue; good metabolism	milk (also natural tranquilizer), dairy products	poor growth, fragile bones, joint pain, muscle cramps
Chlorine	aiding liver function, digestion, regulating acid balance	table salt, oats, kelp, cabbage, tomatoes, celery	loss of hair, teeth, improper muscle contraction
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Zinc	body growth, development of reproductive system	brewer's yeast, wheat germ, bran, green leafy vegetables	slow healing wounds, retarded growth



## BASIC NUTRITION INFO FOR COMMON FOODS IN TANZANIA

Unless otherwise specified, the fruits and vegetables are medium-sized.

FOOD	CALORIES	CHOLESTEROL	FAT (g)	PROTEIN (g)	CARBOHYDRATES (g)
Avocado, half portion	162	0	16	2	7
Apple	77	0	0	0	20
Banana	105	0	1	1	27
Beans, kidney, 1/2 cup cooked	112	0	0	8	20
Beans, green, 3/4 cup cooked	33	0	0	2	7
Beef, 3 oz (varies with cut)	194	52	12	19	0
Bread, white, 1 oz slice	77	1	1	3	15
Cabbage, 3/4 cup cooked	53	0	0	1	12
Carrots, 3/4 cup cooked	53	0	0	1	12
Cashew nuts, 2 oz	325	0	26	9	19
Catsup, 1 Tbs	18	0	0	0	4
Chicken, 1/4 portion, pan-fried	510	11	31	37	18
Chicken, 1/4 portion, roasted	349	126	23	34	0
Coconut, 1 cup, dried and sweet	351	0	24	2	35
Cornmeal / ugali, 2/3 cup cooked	80	0	0	0	15
Cucumber	31	0	0	1	7
Dates, 4 pieces, dried	91	0	0	1	24
Doughnut, plain, 3 in. diameter	178	24	7	3	26
Egg, boiled / egg white	75 / 17	213 / 0	5 / 0	6 / 4	1 / 0
Kimbo, 1 Tbs	116	12	13	0	0
Fish, 6 oz (varies with fish)	155	82	2	32	0
Gin, 1 oz	73	0	0	0	0
Grapes, 1/2 lb	169	0	1	2	38
Green pepper	19	0	0	1	4
Honey, 1 Tbs	64	0	0	0	17
Jam, 1 Tbs	54	0	0	0	14
Lemon	24	0	0	1	6
Mango, large	168	0	0	0	44
Mayonaise, 1 Tbs	100	8	11	0	0
Milk, whole, 1 cup	149	34	8	8	11
Oatmeal, cooked, 3/4 cup	109	0	2	5	19
Oil, vegetable, 1 Tbs	119	0	14	0	0
Okra, sliced, 1/2 cup	19	0	0	1	4

FOOD	CALORIES	CHOLESTEROL	FAT (g)	PROTEIN (g)	CARBOHYDRATES (g)
Onion	20	0	0	0	5
Orange	69	0	0	1	17
Pasta, dry, 4 oz	421	0	2	14	85
Peanut butter, 2 Tbs	190	0	16	9	5
Peanut, roasted, 2 oz	329	0	24	8	6
Pear	92	0	1	1	62
Peas, fresh boiled, 3/4 cup	101	0	0	6	19
Pineapple, 3/4 cup	57	0	0	0	14
Pineapple juice, 1 cup	140	0	0	0	35
Plum	59	0	1	1	14
Pork, fried, 4 oz	332	70	26	19	4
Potato, boiled	116	0	0	2	27
Pumpkin, cooked, 1 cup	42	0	0	2	10
Rice, cooked, 2/3 cup, white / brown	150 / 156	0 / 0	0 / 1	3 / 3	33 / 33
Spinach, coked, 3/4 cup	31	0	0	4	5
Sugar, 1 Tbs	48	0	0	0	12
Tangerine	37	0	0	1	9
Tea, 1 cup (unsweetened)	2	0	0	0	1
Tomato	27	0	0	1	6
Tuna, 3 oz, canned in oil	168	15	7	25	0
Wine, red, 4 oz	85	0	0	0	2
Yeast, 2 tsp	15	0	0	2	2
Yogurt, 1/2 cup	71	7	2	6	8

## A WORD ON PESTICIDES & HERBICIDES

Pesticides and herbicides are design to be harmful and can do a good job of keeping a farmer's fields free of bugs and weeds, but sometimes they aren't the safest for humans to consume. Some vegetables may have trace amounts of pesticides on them, and while consuming just a little is OK, over time it may not be so good for your health. Unfortunately the use of pesticides isn't terribly regulated in Tanzania, and though it's not something to get paranoid about you should be aware that you may be consuming a little bit. Some vegetables have few insects that feed on them and so can be grown without pesticides; others require a good spray every now and then. It's not a bad idea to wash your vegetables in a vinegar soak which can help remove some pesticide residue. Combine 1 part vinegar with 3 parts water and soak veggies for just a couple minutes, then rinse with water to remove the vinegar.

# Conversions & Substitutions

More than likely your jikoni here in Tanzania isn't as well-stocked as your kitchen might be in America and you're probably lacking a couple of measuring cups and spoons. But, hey, TITZ, so we gotta make do with what we've got. The following are some conversion charts to help you correctly measure quantities with what you've got in your jikoni.

## OVEN TEMPERATURE CONVERSIONS

For those of us lucky enough to have a safi gas jiko.

Fahrenheit	Celsius	Gas Mark (Flame)
100	38	N/A
212	100	boiling point of water
250	120	1 (very, very low)
300	150	2 (very low)
325	160	3 (low)
350	180	4 (medium-low)
375	190	5 (medium)
400	200	6 (medium-high)
425	220	7 (high)
450	230	8 (very high)
475	240	9 (very, very high)
500	260	10 (extremely high)

To convert F to C: subtract 32, divide by 1.8

To convert C to F: multiply by 1.8, add 32

## FAT CONVERSIONS

Butter, Blueband, Kimbo, or oil... humans love fat.

Tbsp	Cups	Sticks	Ounces	Grams
1	1/8	1/8	0.5	12 - 15
4	1/4	1/2	2	50 - 60
8	1/2	1	4	100 - 115
16	1	2	8	200 - 225
32	2	4	18	400 - 450

## QUANTITY CONVERSIONS

1 kg = 2.2 pounds

1 Tbsp = 1 ounce = 3 tsp

2 cups = 1/2 liter liquid = 1 pound

1 stick of butter = 1/4 pound = 4 ounces = 8 Tbsp


## LIQUIDS & SOLIDS CONVERSIONS

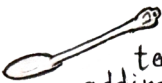
OUNCES	TBSP	CUPS	POUNDS	GRAMS	OTHER
1/2	1			15	
1	2			30	
2	4	1/4		60	
2 1/3	5 1/2	1/3		85	
3					
4	8	1/2	1/4	115	
5 1/3		2/3			
6		3/4		180	
8	16	1	1/2	225	
10		1 1/4		285	
12		1 1/2	3/4	340	
14		1 3/4		400	
16	32	2	1	450	1 pint
20		2 1/2		560	
24		3		675	
28		3 1/2		800	
32		4		900	1 quart
36		4 1/2	2 1/4	1000	
40		5	2 1/2	1125	
48		6	3	1125	
64		8			2 quarts
128		16			1 gallon


# INGREDIENT SUBSTITUTIONS

IF YOU DON'T HAVE...	USE...
¾ US-standard cup	1 glass used in the market for measuring nuts and beans
unsweetened chocolate, 1 sq ounce	3 Tbsp cocoa + 1 Tbsp butter
corn syrup, 1 cup	1 ¼ cups white sugar + ¼ cup water
brown sugar, 1 cup	1 cup white sugar + 1 Tbsp honey
molasses, 1 cup	1 cup honey
evaporated milk, 1 cup	½ cup regular milk + ½ cup condensed milk
chili pepper	cayenne pepper
pimentos	bell peppers
lemon juice	½ the suggested amount vinegar
egg, 1 whole	2-3 Tbsp mayonnaise OR ½ banana mashed with ½ tsp baking powder
vanilla extract, 1 tsp	1 small packet vanilla powder
cooked pumpkin	cooked winter squash (not zucchini or yellow summer squash)
sugar, 1 ½ cups	1 cup honey
honey, 1 cup	1 cup sugar + ¼ cup water
yogurt or sour cream	mtindi
cornstarch, 1 Tbs	2 Tbs flour
butter	Blueband or Kimbo
shortening	Kimbo
baking powder, 1 tsp	¼ tsp baking soda + ½ tsp cream of tartar OR ¼ tsp baking soda + ½ cup buttermilk and decrease liquid in recipe by ½ cup
ketchup, 1 cup	1 cup tomato sauce + 1 tsp vinegar + 1 Tbs sugar
soy sauce, ½ cup	4 Tbs Worcestershire + 1 Tbs water
vinegar, 1 tsp	1 tsp lemon or lime juice OR 2 tsp white wine

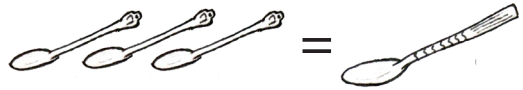
For most recipes, the amounts are relative, so if you can't measure something exactly, just be consistent and proportional. The following are about the sizes of typical measures:

1 Tbs =  1 spoonful of your everyday spoon

1 tsp =  1 spoonful of a teaspoon used for adding sugar to tea

1 cup (US Standard) =  1 full tea cup (or ¾ of a coffee mug)

And remember that 3 teaspoons equals 1 tablespoon.



# The Basics of Cooking

The secrets to cooking are simple: PLANNING and PREPARATION. Pick a recipe. Read it all the way through. Each recipe starts with a list of ingredients, so before you begin check what you have and what you need. Read the instructions and make sure you understand them -- you don't want to get halfway through and have stuff boiling away while you try and remember what "stir" means. You also want to make sure you have enough tools -- if the recipe says boil this while frying that but you only have one jiko, you'll need to make adjustments.

For the ingredients, make sure you have what you think you do. Some foods have different names in Tanzania so double check anything you might be unsure about in the glossary. Pay attention to the measurements, as some recipes use American measurements (ounces) and some use metric measurements (grams). And be sure not to confuse a teaspoon (tsp, or sometimes just t) with a tablespoon (Tbs or T). One tablespoon equals three teaspoons. You may need to make a few additional adjustments with certain ingredients, such as eggs (your average Tanzanian egg is quite a bit smaller than your average factory farm American egg) and garlic (if you've ever peeled garlic in Tanzania you know how little those things are!). Many of the recipes in the cookbook were written for big eggs and big garlic and what you would find in a typical "Western" kitchen, but other recipes were adjusted specifically for Tanzania. Help out the current editors -- if you find something that doesn't seem quite right for what we've got here in Tanzania, let them know.

Once you've planned the dish, prepare it. Set out all the ingredients and tools, and make sure you've got everything. Sometimes the list of ingredients includes some instructions, so follow these instructions before you start cooking anything. If the recipe list says "1 onion, chopped," "2 cloves garlic, minced," and "1 can tomato paste," then you want to chop the onion, mince the garlic, and open the can all before you start putting any of these ingredients into a hot sufuria.

Preparation also means doing the right things in the right order at the right time. Build up the fire in the jiko first so it will be ready when you need it. Put the raw vegetables in the pesticide soak before you need them. Marinate the meat a few hours ahead or even the day before, not at the last minute. Again, the recipe should tell you most of this.

And remember this: recipes are *guidelines*, not the Ten Commandments. If you can't get one ingredient, find something similar, or if it's not a crucial ingredient, omit it completely. Times and temperatures will always be approximate, especially on a jiko in Tanzania. Learn to judge for yourself when you think the food is done or when it's time for the next step. This is one advantage of being out there on your own: you can make mistakes (and you will), you can learn from them, and nobody will ever know.

## COOKING TERMINOLOGY EXPLAINED

**BASTE.** Foods are basted while they bake to prevent them from drying out. Usually a baster is used which has a rubber bulb on top of a plastic tube which you squeeze to draw fluid up, then you squeeze the fluid back out and onto the food. Usually the liquid used to baste has collected at the bottom of the pan, or sometimes wine is used.

**BLANCH.** Food, usually leafy greens, are quickly immersed in boiling water to cook them but to ensure that vitamins, minerals, texture, or flavor isn't lost. It's also a good way to remove skins from fruits and nuts.

**BOIL.** Water is boiling when big bubbles are coming up to the surface. If you see just a few bubbles here and there the water is close, but not quite hot enough yet. If the recipe calls for boiling rather than simmering, you should still reduce the heat to medium (put your jiko out of the wind and close the door). The water will keep boiling but you won't be using as much fuel. Make sure your sufuria has a lid that fits over the top completely

so as to not let steam out. Lots of recipes will tell you to cover the pot once it starts to boil (or simmer). Other recipes require that you leave the pot uncovered while it boils.

**CHOP.** Cut into small pieces. It's a coarser cut than mince, and sometimes can be "finely chopped."

**CRUSH.** Garlic is often crushed, meaning it's either squashed with the flat side of a knife, put through a garlic press, or twanga-ed with a mortar and pestle.

**DEEP FRY.** Deep frying is a different technique from frying and requires a lot more oil since the food is completely immersed in the hot oil. Use a sufuria with a small diameter so that you can use a small amount of oil. If you add the food before the oil is hot it tends to come out rather soggy, since it begins absorbing oil before it actually cooks. Make sure the oil is hot before adding anything, meaning test it first, usually with a small piece of bread or a small piece of whatever you are about to deep fry. The piece of food should sink but then float back to the middle of the pool of oil. Afterwards, you can continue using the same oil for deep frying. Just strain the oil and pour it in a bottle once it cools.

**FLIP or TURN.** Usually when frying something, you need to cook both sides. When the first side is done (or nearly so, depending on the food), slide a spatula under the food and carefully (but quickly) turn it onto the other side. For some foods you can use a spoon or a fork if you don't have a spatula. If the piece of food is big enough you can also flip it the chipsi mayai way, which is to take a plate, slide the food onto the plate, then put the pan over the food and turn both over at the same time so the food goes back into the pan on the other side.

**FRY.** To fry something means to cook it in a pan on top of the stove using some kind of fat such as oil or butter. This term does include "sauté" (see below), but often it refers to larger pieces, like a quarter chicken or a fish fillet, and uses more fat than sautéing does. Place a pan over medium heat and once the pan is hot, add the fat. Let the fat melt, spread it around the pan, and add the food. Keep an eye on the food and move it around every now and then to make sure it doesn't burn, and flip it a few times so it cooks on both sides. The idea with frying is that the inside of the food should cook at the same time as the outside, and the result should be food with a crispy skin that is completely cooked through.

**MINCE.** Mincing means to chop real fine. You'll usually only do this with flavoring foods such as fresh herbs, garlic, and hot peppers. Chop the ingredients into small pieces, then gather them together and chop some more until they're real small. If you are using basil or a leafy herb, it helps to roll the leaf before chopping.

**SAUTÉ.** Sauté is a fancy way to say fry. It means to quickly fry a thin piece of food. This technique uses less fat and since it's quick it uses less fuel, but it's also easier to burn your food. Keep a close eye on things to prevent burnage. Use a pan that is flat on the bottom and has high sides. A chapati pan will also work but be careful not to spill food over the edge. Just like frying, put the pan on the heat, add oil when the pan is hot, and add the food when the oil is hot. For large pieces of food, such as chicken breast or fish fillet, add the pieces and cook until just about done on one side. If necessary, adjust the heat, and flip to cook on the other side. To sauté small pieces of food, like chopped onion or minced garlic, turn the heat down lower once the fat melts. Since the food is smaller it's easier to burn, so keep it moving until it's cooked like it needs to be. When cooking onions you usually want to keep going until they become soft and translucent.

**SCALD.** To scald something is to heat it to just below the boiling point.

**SCORE.** To cut about 1/4" into a piece of meat or a vegetable to facilitate cooking, flavoring, or tenderizing.

**SIMMER.** Simmer means to get a mixture up to a boil then reduce the heat very low so that the mixture just bubbles a little bit. This cooks the food but helps to retain moisture. Often you'll want to cover your sufuria while simmering.

## COOKING ORDER

Recipes do things in a certain order for a reason. Onions usually go in first because they take longer and because they release flavor and moisture which helps the next ingredients along. Garlic goes in soon after, but not so soon that it will burn. Other vegetables go in according to how long they take to cook. Hardest first is a good rule of thumb, so a carrot would take longer than a tomato, for example.

Some spices, including mustard seeds, turmeric, cumin, and coriander need to be heated to release the best of their flavors and aromas. Other spices such as a pre-mixed curry powder, cinnamon, and any fresh herbs should be put in near the end of the cooking process, otherwise the heat will vaporize their flavors.

## TRICKS OF THE TRADE: PREPARING VEGETABLES

Most vegetables need some preparation before you use them. Onions and garlic have a paper-like outer layer that needs to be removed. For an onion, take a knife and cut off both ends. Then make a slit along the edge and peel off the outer layer or layers. With garlic, lay a clove flat on a cutting board and put the flat edge of a knife on top of it. Slam on the knife with your fist to slightly squash the garlic. This loosens the outer layer, making peeling super easy and also helps to release the delicious garlic aroma and flavor.

Tomatoes can be peeled, though it's not always necessary. You can just peel them with a knife or you can do it the easy way. Score an X in the bottom of the tomatoes and drop them in boiling water for a minute. Take them out and shock them in cold water, then just peel the skins off starting from the X. Feed the skins to your pets.

Carrots and other root vegetables should be peeled before use, or at least thoroughly scrubbed with a clean brush. Use a peeler or a knife, and always point the blade away from you.

For green peppers, cut off the top and scoop out the seeds. You can also flush them out with water. Then chop. Do the same with hot peppers unless you want a really hot dish, since the seeds is where the heat is concentrated. After you've cut up a hot pepper, **DO NOT TOUCH** your eyes, nose, or other sensitive orifices of your body until you've **HELLA** scrubbed your hands and waited a while.

## TRICKS OF THE TRADE: COOKING EGGS

Eggs from chickens with a healthy diet, such as you find in the village, are small, have bright yellow yolks, and are bursting with flavor. One way to determine the health of a chicken is by the yolk of its eggs -- if the yolk is white or gray and chalky in texture, the chicken likely does not roam the outdoors on its own in search of grubs and food scraps. Contrary to popular belief, just because an egg is brown doesn't mean that it's healthier, it just means that the chicken who laid said egg had some brown coloring in her feathers. If a hen is completely white, it will lay a white egg.

Before you add an egg to anything, crack it open in a separate cup to make sure it's good. You can test the freshness of an egg by placing it in a bowl of water. If it sinks, it's good. If it stands on end it's somewhat OK, but if it floats, it's bad. You can also shine a flashlight through it to double-check that it's not fertilized. Some recipes call for eggs in various forms, so here's the low-down on all that jazz:

**SEPARATE AN EGG.** This means to separate the egg yolk from the egg white. There are a few ways to do this. Take two bowls, one of which will hold the egg whites and the other of which will hold the yolk. Carefully crack the egg, keeping the yolk intact, and pour the yolk back and forth between each half of the egg shell, allowing the whites to run down into the bowl. Try not to get any eggshells in the bowl as you do this. Alternatively you can crack the egg and pour it onto your fingers, letting the whites run through while the yolk remains in your hand. It's messy, but it works. It's alright to get a little white in with the yolk, but try to keep all the yolk out of the white.

**FRYING AN EGG.** Put a skillet or chapati pan on a jiko over medium heat. When the pan is hot, add about a Tbs or so of butter or Blueband (even oil is OK), and swirl it around to coat the bottom of the pan. There are a couple ways to fry an egg:

*Sunny Side Up.* Pour an egg which you've already broken into a cup into the pan without breaking the yolk. Don't flip it. It's called sunny side up 'cause it looks like a sun. If you've got a steady hand you can pull some of the runny whites on top away from the yolk and onto the hot skillet to make sure they're fully cooked.

*Over easy/medium/hard.* Prepare the egg as sunny side up, but flip and cook both sides evenly. Over easy: cook lightly (and don't tell medical), over medium: cook so the yolk isn't too runny, over hard: cook until the yolk is pretty solid.

**SCRAMBLED.** Break eggs into a bowl and beat (mix) with a fork. Melt butter (or even oil) into a hot skillet or chapati pan, then pour in the eggs. Move them around with a spatula or fork as they cook. A fork works well because you can fluff them up a bit while they cook. If desired, add fresh or dried herbs or grated cheese while mixing. To make them creamy and fluffy, add some milk while you beat them.

**HARD BOILED.** Drop a few eggs ever so gently into boiling water. Make sure there is enough water to cover the egg (so use a sufuria with a small diameter). Let the eggs boil for 10 minutes, or 12 minutes if you are above 1000 meters. If you remove the egg with a spoon and the water immediately evaporates, the egg is done. Submerge the eggs in the cold water when you take them out. The extreme temperature change shocks the eggs, pulling the shell away from the inner flesh and making it much easier to peel.

**SOFT BOILED.** Soft boiled eggs are boiled for about 5 to 8 minutes, depending on how soft you like them. The egg is then cracked open and can be poured over toast and jam or just spooned out of the shell.

**TANZANIAN OMELETTE.** Beat eggs and then mix in chopped veggies such as tomatoes, green peppers, and onions. Heat butter or Blueband in a skillet and when hot, pour in the egg mix. Fry until just set, then flip (slide it onto a plate first, then invert it, the chipsi mayai way) and fry until cooked on both sides.

**FRENCH OMELETTE.** First, prepare the filling. If adding veggies, chop them fine. Some veggies such as mushrooms and onions should be sautéed first. If adding cheese, slice it thin or grate it. Break eggs in a bowl. Heat butter or Blueband in a skillet and meanwhile, beat the eggs in a bowl with a fork until you see air bubbles. Pour the eggs onto the skillet and swirl around to spread them out evenly. When the eggs start to set, add the filling in a wide line along the center. Run a spatula along the edge of the pan to loosen the eggs and carefully flip half of the egg on top of the other half, with the filling in the middle. Let that cook for a minute or so, then flip it over to cook the other side for another minute until the eggs are cooked through.

## ON COOKING BEANS

Cooking times for most beans is dramatically reduced by pre-soaking for a few hours, overnight if possible. Just place beans in a bowl or sufuria with enough water to cover them by a few inches. Make sure the sufuria is big enough, because as the beans soak they will absorb water and expand. Drain the water before cooking. To quick-soak beans, place them in a pot with enough water to cover by a few inches, bring to a boil for a few minutes, then remove from heat, cover, and let stand for a couple hours.

Make sure you pick through the beans to remove any rocks (and bugs!). Wash the beans well. Generally, 1 cup of dried beans will yield about 2 ½ cups of cooked beans. Beans should be simmered on low heat in about two cups of water per cup of beans and cooked with the lid on, stirring occasionally. Salt should be added at the end of cooking as adding salt too soon will toughen the beans, thus lengthening the cooking time. Approximate cooking times for soaked beans and lentils are listed in the table.



BEAN	COOKING TIME
black beans	1 ½ to 2 hours
black-eyes peas	1 hour
cannelloni beans	2 hours
chickpeas	2 to 3 hours
great northern beans	1 ½ hours
kidney beans	2 hours
lentils	45 minutes
pinto beans	2 hours
split peas	45 minutes

To test for doneness, spoon out a few beans and blow on them. If the skins burst, the beans are done. If you are using a pressure cooker, soak the beans and cook. When you hear the first release of pressure, continue cooking for 15 minutes. Remove from heat and let the cooker depressurize on its own.

For those of you living in areas that have salt in the water (which makes the beans tougher to cook), boil water and put it in a thermos, then add dry beans. Let the beans and hot water soak overnight in the thermos, and the next morning the beans should be ready to cook. You could also sprout the beans, and sprouted beans are easier to cook. To sprout beans,

but beans in a pitcher with enough water to cover. Use the pitcher to strain the water and replace the water daily until sprouted.

## ON HERBS AND SPICES

Adding herbs and spices to a dish is one of the best ways to add flavor, and you can get the basics anywhere in Tanzania. Herbs come from the leaves of certain plants and spices come from various other parts (cilantro, for example, is a leaf while coriander, a spice, comes from the seed of the same plant). Both herbs and spices should be kept in their containers, tightly sealed and kept away from heat and light. They will last much longer this way. A recipe should call for a certain amount of dried or fresh herbs, but generally you'll need to use about 2 or 3 times more fresh herbs than dried herbs.

Many of the recipes in this cookbook call using this herb or that spice. More often than not you can substitute one spice for another, leave one out, or add one. It's YOUR taste buds, after all; the dish is there to serve YOU and your guests. Use the amounts in the recipes as guidelines and experiment; if it tastes bad, learn from your mistakes and switch it up next time.

When adding herbs and spices, measure the amounts first (the lid of your spice jar works well for this). Don't measure directly into the pot as you can easily add much too much.

Check your local market to see what's available. In some regional centers you can find a wealth of fresh spices and herbs. Always go to the market to hunt for them before going to a safi duka and buying the Tropical Heat or another available brand. Support your local economy, and eat fresh! If you can't find much in your market, there's a good chance that an Indian person living in your town knows where to get them. Just strike up a conversation and ask where they get their spices, and maybe they can lead you down the secret path to your town's Spice Queen. If your site is out in kijijiland, you'll need to stock up on herbs and spices in the bigger towns. In Dar near the central market in Kariakoo is a good place to get spices; you might have been taken somewhere near there during week zero. Ask around as to where the traditional medicine dukas are (duka la dawa la asili/kinyeji). In Arusha, Gohil's spices, just off Soikoine Road as you walk towards the clock tower, has a great selection. The following are the herbs and spices used most in the recipes in this cookbook:

ANISE is a common spice in Indian cooking and therefore available at most Indian dukas. It can be used in tomato sauce. BASIL (mrehani) and OREGANO are used in spaghetti sauces, other tomato dishes, and salad dressings. If you can grow basil fresh in a bucket, it's delicious on pizza, in pesto, and with salads. You can easily dry fresh basil. BLACK PEPPER (pilipili manga) is usually found in whole peppercorns. Grind them with a mortar and pestle or cry crushing with the back of a knife. CARDAMOM (iliki) can be used whole in rice and

Indian dishes. It has a very strong and distinct flavor. It's also great in chai. CINNAMON (dalasinin), CLOVES (karafuu), GINGER (tangawizi), and NUTMEG (kungumanga) are good ground into desserts and pumpkin dishes. Fresh ginger chopped very small like garlic is excellent in stir-fried vegetables and fried rice. Be sure it is fresh otherwise it becomes fibrous as the rhizome begins to use its starch for its own growth. CORIANDER (giligiliani) has an earthy, slightly lemony flavor and is the seed of the CILANTRO (majani ya giligilani / giligilani freshi) plant, the leaves of which are also known as Chinese Parsley. CUMIN (jira or binzari nyembamba) is a seed. It is the main ingredient in many curries, is good with beans, and comes in whole seed or ground form.

Curries are various stew-like dishes that are highly spiced with some combination of cumin, chilies, and coriander, among others. Usually various curry powders contain the same ingredients, the secret is in the ratios. CURRY POWDER (binzari) is a pre-mixed ground spice combination that you add towards the end of cooking; Simba Mbili is a good brand, but your own will taste much better. Most curry powders contain FENUGREEK (uwatu) which is a small, tan, squarish seed. GARLIC (vitunguu saumu) is a bulb made up of cloves. Add garlic powder to your own curry powder, or if you prefer fresh garlic crush it before adding to your dish. GARAM MASALA, "hot spices," is a common curry spice combination of cardamom, cloves, cinnamon, and black peppercorn. MUSTARD (haradali) or MUSTARD SEEDS are great when cooking vegetarian dishes. Dry roast these (add to a hot skillet, cover, and wait for them to pop) to get that extra mustard taste into dishes. RED PEPPER (pilipili kali/mbuzi/kichaa), cayenne pepper, and chili powder (pilipili ya unga) add a kick to foods. Use carefully, and if using fresh pepper, do NOT touch your eyes or face until you've HELLA scrubbed your hands! TURMERIC (manjano) is ubiquitous in curries and is most often found in powdered form. Some curries also use BAY LEAVES which are also great for keeping bugs out of stored rice, beans, and lentils.

If you want to try spicing up your dish and making something with a little international flavor, try some combination of the spices below. This list is by no means exhaustive, but it's a start.

*Mexican:* cumin, oregano, chili, garlic, bay leaves, coriander

*Italian:* rosemary, basil, fennel, garlic, oregano, sage

*Swahili / Indian:* turmeric, saffron, garlic, ginger, cinnamon, nutmeg, cumin, coriander

*Cajun:* thyme, basil, oregano, celery seed, bay leaf, parsley, white pepper, paprika, garlic

*Middle Eastern:* parsley, mint, lemon, mustard, saffron, paprika

## ON DAIRY AND COCONUT MILK

**BUYING DAIRY MILK.** Be sure to ask for raw milk, maziwa mabichi. If you ask for maziwa freshi it may or may not have been pre-boiled and may have been diluted with water. Raw milk is usually cheaper than boiled milk, and you can just pasteurize the milk yourself at home. To pasteurize milk it's not necessary to bring it to a boil (this in fact will change the taste of the milk); as long as it is foaming and has bubbles around the edges for 1 minute, it's good to go. Get to know your milk mama -- get personal and talk to her about the goods and you'll be sure to get freshies every time.

**COCONUT WATER, MILK, AND CREAM.** A number of recipes in the cookbook call for coconut liquid in one form or another, but what do those terms mean? *Coconut water* is the natural liquid inside the coconut and requires no preparation. To make *coconut milk*, boil equal parts water (or coconut water) and shredded coconut until foamy, then strain out the solids, saving the liquid. To make *coconut cream*, boil 1 part water to 4 parts shredded coconut until foamy, then strain out the solids, saving the liquid.

## STEAMING VEGETABLES

Some recipes call for vegetables to be steamed. More than likely you don't have a steamer out in the village but it's pretty easy to make one on your own, and it's not too unlike a double boiler. Fill up a sufuria with about 2 or 3" of water. You're going to want to put the vegetables on something so the steam from the boiling water cooks them but the boiling water doesn't boil all the flavor and nutrients out of them. You can place some large rocks on the bottom of the sufuria so that the tops are above the water line and rest a metal grate on them, then just place the veggies on top and cover the sufuria. If you don't have a metal grate use a metal bowl. You can also use a smaller sufuria but make sure that there is enough space on the sides and on top to allow the steam to circulate. Cover the large sufuria to prevent the steam from escaping. Steaming typically takes 10 to 20 minutes.

## OTHER COOKING TIPS

- Cornflour is not maize meal or flour. It is what we call cornstarch in the USA but you will find it in supermarkets labeled as cornflour
- Golden syrup is corn syrup
- Garlic is easier to peel if you smash it first with the broad side of a big kitchen knife
- Tanzanian garlic is much smaller than the garlic we use in the US so you'll need to experiment with some of these recipes to figure out if its asking for 3 cloves Tanzanian garlic or 3 cloves elephant garlic. Unless the recipe was adjusted for Tanzania (and the current editors aren't sure which were and which weren't), it probably calls for elephant garlic
- Eggs can be a similar problem. Your average Tanzanian village egg is much smaller than the large factory eggs most recipes in fancy cookbooks call for, so if you use the amount the recipes called for but your food doesn't seem quite the right consistency, add another egg or two
- For vegetable soups, it helps to sauté or roast vegetables on charcoal before adding them. Boiling many vegetables too much will vaporize nutrients and flavor
- If a soup or sauce is too salty, add ½ a potato and cook for 10 minutes, then remove. The potato will absorb the excess salt
- Be sure to rinse your rice well before cooking to remove indigestible starches
- Remove olive pits by using your fist or the heel of your hand or by smashing it with the broad side of a big kitchen knife to break the skin. Then twist the skin to remove the pit
- Sprinkle lemon juice over fruits and vegetables to prevent browning
- Do not refreeze products that have already thawed
- Cheese grates better when it's chilled
- Chilled onions are less apt to make you cry
- To prevent vegetables from spoiling in the refrigerator, line the bottom drawers with old newspapers to suck away excess moisture
- Dull knives cause more accidents than sharp ones, so invest in a good knife sharpener
- Use only a plastic cutting board for meats. Bacteria can get trapped in the wood of a wooden cutting board
- Add nuts to salads and side dishes for extra protein
- Sunflower oil has a distinct smell but is great for health. It's not good for baking as it will make brownies and cakes smell like sunflower oil. To get rid of the smell, heat the oil until it bubbles and vaporizes the smell. Cool and use as normal
- Cream of tartar is made from the fruit of Baobab tree (fruits=mabuyu, tree=mbuyu). This may be easier to find than packaged cream of tartar

# The Basics of Baking

Baking in Tanzania can become one of your favorite pastimes as a PCV, if only you could figure out how to make it work. With the crude tools you have at your disposal it's not easy, but it's certainly possible, and with a little patience and experimentation you'll be a pro in no time.

First, let's start with the basics. Baking, of course, uses an oven, either a conventional oven or your jiko oven contraption, which we'll get to in a minute. The idea here is that instead of putting a pan or pot of food directly on the fire, you use the air heated by the fire to cook the food. The air is, ideally, the same temperature all around (herein lies the problem of a jiko oven), so it cooks the food evenly and makes burning more difficult. You can also cook a larger quantity of food this way but it takes longer and therefore uses more fuel. Even gas ovens in Tanzania don't always have good temperature controls so it's always a guess as to how hot your oven is, and therefore how long to cook to your food. You'll want to check up on the doneness of your baked goods every now and then -- just try to resist the temptation to check it too much, since every time you open the lid it releases the hot air and cools the temperature down a bit. For some cakes, this also causes them to collapse. Opening the lid will extend your cooking time while the air heats back up to temperature. And before putting anything in the oven, you've got pre-heat it. That means if you are using a charcoal jiko, stoke it BEFORE you start mixing anything and put your sufuria oven on the coals at least 15 minutes before baking.

So how exactly *does* baking work here, where there is no oven? To start, you'll need the following:

- a large pot with a tightly sealable lid or two large sufurias which you can stack on top of each other and seal
- a small sufuria or baking tray that will fit into the larger sufuria. This is what you'll cook your baked goods in
- three small rocks of equal thickness, three ½" stacks of coins, or a layer of dirt or sand
- a charcoal jiko

STEP 1. Stoke your charcoal jiko. See page 24 if you need help with this.

STEP 2. Place your largest sufuria on the jiko. It's best to use this sufuria only for baking. Place three small rocks, tuna-sized cans, or stacks of coins evenly spaced on the bottom. Don't use soda bottle caps as they somehow make your cake taste like kerosene. You can also fill the bottom of the sufuria with about a ½" thickness of dirt or sand.

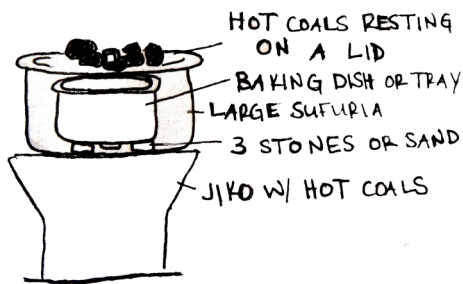
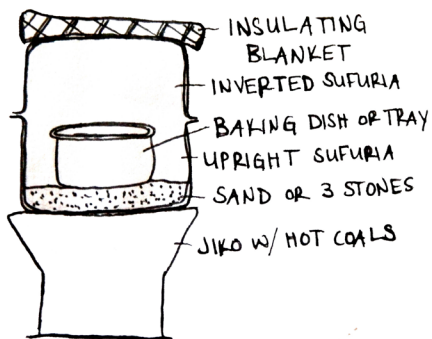
STEP 3. Cover the large sufuria for at least 15 minutes and let it preheat. You want the seal to be as tight as possible; any cracks will allow heat to escape, thus increasing cooking time, amount of fuel used, and drying out your cake if it takes that long. Try using wooden clothespins to keep the lid on, or if the edges have become slightly warped, pound them flat with a hammer to the shape of the sufuria.

STEP 4. Make your cake, cookies, brownies, or other delicious treats while the jiko oven is heating.

STEP 5. Put your uncooked mixture into a small sufuria or baking sheet. Place the small sufuria in the larger sufuria, resting on the rocks or layer of sand, and cover. Check your coals to make sure they are hot but not too hot, and put a pile of coals on the top to make sure the air is the same temperature all around. You can also try folding a heavy towel or blanket on top of the jiko to absorb the heat. Weigh it down with books or heavy rocks, but take care to make sure it doesn't burn. And don't you ever put charcoal on top of the towel, or you'll have more than just burnt bread! If you do decide to use a towel, remove it for the last 10 to 15 minutes of baking and add hot coals to the top instead. If you are using a kerosene or gas stove, you don't need to put any charcoal on top, though putting a towel on top would still help.

STEP 6. Because of all the inconsistencies in using the jiko oven (closure of the lid, coal temperature,

altitude...) you'll need to check on your food occasionally to see if it's done. Resist the temptation to do this too often! Generally as soon as you can smell your food from not too far away, it's done. Remove it from the heat immediately! Most cakes and brownies can be tested for doneness by inserting a toothpick into the center. If the toothpick comes out completely clean, it's done. If there's even just a bit of crumb on it, let the food bake a bit longer. You don't want a soggy mess on the inside of your cake.



## BAKING TERMINOLOGY EXPLAINED

**CREAM.** Aside from the more common cream as in milk cream, to cream something means to work a food, usually butter, until it becomes soft and creamy. Many recipes call for creaming butter together with sugar before adding the remaining ingredients. This is best achieved with a fork. An easy way to cream butter or Blueband and sugar is to melt the butter and then mix in the sugar. Or use Blueband Spread for Bread, since it's already creamed.

**CUT.** This one also has multiple meanings, one being to simply use a knife to cut something. In baking sometimes you'll be asked to cut butter into something, which means to cut little pieces off the butter and combine with some dry ingredient. The result will usually be some kind of chunky or crumbly mixture.

**GLAZE.** A glaze is added to a dish to give it a glossy appearance, a hard finish, or just for decoration. Usually it's sweet and used for cakes, cookies, and brownies, but sometimes is used for other foods.

## MISCELLANEOUS BAKING TIPS

- Those round, flat trays made in India work great as cookie sheets
- To make cupcakes, dinner rolls, or muffins, use small tomato paste tins and place directly onto a layer of dirt
- Once you've figured out a good charcoal temperature, flame height, or baking time for a certain recipe, write it down for next time
- The heavier the larger outer sufuria, the better as they prevent heat from escaping during baking
- If baking at a higher altitude, you'll likely need to use about 1 ½ times as much yeast.
- Make sure you sift through ALL flour well. Even the refined stuff you buy in the dukas can occasionally have a rock or two in it
- Icing sugar is the same as powdered sugar which is the same as confectioner's sugar. To make powdered sugar, just whirl some coarse sugar in a blender or twanga it with a mortar and pestle. This is healthier anyway, as commercial powdered sugar is super refined
- You can substitute coarse cane sugar for other sugars. The baked good will have a slightly different texture
- You may need to adjust the amount of flour you use depending on altitude. Cake batter is usually thick, but you should still be able to pour it. Cookie dough is firm

- Before adding to a recipe, make sure your yeast (hamira) is active by dissolving it in a small cup of warm water. If it bubbles, it's active. It doesn't last forever, so keep it in the refrigerator or just buy as much as you need at your local duka. Make sure its fresh when you buy it. 1 package of dry yeast = 1 Tbs dry yeast
- If using more than 1/3 cup of oil in a recipe, try to avoid using sunflower oil as it'll make your cake or brownies taste like sunflowers. If you don't have any other oil, heat the desired amount of oil over high heat to boil it a tiny bit. This will release the pungent flavor

## ON BAKING BREAD

Bread baking can be an audacious task for those of us who have never gotten along with yeast or dared to go beyond the world of store-bought. But have to fear, bread, just like anything else, becomes easier the more willing you are to make a mistake. A couple of key points to remember: warm water that is used to dissolve the yeast should be warm, not hot. Dissolve the yeast a little at a time to avoid chunks. When rising, make sure the bread is placed in a warm area. If the sun isn't out, make your jikoni into a mini sauna by stoking your jiko and boiling a large pot of water to spread that warm lovin' to your bread. If you are finding your breads to be a bit dense, try sifting the white flour when you buy it. This will also get rid of stones and bugs too. Most flour in America is pre-sifted and does not need this step. As for whole wheat bread, many of us miss the whole-grain-goodness we were used to back in Marekani. So far, making whole wheat bread in Bongoland has proved slightly problematic: you can get whole wheat kernels in the soko (ngano) and have them processed at your local mill, but that straight whole wheat flour doesn't seem to rise well, even with dope yeast from the States. You can also buy whole-wheat flour (atta) in a safi duka. Mixing it nusu-nusu (or other ratios, just experiment!) with the normal stuff seems to work.

## BAKING POWDER VS. BAKING SODA

What's the difference? Both are leavening agents, meaning when mixed with certain ingredients they produce carbon dioxide and cause your food to rise. Baking soda is pure sodium bicarbonate. The reaction occurs when combined with some moisture and an acid, such as buttermilk, yogurt, chocolate, or honey. Baking soda is usually used in cookies. Baking powder contains baking soda, cream of tartar, and a drying agent, usually a starch. It is used with more neutral-tasting things like milk and is often used in cakes and biscuits. The reaction occurs shortly after mixing with the right ingredients, so you don't want to let your cake batter or cookie dough sit out for too long, or you'll end up with something really flat.

## GREASING A SUFURIA

Greasing a sufuria is super important when baking, unless you want your cake to be forever stuck in your pan. Luckily, greasing is super simple. Make sure your sufuria or baking tray is dry, then take a chunk of butter and using your fingers, spread it around the bottom and up the sides of the sufuria. Then you can pour a spoonful or two of flour inside and swirl it around to coat the butter completely. This will ensure your cakes and brownies will come out easy and clean. Note that even if you grease your sufuria, if you let your food cool it in for too long (i.e. several hours) it will stick anyway.

## MAKING A DOUBLE-BOILER

Double boilers are good for melting things that easily burn with more direct heat, such as chocolate. The double boiler uses steam from boiling water to heat and melt food rather than hot coals. To make a double boiler, simply choose two sufurias of different but not too different diameters so you can nestle one inside the other. In the larger sufuria put about ½ to 1 inch of water in the bottom, and the food you want to melt in the smaller sufuria.

# Carnivory & Cooking Meat

These are some preparation techniques that can be used with any kind of meat: beef, pork, poultry, fish, rodent... They make all good meat better. Before trying any of these techniques, make sure that your meat smells and looks fresh. Remember, there is limited government inspection in this country, and rarely is there controllable refrigeration or truly sealed space. Also, your butcher may or may not be honest about how old your meat is; don't get paranoid, but use your common sense. Cut off any questionable chunks, and use your fingers to check for bone shards and any foreign objects. Wash your meat before using any cooking method in cold running water, and then rinse your hands.

**MARINATING.** Marinating is soaking meat in any type of acidic liquid. This is a great way to prepare your meat for cooking here, to help balance gaminess. You can marinate meat in alcohol (use your cheap stuff for this!) to tenderize it as well. Almost anything can be a marinade, from fruit juices (try papaya), to stock, to coffee. Be aware of your base liquid and add flavorings to match. For beginners, keep sweet flavors together (papaya, ginger, and honey or sugar) and bitter and salty together (beer, garlic, thyme, and salt).

Marinating should take at least 2 but no more than 4 hours unless you have a fridge; alcohol is a little safer, but this is still food and will go bad sitting out. This meat still has to be thoroughly cooked according to all of the safety points outlined by the medical staff.

**BRINING.** Brining is soaking meat in saltwater. You can brine any meat to tenderize and flavor it. This is especially nice here, where most meat is free range and has to be thoroughly cooked. Also, it is a great way to store meat for dinner that you bought in the morning. Brining can counteract the toughness and gaminess that is often a problem for Tanzanian carnivores.

Use a cup of salt per gallon of water, approximately. Don't worry too much about the math; this is not a perfect science. That said, you do need enough brine to cover your meat completely. Poultry especially will soak up salt water, so this is a great opportunity to experiment and add other flavors that you like. Try combinations of pepper, garlic, ginger, sugar, cooking wine, beer, honey, and herbs and experiment to create your own secret recipe.

Leave the meat in the brine for at least 4 hours, but no more than 8 outside of a fridge, and keep it covered with a cloth or a plate to keep out bugs. This meat still has to be thoroughly cooked according to all of the safety points outlined by the medical staff.

**RUBS.** Rubs are an easy and quick way to thoroughly flavor meat. Score (cut the surface) of the meat and rinse before applying the rub. Rubs can be dry or wet; remember that wet rubs are not marinades and should be at least as thick as honey.

Rubs can be sweet, savory, or spicy (and this is only a guideline). Sweet rubs are great on pork and fish; start with honey or sugar and add ginger, garlic, salt, and/or fruit pulp. Savory rubs are great with anything; start with salt or a small amount of alcohol or oil and add any herbs you like with salt and garlic. Spicy rubs can be started with salt, oil or alcohol and should have several types of pepper. Remember that the seeds of hot peppers are by far the hottest, and if you like it really hot, you can crush or cut them first to really release those oils. That said, be careful to wash your hands and knife in hot water and soap before touching your face again.

Cut your meat into chunks for more even flavoring and cooking (optional), and place in a bowl with your rub. Use your hands and work the rub onto the meat until there is none left in the bottom. You should be able to see the rub clearly on the meat; that's how you know you have enough. Use this meat in stir fries, kebabs, or bake it, to name a few options.



**COOKING.** Meat can either be cooked hot and fast (seared) or low and slow (roasted). Either way can be done over open flame (barbecued or smoked) or contained away from the fire in a pot. Remember that when you use open flame in contact with your meat you need to consider your fuel. Kerosene smoke carries a very distinct gasoline smell and flavor with it. If you use your coals to barbecue and kerosene to start them, make sure all the kerosene has burned off before you add the meat. Smell your smoke (waft like in high school science class; use your hand to bring the smoke to your face, don't put your face in the smoke) to determine if the smoke is good enough for your food.

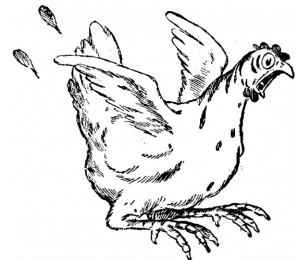
Searing can really improve the flavor of your food. If done first, it seals in juices, and then the meat can finish cooking in a slower and more controlled environment. To sear, simply place meat above an open flame or on a very hot surface (try rubbing with a little oil first) and cooking the surface until it just starts to burn. Remember that this will not cook your meat all the way through, so meat should either be roasted or boiled first, or roasted afterward. You can sear your meat and then wrap it in foil to protect it for the rest of the time required.

Smoking or slow roasting your meat will break down tough meats over time. Just make sure that you start well enough ahead to cook it thoroughly.

Meat is done when cutting all the way through finds no red juice or bright red flesh. This is very important here because there is no way to determine what the animal ate or, oftentimes, how old the meat is.

## SLAUGHTERING A KUKU (CHICKEN)

Slaughtering your fist chicken can be scary. You have decided to kill it, but you don't want it to suffer (hopefully). It is possible to kill a chicken while it is calm; they go into a kind of trance while they hang upside down. There are many ways to kill a chicken, as many of our grandparents can tell you. Remember; it was not long ago that even most Americans killed their own chickens. The following is common knowledge, and the easiest way to do it by yourself, especially if you're inexperienced.



You will need:

- A chicken (Keep it under a bucket while you prep; the dark calms them).  
Butchers in larger towns may offer egg layers or non egg layers. Try to buy the bird that never laid eggs; they cost a little more but are much easier to cook. Egg layers are usually only good for soup.
- At least 4 feet of rope or twine, and a place to hang the bird at shoulder height where it is somewhat private
- A fired-up jiko with a big sufuria full of boiling water
- 2 sharp knives; one pocket sized and a big long carving knife - do not try this with dull knives!
- 2 plastic gloves from the med kit (not required, but encouraged for your first time)
- A bucket or bag for innards

**STEP 1.** Take the chicken around its wings and set it on its back. Wrap the twine several times around both legs and tie securely; you can pick it out later at your leisure. Hold the chicken by its legs and tie it to a branch, beam, or other horizontal sturdy object at shoulder height. Check your knot by giving it a slight tug.

**STEP 2.** Gently but firmly hold the chicken's head in your off hand to keep the neck straight and still. With your dominant hand, slide your big knife between the feathers under the beak first, up by the handle of the blade. Take a deep breath. Quickly, with a good grip on the head, slice using more pressure than you think you'll need; you want to get all the way through the neck fast, the first time. Drop the head and step back; the body will spasm and spray various fluids (sorry) for a minute or so. The bird is not alive during that whole time, but muscle spasms and fluid release are part of death. The worst is now over.



STEP 3. Once the blood stops, untie the rope from the tree and take the carcass to the pot of boiling water. Dip the chicken in the boiling water to its feet (holding the string) and carefully move the chicken in the water to saturate the feathers for 30 seconds. To make the plucking easier, tie the chicken back up where it was. Pull the feathers out a few at a time (the skin is fragile), starting with the breast area, and follow with the neck and body, wings, and tail. Pinch small feathers and remnants out with tweezers or the dull edge of a knife against your thumb. Finally, you can singe off fluff and down with an open flame (take the flame to the bird on a stick or piece of charcoal, not the bird to the jiko, to avoid cooking the flesh early; it will taste bad).

STEP 4. Cut off the feet (the entire scaly part) and catch the chicken. (You can give the feet to a mama; Tanzanians know how to cook them.) Lay the chicken on its stomach facing away from you, and locate the oil gland above the tail (looks like a nipple). Cut above the gland and around it, scooping it out from underneath as you go. While you're back there, cut off the tail.

STEP 5. Turn the neck to face you and cut across the back of the neck just above the shoulders. Flip the bird and finish the cut around front being careful not to damage the breast meat. The skin should separate away from the meat so that you can see the muscle surface uncut. Cut the connectors and twist the neck, then reach in and cut it out. The gullet is round, flat and hard, and slightly smaller than your palm. Pull it out. You're almost done.

STEP 6. Turn the chicken on its back so its neck is pointing away from you. Find the breast bone, and start just below it right in the middle with your small knife, cutting carefully; you should see the innards, but try not to cut into them (the smell is awful, and it will make cleanup harder). Cut down to the anus (sorry) and around it, trying not to let much out. "Dump" the insides of the chicken out, and reach inside like a Halloween pumpkin with your hand first (thank God for the plastic gloves in the med kit) to break connections with the dangly bits. You have to feel around for any organs you may have missed and pull them out, and scrape the lungs out of the rib cage (they are spongy material stuck to the ribs). If you like giblets (or are low on iron) save the heart (oblong and bright red) and the liver (purplish and shiny), and peel the gizzard.

STEP 7. Rinse the entire chicken inside and out with cold water, and chill whole if you aren't going to use it right away. Cut the chicken into parts if you like, or cut the meat in chunks right off the bone for stir fry, or roast whole, depending on your plan.

STEP 8. Bury the innards and head at least 2 feet down. You can bury them near a tree or plant that you like; it will eventually become compost that way.

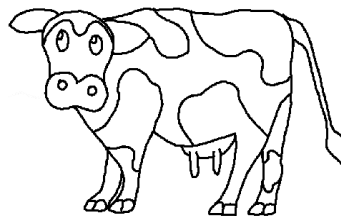
STEP 9. Wash everything that touched the chicken, including surfaces and your rope, with hot, soapy water and bleach. You will be left with a lingering smell for a day or so that can attract flies unless you do a really good cleaning job.

Cook your freshly butchered chicken to your liking and feast!

## BUYING NYAMA (RED MEAT: BEEF, MUTTON, AND GOAT)

The meats available in rural areas -- chicken, beef, mutton, and especially goat -- are rich in protein and relatively low in saturated fat in comparison with meat marketed in the US. Trim the skin, cut off observable fat, and spoon off grease from stews. Remember that 1 serving meat is 5 ounces -- the amount that can fit into the average size palm.

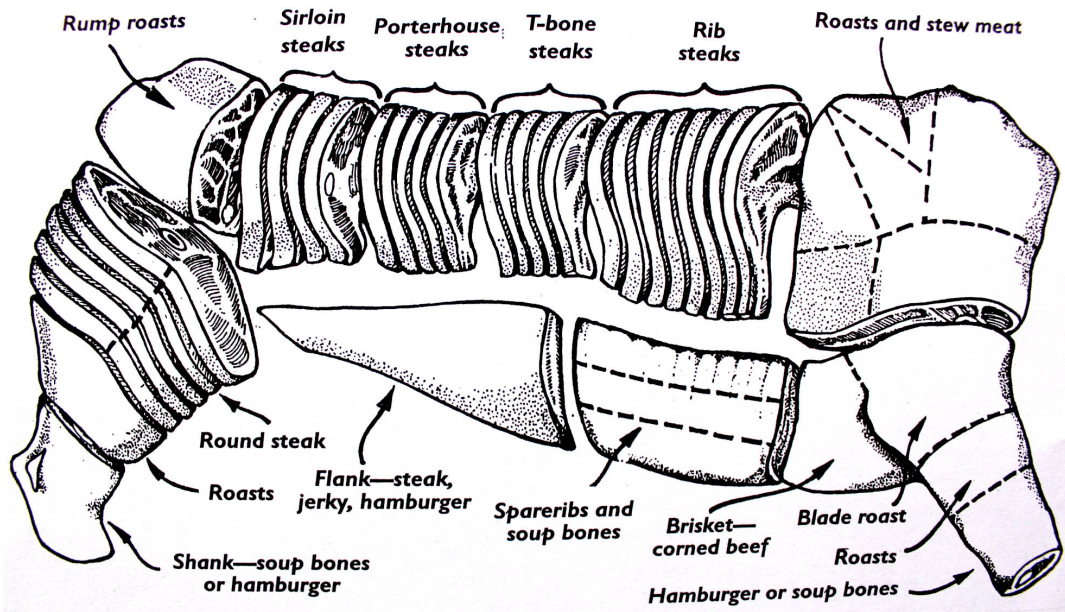
Cook all meat well. Rare, medium, or medium-well meat -- forget about it: think Mad Cow Disease, think Rift Valley Fever, think parasites. All meat should be cooked well with NO visible pink to ensure that all bacteria are



killed. Following are some helpful hints:

- Don't overcook meat. When roasting, make small cuts into the meat. When clear liquid rather than red liquid seeps out, the meat is cooked.
- Use meat in stews. Simmering tenderizes the meat while harnessing its flavor. Add the long, slow cooking process makes even tough Tanzanian meat chewable.
- Tenderize meat by marinating it for a few hours beforehand or even overnight. Marinades also enhance flavor and should be saved to add to the stew liquid. Use an acid such as vinegar or citrus fruits. Papaya has enzymes that break down the gristle that makes meat tough; tomato is also a natural tenderizer. Mash papaya or tomato and marinate the meat in it for a few hours. Rinse off before cooking.
- Pound meat with a hammer to break down the muscle which makes it tough.
- Make arrangements with your local butcher to provide you with lean, choice cuts. Many village folk prefer fattier cuts so you might be surprised at the local availability of what we consider to be choice cuts. Buy a meat grinder and it will save you money in the long run, and you'll know exactly what's in your meat.
- A word about liver... we advise you don't eat it. The livers of all mammals process everything that goes through the digestive system, including toxins. Because of the sometimes rampant use of pesticides, it's very possible that by eating liver you are consuming DDT.

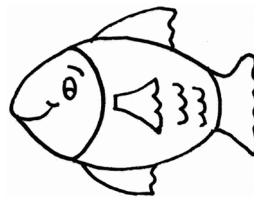
Americans are accustomed to certain cuts of meat which are simply unheard of in Tanzania. You can, however, go to your butcher, show him the picture above, and request these cuts if you are having a party or just want a great meal. The porterhouse is the best cut by many people's standards but the problem is cutting through the bone. If needed, you can use a saw or just cut the meat off the bone with a scissors and it will be tender and flavorful. Any meat from the back portion of the cow is delicious and softer than other meats.



## BUYING SAMAKI (FISH)

Fish is a highly perishable commodity and as little time as possible should elapse between catching and consumption. When buying a fish at the market or from a vendor, one should be sure it's fresh. Fresh fish can be recognized as follows:

- it smells fresh
- the gills are red
- the eyes are clear, round, and not sunken
- the skin is shiny
- the flesh springs back after a finger is pressed into it.
- Fillets are harder to judge; make sure it smells fresh and not...fishy.



When buying fish, the following points should be kept in mind:

- Size. A large fish will have more flesh and fewer bones than a smaller one: you get more bang for your buck.
- Kind. Some fish are fatty, others are lean. Fat fish will provide more calories and more vitamins A and D. There is a difference in taste between fat and lean fish and many prefer the latter.
- Bones. Some, especially freshwater fish, have many small bones in the flesh, while others only have the center bones.

Because fresh fish spoils so quickly, if the fish is still alive when purchased the best thing to do is to put it in water and let it live until you are ready to use it. Dead fish should be cleaned and prepared as soon as possible after purchase; if short-term storage is needed, however, place the fish on a plate and cover it with a clean cloth which has been dipped in water with vinegar or lemon juice. This will keep the fish cool and will prevent the smell from spreading. Place the fish in a cool place (like a no-fridge fridge!). If you have an actual refrigerator, the fish should be placed into a plastic bag which will prevent it from drying out.

To clean fish, proceed as follows:

1. Remove the scales by placing the fish on a newspaper or wooden board and scraping from tail to head with a strong knife. Certain fish do not have scales and these must be skinned. Do this by pulling the skin down from the tail to the head.
2. Cut away the fins and tail, and, if desired, the head.
3. Cut open the stomach, beginning at the tail end and take out the intestines and other organs. Remove the dark film of the stomach lining.
4. If the head is left on, cut away the gills.
5. Wash the fish thoroughly.
6. If preparing the fish whole, make small cuts in the flesh at regular intervals. Take care not to cut too deep or you may break the fish. Salt can penetrate the flesh better through the cuts and the fish will cook quicker.
7. Cut fillets with a sharp knife along the backbone of the fish. (A fish fillet is a strip of flesh without any bones -- just meat.) Cut the flesh from the bone, keeping the knife horizontal. Turn the fish over and cut the other fillet. Skin the fillets. Two fillets can be cut from each fish. The bones and the head can be used for soup, fish stock, or stew.

Fish range from delicate (parrot fish, snapper) to tough (Nile perch). For a delicate fish, the less you do to it, the better. A simple sauté, for example, maybe with a little garlic sauce on the side. For heavier fish, try grilling or baking. Even stewing works well. And you can a spicier sauce like a salsa with lots of pilipili.

# Kitchen Basics

## HOW TO STOKE THE CHARCOAL JIKO

It's not easy, but with a little practice, you'll get the hang of it. It helps add kindling. Go out in search of it yourself or pay some village kids to bring you some.

STEP 1. Make yourself a chimney by finding an old Nido or other metal can, about 4 to 6 inches in diameter and 6 to 10 inches in height. Cut out the bottom and poke a pattern of pencil-sized holes all around the sides to allow ventilation. If you have a charcoal jiko you can just use the chimney that came with it and save yourself a step.

STEP 2. Fill your jiko with charcoal, making a ring in the center where the chimney will rest and where air can flow into the bottom.

STEP 3. Place the chimney on the charcoal and put 2 - 3 pieces of old newspaper, empty toilet paper rolls, or other paper garbage in the bottom. Fill the can with charcoal. You might want to pour one or two capfuls of kerosene on the coals at this point.

STEP 4. From the bottom of the chimney, light the paper with a match.

STEP 5. Wait 20 to 30 minutes or until most of the charcoal in the can is on fire and remove the chimney. Use a hot pad, that baby is gonna be hot!!

STEP 6. If the charcoal still needs to be a little hotter, let it sit 5 to 10 minutes before putting a sufuria on top.



If you want to take a break from cooking for a few hours but dread the thought of re-stoking your charcoal jiko, keep the coals hot by insulating with ash. Either dump a generous amount of ash on top of your jiko and shut the door to your jikoni to keeping any breeze out or fill a large sufuria 1/3 of the way with ash, pour in the hot coals, fill the sufuria with more ash, and cover, leaving a small crack to allow a little bit of air circulation. The coals should stay hot for several hours.

## REFRIGERATION... WHERE THERE IS NO REFRIGERATOR

The simple way: Make sure whatever you want to chill is in a well-sealed container. Place it in a large container such as a basin, bucket, or a large sufuria with a few inches of as-cold-as-possible water. If you live in a cold area, leave the water outside overnight to chill a bit. Place the container of food in the basin, then cover with a damp towel, ensuring the ends of the towel are immersed in the water. No-fridge fridges work best in areas of low humidity. This works on the same principle that causes you to be really chilly when you step out of the shower -- as the water evaporates, it cools your body, or your food, down a bit. (This is a great physics demonstration!)

The slightly more complicated but still pretty easy way: Fill a basin a little less than half-full with as-cold-as-possible water. If you live in a cold area, leave the water outside overnight to chill a bit. Take a heavy cloth or towel and wrap it all the way around a bucket, sewing it on or securing it with string. Leave a little bit of extra fabric at the bottom so it's immersed in the water. Then, put a few heavy rocks at the bottom of the bucket. Pour water into the bottom of the bucket to a level just below the top of the rocks. Place your veggies and leftovers in a sufuria or other container and place the sufuria on top of the rocks. By capillary action, water should be drawn about halfway up the towel. The layer of water inside the bucket will keep the humidity high, keeping your

vegetables fresh and crisp for up to a week. Keep the bucket covered, and every day pour a little water around the towel to keep it moist. This works on the same principle and the simpler no-fridge fridge.

## DRYING HERBS, VEGETABLES, & FRUITS

Drying your own fresh, organic, home-grown herbs is super easy. Just wash them and hang them upside-down in a well-ventilated place for a few weeks until dry. Crumble or chop them and store in a plastic bag or an old honey jar. If a recipe calls for fresh herbs, generally you can use about half or one-third as many dried herbs.

Hot peppers can be dried just the same. Tie or thread the stems onto some string and hang the string in a well-ventilated place. Drying usually takes about a month. When the peppers are completely dry (and hard), store in plastic bags or old honey jars. They will last the remainder of your Peace Corps service.

Fruit can be dried pretty easily, too. Mix 1 Tbs citric acid (unga wa ndimu) with the juice of 1 or 2 lemons or limes. If you can't find unga wa ndimu it's OK to crush 2 500-mg Vitamin C tabs and substitute those, but it doesn't work as well. Slice your fruit and place in a bowl along with the wet mixture. Let marinate about 30 minutes. Put the fruit on a drying rack (like described in the next section, or just lay them on a kangha in the sun) for 2 days to a week, depending on the climate. Store in an airtight container.

Tomatoes are also easy to dry, and you can get that delicious sun-dried tomato taste with your basic jiko oven. It'll take a while as you want to dry them slow. Just wash and dry about 1 kilo of plum tomatoes, then halve and de-seed with a spoon. Place on a foil-lined baking sheet or tray and lightly drizzle with oil -- olive oil is best. If you have a gas oven, bake on the lowest setting possible, or if you're baking them in an oven on a charcoal jiko, keep the coals pretty low (but don't let them go out!) It takes about 8 or 9 hours to bake, so make sure you get an early start. Turn the tomatoes every 2 hours. When done, the tomatoes should be hard but not burned and they should have a deep red color. Let cool overnight and store in plastic bags or glass jars. They'll last several months. Great with salads.

## DRYING FRUITS, MEATS & OTHER FOODS

Some days there's just not much to do in the village. How are you going to spend an entire day, sunup to sundown? Well, you could certainly wander through your village, piga hodi, and spend hours salamia-ing your neighbors... but some days you just want to lounge around your house and bask in the hot equatorial sun. And bask you can! (Don't forget sunscreen, now.) Another way to spend a bright, sunny day is to dry some food! Drying food is a great way to preserve fruits and meats, plus it can be a great income-generating project for your local mama's group.

Drying is used to remove water from foods for two reasons: to preserve the food and to reduce the weight and bulk of food. When carried out correctly, the nutritional quality, color, flavor and texture of rehydrated foods are only slightly less than fresh food. However, if drying is carried out incorrectly there is a greater loss of nutritional qualities and more seriously, a risk of mold and food poisoning.

For effective drying, air should be hot, dry and moving. These three factors are interrelated and it is important that all three factors are present. Dry air must be blown over foods so that it can pick up water vapor from the food and remove it. If wet air is used it cannot carry water vapor away from the food. The temperature of the air affects the humidity (higher temperatures allow the air to carry more water vapor). The temperature of the air, measured by a thermometer bulb, is termed the dry-bulb temperature. If the thermometer bulb is surrounded by a wet cloth, heat is removed by evaporation of the water from the cloth and the temperature falls (to the 'wet bulb' temperature). The difference between the two temperatures is used to find the relative humidity of air; the bigger the difference, the lower the humidity.

The stability of a dried food during storage depends on its moisture content and the ease with which the food can pick up moisture from the air. The risk of moisture pick up is greater in high humidity. Different foods pick up moisture to different extents (compare for example salt or sugar with pepper powder -salt and sugar pick up moisture, pepper doesn't). For foods that readily pick up moisture it is necessary to package them in a moisture proof material (sealed plastic or used jars or plastic tubs). Also, you can use the 'freshness' packets from pill bottles to keep with your dried goods (and salt) after the pills are gone.

**PROBLEMS WITH DRYING.** Case hardening is the formation of a hard skin on the surface of fruits, fish and some other foods which slows the rate of drying and may allow mold growth. It is caused by drying too quickly at the beginning and can be prevented by using cooler drying air.

Vitamin losses are often greater during peeling/slicing etc. than during drying. Loss of fat soluble vitamins can be reduced by shade drying and loss of water soluble vitamins by careful slicing using sharp knives. Blanching of vegetables is necessary before drying and water soluble vitamins are also lost in this stage.

It should be noted that drying does not destroy micro-organisms and only inhibits their growth, so drying rotten food will not make it edible. Blanching is one method of reducing the levels of initial contamination, and washing of fresh foods should be done routinely before drying.

**SOLAR DRIERS.** Solar driers operate by raising the temperature of the air to between 10-30°C above room temperature. This makes the air move through the drier and also reduces its humidity.

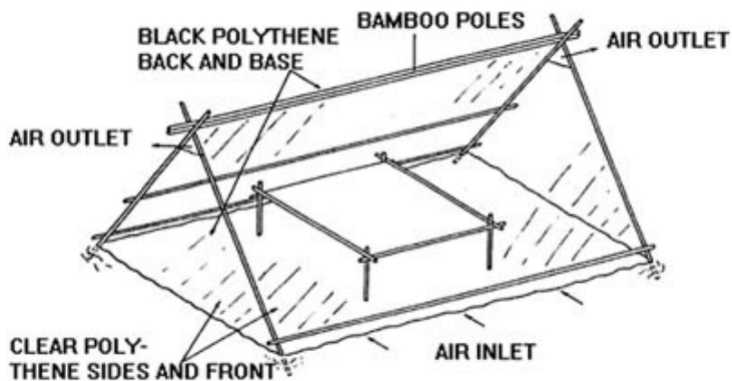
Higher temperature, lots of air movement, and lower humidity increase the rate of drying. Food is enclosed in the drier and therefore protected from dust, insects, birds and animals. The faster drying rate reduces the risk of mold. The faster drying rate also gives a higher efficiency, and so a smaller drying area. The driers are water proof and the food does not therefore need to be moved when it rains, although they are light and should be watched in the wind.

The collectors are covered with a transparent material to ensure uniform airflow. Glass covers are best but they break easily, are heavy and expensive. Plastic often has poor stability to sunlight and weather, but is about 10% of the weight of glass and does not break. The best types of plastic are polyester and polycarbonate when available.

The food can be either exposed to the sunlight in direct systems, or heated air is passed over shaded food in indirect systems. Direct systems are used for food such as raisins, grains and coffee where the color change caused by the sun doesn't matter, but most foods need indirect systems to protect them.

The most common type of collector is a bare galvanized iron plate which is painted matt black (direct). There are two other basic types of drier; tent driers and cabinet driers. Each of these types uses natural air circulation although it is possible to fit an electric or wind powered fan to increase the speed of the air.

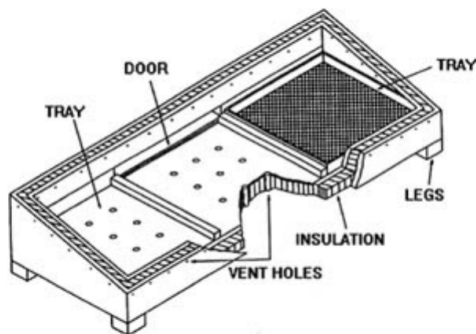
**TENT DRIER.** This type is a direct drier consisting of a ridge tent framework, covered in clear plastic on the ends and the side facing the sun, and black plastic on the base





and the side in shade. A drying rack is placed along the full length of the tent. The bottom edge of the clear plastic is rolled around a pole, which can be raised or lowered to control the flow of air into the drier. Moist air leaves through holes in the top corners of the tent.

**CABINET DRIER.** This can be a direct or indirect drier, depending on whether the food is in the sun or not. The basic design is an insulated rectangular box, covered with clear glass or plastic. There are holes in the base and upper parts of the box to allow fresh air to enter and moist air to leave. The inside of the cabinet is painted



black to act as a solar collector. In indirect types, a flat plate is painted black and suspended in an insulated frame. Air is heated on both sides of the plate before passing into the drying cabinet. Food is placed on perforated trays within the cabinet and warm air from the collector rises up through the food and leaves through the top. The length of the cabinet is approximately three times the width to prevent shading by the sidewalls.

The sides can be made from board or mud-coated basket work. Larger models can be made from mud, brick or cement. The insulation can be wood shavings, sawdust, coconut fiber, dried grass or leaves, but should be at least 5 cm thick to

keep the inside temperature high. If insects are a problem, the air holes should be covered with mosquito netting. Drying trays should be made from basket work or plastic mesh. Metal should not be used as it can react with the acids in fruits and some vegetables and cause off-flavors in the food. These types of driers are used for fish, fruit, vegetables, root crops and oilseeds. They have capacities of up to 1 ton.

## HOW TO MAKE WINE

First, let's nerd out with some oenology. The fermentation reaction of wine is:



This means that the yeast eats up the sugar with byproducts of Carbon Dioxide and Ethanol (alcohol) -- probably the greatest organic molecule of all time... or should we say orgasmic molecule? Unfortunately in the presence of oxygen the yeast takes a different reaction with higher Gibbs free energy (better for yeast) and makes a byproduct of vinegar (not so good for you).

Two things can halt our little yeasty friends from eating sugar to make glorious alcohol:

- no more sugar
- too much alcohol

In the first case the yeast eats, reproduces like Wilt Chamberlain, and dominates all the sugar until it is bye-bye. Without sugar the yeast goes dormant and sinks to the bottom of the bucket, settling into a mud-like layer of slooge. This type of wine is called a dry wine. In the second case the wine keeps pumping out alcohol until it can't continue living in the wine environment. The yeast goes dormant and sinks to the bottom again, but this time the sugar remains. This is called a sweet wine.

The percent alcohol level in which the yeast goes dormant is dependent on the yeast strain. This is how we get sweet and dry wines all over the alcohol spectrum. Rad. Lastly, and most importantly, this is all "wine theory" and practical models don't always work out in such an idealistic fashion.

To get started, here's what you'll need:

- Fruit base - enough to fill one fourth to one third of the bucket when shredded or smashed. If you are using ginger, you only need 3 or 4 large pieces. You can also use spices (cinnamon and lemongrass work well). Try adding lemongrass leaves when you boil your drinking water. Unripe fruits are sour and make a good flavor.
- 2 20-liter buckets
- 1 funnel
- a filtering device such as a kangha or pillowcase
- 4 Tbs yeast or 1 packet wine yeast
- 4 to 5 kg sugar
- 1 or 2 Tbs chai leaves, to add color and tannins
- the juice of one lemon for extra goodness.

**THE BEGINNING (TIME T = 0).** First, clean everything well! Use hot, soapy water to clean your utensils and dry them in hot sun. Grate, cut, or smash your fruit. Prepare enough to fill about a fourth of the bucket or more and dump it in. Next, pour in all the sugar. You can boil water and mix in the sugar the night before to ensure it dissolves. Add the chai leaves then pour in drinking water until the bucket is nearly full. The mixture "rises" and foams up from the yeast, so don't fill it up all the way. Add the yeast. If using commercial yeast follow the packet directions, otherwise, just dump it in. Stir like ugali makin'. Use a long wooden spoon to mix everything in well and to get at the fruit at the bottom. Your mixture is complete!

Cover the bucket and keep the wine somewhere you can kinda forget about it for a while. Place the lid on top but don't snap it shut -- you want to allow the carbon dioxide to escape somewhere. Don't look inside. After a while you should be able to put your ear to the side of the bucket and hear our yeasty friends eating away the sugar.

**THE FILTER (TIME T = 3 WEEKS).** After three weeks, the first waiting period is over and you can filter your wine. Wash out another bucket with hot, soapy water and place it next to the one with wine. Take the lid of the wine bucket -- it should look like the funk of 40,000 years on top. Scoop out all those nasty chunks with a spoon and toss 'em. Next, ladle out the wine and pour it through a pillowcase or a kangha to strain it into the new bucket. You can clean or scrape the filter partway through if it gets clogged. It's important to gently ladle out the wine, and you don't want to wake the layer or dormant yeast sleeping at the bottom. Throw out the last half liter or so, including the yeasty slooge. Cover the bucket with the filtered wine (this time you can close all the way) and stick it somewhere you can forget about it for another three weeks or more. The chemical reaction is complete and the ageing process begins.

**THE BOTTLING (TIME = 6+ WEEKS).** After at least 3 weeks of ageing, the wine is ready to be bottled. Plastic bottles are great for traveling but glass bottles are classy. Whatever your choice it's a good idea to wash them with hot, soapy water and allow them to air- and sun-dry completely. Take the lid off your bucket and ladle the wine through a funnel into each of the bottles. Make sure the bottles are sealed properly with clean corks or caps. The fermentation reaction should be complete so the bottles won't explode from additional CO<sub>2</sub> production. Now taste your frankenstein, it's always a surprise.

## MAKING COFFEE... WHERE THERE IS NO COFFEE MAKER

Many of us love Africafé for its convenience, it's bei poa, and 'cause those leftover tins are great for baking muffins, but every now and then you just want a good cup of coffee. Even though Tanzania grows excellent coffee, most of these beans are exported and you're more likely to find a cup of it in Starbucks than you are here where it grows.

The most important part of a good cup of coffee is the coffee itself, so if you want a good cup, start with good



beans. Sometimes you can find coffee roasted in your region (KNCU or the Coffee Shop in Moshi, Mbinga coffee in Ruvuma, for example), but if not, try to buy the freshest beans possible. Grounds make brewing easier as you don't have to worry about twanga-ing them with your mortar and pestle, but whole beans will stay fresh longer.

If you're really feeling like starting from scratch, see if you can find some green coffee beans in the market to roast yourself. Pre-heat a large sufuria on a hot charcoal jiko, then pour in a kilo or two of green beans. Keep the sufuria covered and shake it every few seconds for about an hour. You've got to keep shaking it to ensure the beans on the bottom don't burn. You can also try keeping the lid off and stirring with a wooden spoon, but it releases a lot of heat so it takes longer. When the beans are darkened to your liking, dump them out onto a kangha to cool. Store whole beans or grind first.

So once you've got the beans, how do you actually make the coffee without a big fancy coffemaker? Simple, I say! There's a couple methods you can try:

**METHOD 1: STEEPING.** Bring some water to a boil and let it cool for about 30 seconds. For ultimate freshness grind your beans just before brewing. Scoop about 1 Tbs of ground per cup into a small sufuria, then pour the water over them in a circular motion, trying to cover all the grounds. Let sit for a minute or two, stir a bit to get a little of that delicious foamy stuff, and let sit for another two or three minutes, keeping it covered to stay hot. Then filter through a strainer or a cloth and enjoy! If you bought coffee grounds or are really good at getting a fine ground with a mortar and pestle, you can pour a little bit of cold drinking water in the sufuria when the coffee is ready and wait another minute. The grounds will sink to the bottom and you can decant the coffee without using a filter. This is a great way to make a large batch of coffee... for when you and your sitemates need it.

**METHOD 2: POUROVER.** The pourover is a great way to make a single cup of coffee. You need a pourover funnel, which is pretty simple to make, or you can have a lightweight plastic one sent from home. When you finally say kwa heri to that Africafe, clean out the tin (the small one works best) and pop a couple of holes in the bottom -- not too big that a bunch of grounds can drip through, but not too small as to clog up. Start small and you can make them bigger later if you need to. It's not quite a funnel but it'll do. You can also use a plastic funnel from the soko, and wrap a couple layers of a kangha on the bottom to make a nice filter. In your "Africafunnel," use a kangha as a filter and maybe even sew it to shape to fit. Boil your water and grind your beans. Let the water cool for about 30 seconds and pour about 1 Tbs of grounds per cup of coffee into the filter, more or less depending on how strong you like your coffee. Pour a little water over the beans in a circular motion, covering well, until the funnel is filled. It should take 2 ½ to 4 minutes for an entire cup of coffee to filter, and if goes to fast or too slow, you know you need to make the holes in your funnel smaller or bigger. If you don't mind a little residue in your cup you can even skip the kangha filter altogether. This one takes a little practice to get everything just right, but makes a delicious single cup.

Once you master the art of making porini coffee, try making some fancy drinks!

**ESPRESSO:** Brew super strong coffee, about 1 Tbs of grounds for every fluid ounce of water. 1 shot = 1 fluid oz.

**MACHIATTO:** Add a little sugar and a dollop of milk foam to a shot of espresso.

**LATTE:** Brew espresso to desired strength. Pour a shot or two (about an ounce) of espresso into your coffee mug, then fill with hot milk and top with a little foam.

**CAPPUCCINO:** Brew espresso to desired strength. Pour 1 part espresso and 1 part milk in a coffee mug and top with a heavy layer of milk foam.

Milk foam, you say? Why yes, it's possible! Just boil your milk and whisk with a fork -- whisk A LOT. The goal is to mix the milk with air. (If you can master ugali then you can master milk foam.) Otherwise, you can fill a jar about halfway with milk, close the lid tightly, and shake it like a Polaroid picture until it's full of foam. Just make sure the milk isn't so hot it's going to break the glass.

# Your Jikoni

Looking at kitchen all over Tanzania, we've come up with this list of absolute essentials. The cheapest ones are available at most large village markets and mnadas, but for the more expensive ones you'll have to look in supermarkets in the cities. Nothing listed here is so rare that it can only be found in Dar, though it may be cheapest there.

**STOVES.** Consider getting two kinds for different jobs.

*Charcoal jiko.* A charcoal jiko is great for cooking beans, slow cooking, simmering, and baking, but is a pain in the matako to stoke. There are various sizes and types of charcoal jikos, and if you cook lots you want to make sure to buy a good one. The jikos with the clay liner help to insulate the heat and are much more efficient. After about a year some of the cheaper ones tend to crumble. Sometimes getting charcoal for these stoves can be a pain, depending on where you live, but it's always available and is cheap.

*Kerosene jiko.* Cheap, easy, and very popular with Volunteers. Just pour in enough kerosene and let the wicks soak it up. Light the wicks, put the other parts on top, then turn up the flame so it catches itself on top. Since you are cooking directly on a flame it heats things up fast. It's good for when you are in a hurry or too hungry to wait for your charcoal jiko to get hot. Kerosene jikos can also produce lots of smoke and turn the outside your sufurias black pretty quick. One jiko likely won't last you two years, especially if you use it daily, so it might be a good idea to invest in a bigger square kerosene jiko. Be sure you take care of your jiko by pulling up the wicks every so often. The wicks are called tambi (like spaghetti) and are available at most dukas. If you need to change them, find a paperclip and bend it into a hook. Fold the new tambi in half and secure it in the hook of the paperclip. Insert the paperclip into the holes of the jiko and pull through.

*Electric Hot Plate.* You need to have electricity, of course, and it does run up the bill (if you're paying), but it can be very handy, especially if you run out of all the other fuels -- like you're in the middle of cooking on gas and the tank runs out. Get a two-burner plate if this is your main stove, or a one-burner for those fuel-less emergencies. Some of the hot plates even comes with a mini oven!

*Gas.* The best! Just like cooking in America, except with expensive fuel and limited availability. You'll probably need another stove unless you live near a fuel supply as the tank will run out on you just when you need it most. If your area uses biogas, so see if you can't tap into that someone...

*Four-burner gas or electric stove with oven.* If your partner organization (cause mungu knows you won't have one if you're on your own) supplies you with one of these, count your blessings (and count on having lots of visitors!). Great for just about anything and everything, but if you have a gas version make sure you've got an 11 to 15 kg tank, and maybe a smaller second one to use while the first is being refilled.

**SUFURIAS + LIDS.** Depending on how often and what you cook, you'll want between 2 and 4 sufurias of various sizes, plus a couple of matching lids. At minimum, we suggest one large pot for boiling water and one medium pot for soups and stews. Optionally you can add a small one for making tea and hot drinks and another large one for making a jiko oven. Get a sufuria scrubber (it looks like a slinky) for cleaning them. If they get grimy and full of char and food pieces, soak them in a mixture of water and vinegar for a few hours before scrubbing. There are a few kinds of sufurias available in Tanzania:

*Aluminum.* Available everywhere, and the cheapest. Check the thickness -- the thicker the aluminum the more they cost and the less likely your food is to burn. Boils water faster than stainless steel.

*Stainless steel.* Very good heat conduction so food doesn't burn or stick nearly as much, and they're easier

to clean than aluminum. Less sticking also means you can cook with less oil. At least one of these is highly recommended if you're going to do a lot of cooking. Stainless-steel pans are good for mixing and cooking acidic foods, which dissolves aluminum; however, they are not good for boiling water as it takes a long time.

*Non-stick imported pots.* Just like cooking at home. Rather pricey and extravagant, but if you cook a lot, it might be worth it.

**SKILLETS.** One small skillet for making toast, chapati, and chipsi mayai should be enough.

*Cast iron chapati pan.* Thicker iron means better quality. Cooking on cast iron raises the iron content of your food. Very popular with volunteers.

*Tanzanian-made steel or aluminum pans.* Look for Lion Brand. Just like cooking at home.

*Imported non-stick Teflon.* Also just like cooking at home, and good for cooking with a minimum of oil.

Warning: If you're going to splurge on a nice non-stick pan, then splurge. Don't suddenly go for the cheap kind because you want to spend half your monthly stipend at the Subway in Dar. Poor-quality non-stick coatings have been known to flake off and can be quite harmful to your body, so go for quality.

**CUTTING KNIVES.** Want to cut stuff? You'll need a knife. You should have at least one good stainless steel knife, the best you can afford. It should feel comfortable in your hand and well-balanced. Knife length is somewhat of a personal choice, as long as it will do the jobs you want. It makes a big difference, as chopping and cutting can go much faster. And it's safer, too. You can cut yourself much easier with a dull knife that slips than with a sharp knife that does what you want it to. The local butchery can sharpen your knife for you every couple of months. If you bake lots of bread, consider buying a long serrated knife. Kiwi brand knives are a good price and good quality. Imported knives are the best quality available in Tanzania and can be rather expensive, but on the other hand, your main knife is the single most important tool in the kitchen.

Other miscellaneous yet still essential items:

- Large wok-like frying pan for deep frying and stir frying
- Wooden mortar and pestle for pounding garlic, ginger, and spices, and for "blending" without a blender
- Mbuzi for grating coconut. If you tell your neighbors you know how to do this they'll be impressed!
- Chapati board and roller. The board can double as a cutting board
- Cutting board. Wood is cheapest and is fine so long as you don't put raw meat on it. Plastic is most popular
- Wooden spoons for stirring stews. Tanzania makes some great ones
- Tea strainer
- Large strainer for draining pasta, washing veggies, etc.
- Grater
- Spatula
- Basins and dishrags

Other fancier but certainly useful kitchen items are as follows:

**MEAT GRINDER.** Buying a meat grinder is an investment, but a useful one. You can make samosas, meatballs, hamburgers, mash potatoes, peanut butter, and you can use it for soups. If you do that, put only solids in, filtering the liquid if you've got to cook them first, and put a bowl under the grinder because you're going to have a mess. Be sure to take the grinder apart and wash thoroughly in hot water after each use... that was raw meat, after all. A matchstick is handy for poking through the holes.

**BLENDER.** Obviously, you'll need electricity, but if you have it, it may be worth splurging on a blender. You can make smooth and creamy soups, fresh juices, and smoothies to your heart's content!

**PRESSURE COOKER.** Amazing for cutting down on cooking time! If you soak beans overnight, they can be ready in about 15 minutes (after the first release of pressure). You can use the pressure cooker with any fuel source -- electric stove, kerosene, charcoal, or even firewood. Just be careful then the pressure is being released! It makes a lot of noise! You can find these in most Indian run kitchen shops in bigger towns.

**VEGETABLE PEELER.** A great tool for many tasks in the kitchen. It slices potatoes really thin which can then be fried into wonderful potato chips. And of course it's great for general peeling jobs, such as fruits, tomatoes, and carrots. If you can't find one here, have one sent from home.

**CLAY POT.** Called a chungu, a clay pot is great for cooking things that take a long time (like beans or slow-cooked stews). Clay is a good insulator and retains heat, so beans will cook faster because less heat will escape. When you buy one you've got to first waterproof it in one of two ways. The first way is to make thin uji and swirl it around in the pot to coat the entire inner surface. Leave overnight, then scrub off the next day with water. The second way is to rub the outside of the pot with a split green banana. Don't wash it off.

#### Miscellaneous Kitchen Tips:

- Old car parts are creatively used to make woks and heavy frying pans, and they are cheap. Before using, scrub the wok or pan well, removing any paint chips or rust.
- How to make a non-stick pan: Coat with a very thin layer of cooking oil, wiping any excess out with toilet paper. Then cook over low heat until it looks dry and black, moving the makeshift pan or work on the jiko until it has completely blackened. You now have an almost non-stick pan! Be careful when washing not to scrub off the coating or you may need to season it again.
- If cooking without non-stick cookware, preheat the pan with lots of oil before adding food and your food should not stick.
- A couple of nyungos (those woven dishes used for sorting beans and grains) work well as a place to store fruits and vegetables. Tie three equally spaced pieces of string around the edges and suspend it from your ceiling to store veggies and kitchen goods off the floor.
- Save old honey, jam, and peanut butter jars to use as spice jars. They also make good beer mugs or cups when you've got a bunch of friends staying over, or you haven't washed the dishes in a week.
- Bay leaves work well to prevent beans and grains from infestation, or from arresting the development of bugs if they're already there.

# Kiswahili for the Sokoni & Jikoni

## FOOD VOCABULARY

ENGLISH . . . . . KISWAHILI  
 almonds . . . . . lozi  
 avocado . . . . . parachichi  
 besean flour (chickpea flour) . . . . . unga wa dengu  
 baking powder . . . . . baking powda, chapa mandashi  
 baking powder, local . . . . . magadi  
 bananas . . . . . ndizi  
 basil . . . . . mrehani  
 beans . . . . . maharage / maharagwe  
 beer . . . . . bia  
 beer, local . . . . . pombe  
 black pepper . . . . . pilipili manga  
 boneless beef . . . . . steki  
 bread / breads . . . . . mkate / mikate  
 cabbage . . . . . kabichi  
 cardamom . . . . . iliki  
 carrots . . . . . karoti  
 cashews . . . . . korosho  
 cassava . . . . . muhogo  
 cauliflower . . . . . koliflowa, kabichi ya maua  
 chicken . . . . . kuku  
 chickpeas . . . . . njugu, njugu mawe  
 chili powder . . . . . pilipili ya unga  
 cinnamon . . . . . dalasini  
 cloves . . . . . karafuu  
 coconut . . . . . nazi  
 coffee . . . . . kahawa  
 cooking oil . . . . . mafuta ya kupika  
 coriander seeds . . . . . giligilani  
 cilantro (coriander leaves) . . . . .  
 . . . . . majani ya giligilani, giligilani freshi  
 corn, maize . . . . . mahindi  
 cow peas . . . . . kunde  
 cream of tartar . . . . . mabuyu  
 cucumber / cucumbers . . . . . tango / matango  
 cumin . . . . . jira, binzari nyembamba  
 curry powder . . . . . binzari  
 dates . . . . . tende  
 duck . . . . . bata  
 eggplant . . . . . biringanya  
 egg / eggs . . . . . yai / mayai  
 fenugreek . . . . . uwatu

fish . . . . . samaki  
 fish (small sardine-like kind) . . . . . dagaa  
 flour . . . . . unga wa ngano  
 garlic / many garlic . . . . . ki/vitunguu saumu  
 ginger . . . . . tangawizi  
 goat . . . . . mbuzi  
 grapes . . . . . zabibu  
 green gram (mung beans) . . . . . choroko  
 green peas . . . . . njegere  
 green pepper . . . . . pilipili hoho  
 guava . . . . . pera  
 hot pepper . . . . . pilipili kali, pilipili mbuzi  
 hot pepper, super hot . . . . . pilipili kichaa  
 lemon . . . . . limau  
 lentils . . . . . adesi, dengu  
 lime . . . . . ndimu  
 mango / mangoes . . . . . embe / maembe  
 milk . . . . . maziwa  
 mustard . . . . . haradali  
 mushrooms . . . . . uyoga  
 oatmeal . . . . . unga was shayiri  
 mung beans (green gram) . . . . . choroko  
 okra . . . . . bamia  
 onion / onions . . . . . kitunguu / vitunguu (majl)  
 orange / oranges . . . . . chungwa / machungwa  
 papaya . . . . . papai  
 peas . . . . . njegere  
 peanuts . . . . . karanga  
 peanut butter . . . . . siagi ya karanga  
 pigeon peas . . . . . mbaazi  
 pineapple . . . . . nanasi  
 plantains . . . . . ndizi mbichi  
 popcorn . . . . . bisi  
 powdered milk . . . . . Nido, maziwa ya unga  
 pumpkin / pumpkins . . . . . boga / maboga  
 raisins . . . . . zabibu kavu  
 rice, grains . . . . . mchele  
 rice, cooked . . . . . wali  
 salt . . . . . chumvi  
 sesame seeds . . . . . futa, simsim  
 sheep . . . . . kondoo  
 shortening . . . . . Kimbo, mafuta  
 shrimp . . . . . uduvi

soy beans . . . . . soya  
 spaghetti . . . . . tambi  
 spinach, local . . . . . mchicha  
 squash / squashes . . . . . boga / maboga  
 sugar . . . . . sukari  
 sweet potatoes . . . . . viazi vitamu  
 tamarind . . . . . ukwaju  
 tangerine / tangerines . . . . . chenza / machenza  
 tapioca . . . . . sabudana  
 tea . . . . . chai  
 tomatoes . . . . . nyanya  
 watermelon . . . . . tikiti maji  
 whole wheat flour . . . . . atta  
 whole wheat kernels . . . . . ngano mzima  
 yeast . . . . . amira  
 yogurt . . . . . mtindi  
 ripe . . . . . bivu (mbivu)  
 raw, unripe . . . . . bichi (mbichi)  
 rotten . . . . . bovu (mbovu)

### UTENSILS & SUPPLIES VOCABULARY

kerosene . . . . . mafuta ya taa  
 wooden spoon . . . . . mwiko  
 ugali stir stick . . . . . kipekecho  
 pot . . . . . sufuria  
 skillet . . . . . kikaango

charcoal stove . . . . . jiko la mkaa  
 kerosense stove . . . . . jiko la kerosense, jiko la mchina  
 cup . . . . . kikombe  
 bowl . . . . . bakuli  
 spoon . . . . . kijiko  
 fork . . . . . uma  
 mortar, pestle . . . . . kinu, mchi  
 fiter/strainer . . . . . chujo  
 basin . . . . . baseni  
 bottle . . . . . chupa  
 clay pot . . . . . chungu

### KITCHEN VERBS

grind (with a mortar and pestle) . . . . . -twanga  
 stir . . . . . -koroga  
 cook . . . . . -pika  
 heat up . . . . . -pascha moto  
 fry . . . . . -kaanga  
 boil . . . . . -chemsha  
 filter / strain . . . . . -chujia  
 mix . . . . . -changanya  
 knead . . . . . -kanda  
 mash . . . . . -ponda  
 simmer . . . . . -chemsha polepole  
 grind . . . . . -saga  
 stir (ugali) . . . . . songa

And now... let's get to the recipies!

# Breakfast

Maandazi, chapati, pancakes, or toast? Breakfast in Tanzania can be equally as delicious as breakfast in America, especially with a steaming cup of spiced chai maziwa.

## Maandazi

1 ¼ cups flour  
2 Tbs sugar  
1 tsp baking powder  
1 tsp ground cardamom  
1 egg  
¼ cup milk  
oil for frying

Mix together dry ingredients. Stir in egg and milk. For lumpy maandazi, drop by spoonfuls onto hot oil. For better looks, roll out to about ¼" thickness on a well-floured surface and cut into triangles before frying. For a chewier texture, knead dough with extra flour for about five minutes and let rest 30 minutes before rolling out. *Variations:* Add mchicha or lemon rind for some nice flavor. Warm chopped mchicha in milk before adding milk to the mix. Goes well with chocolate frosting!

## Doughnuts

2 eggs  
1 cup sugar  
1 cup milk  
5 Tbsp Kimbo, melted  
4 cups flour  
4 tsp baking powder  
½ tsp cinnamon or 1 tsp grated lemon rind

Beat the eggs and slowly add the sugar. Add the milk and the Kimbo. Mix the dry ingredients together, then combine wet and dry ingredients. Roll or pat dough ½" thick and cut. If you let the dough sit for about 10 minutes it will absorb less oil. Deep fry in oil. The oil should be "surprised" by the dough but should not smoke. Let cool and enjoy.

## Basic Uji

1 part corn  
1 part rice  
1 part millet  
½ part peanuts  
milk  
sugar or butter and salt to taste

Wash and combine corn, rice, millet, peanuts, and any other ingredient which needs to be milled. Take the mix to your local machini to mill (kusaga). To cook, add 2 Tbs uji mix and 1 Tsp of powdered milk per cup of cold water and stir. Continue stirring as the uji heats up, thickens, and boils, then remove from heat and serve, adding salt and butter or sugar as desired. *Variations:* Add fruit, nuts, and spices on top, and experiment with different grain combinations to make your perfect uji mix.

## Basic Omelette

2 or 3 eggs  
seasonal vegetables, sautéed  
2 Tbs oil  
salt and pepper to taste  
other herbs as desired  
meat (optional)  
cheese (optional)

Crack the eggs in a bowl and scramble. Heat the oil in pan and swirl it around the pan to evenly distribute. Pour in the eggs. As the eggs start to cook, gently pull back the edges, allowing the uncooked eggs to come into contact with the pan. Do this until as much of the egg as possible is cooked. Flip the egg to the other side if you can, or just cover the pan with a lid so the top cooks thoroughly. After both sides are nearly cooked, add the vegetables, meat, cheese, and any other toppings you desire to one half of the egg. Fold the other half on top to complete your omelette and add any herbs and spices you like.

## Bisquick Mix

2 Tbs baking powder  
1 cup Kimbo or other shortening  
6 cups flour  
1 Tbs salt

Mix together the flour, salt, and baking powder. Cut in shortening until mixture looks like coarse oatmeal. Store in a covered container -- no need to refrigerate. Keeps for months!



## Pancakes

- ¾ cup milk
- 2 Tbs butter
- 1 egg
- 1 cup white flour
- 2 tsp baking powder
- 2 Tbs sugar
- ½ tsp salt
- 1 Tbs oil for frying

Beat the milk, butter, and egg lightly in a bowl. Mix the flour, baking powder, sugar, and salt in a separate bowl then add them all at once to the first mixture, stirring just enough to dampen the flour. Don't overbeat the mix -- leave a few lumps. Add oil to a frying pan and set over medium heat until a few drops of cold water sprinkled on the pan form rapidly moving bubbles. Add about ¼ cup of the batter for each pancake onto the pan. Cook until bubbles appear on the top of the pancake and the underside is lightly browned. Flip with a spatula and brown the other side. *Variations:* Use sour milk, mtindi, or yogurt instead of milk to make buttermilk pancakes or add one or two soft bananas to the batter for banana pancakes.

## Corn Flour Pancakes

- 1 cup corn flour
- 1 tsp salt
- 1 - 2 Tbsp honey or sugar
- 1 cup boiling water
- 1 egg
- ½ cup milk
- 2 Tbsp melted butter or oil
- ½ cup white flour
- 2 tsp baking powder

Measure and place the corn flour, salt, and sugar or honey in a mixing bowl. Slowly stir in the boiling water, cover, and let stand for 10 minutes. Beat the egg, milk, and melted butter and add to the corn flour mixture. Stir in white flour and baking powder. Add a little oil to a hot frying pan and pour in some batter. When the pancake bubbles flip with a spatula and cook until lightly browned.

## Peanut Butter Pancakes

- 1 cup whole wheat or regular flour
- ⅓ cup instant milk powder
- ½ tsp salt
- 2 tsp baking powder
- 2 eggs, beaten
- ¼ cup honey
- ½ tsp vanilla
- ½ cup peanut butter
- ¾ cup water or milk

Combine dry ingredients, then mix in remaining ingredients. Stir it all together until smooth. Fry both sides on a hot griddle. Use your own discretion with one and keep some extra flour on hand. Try different amounts of peanut butter and make sure it's well stirred. *Variations:* Substitute Nutella for peanut butter.

## Coconut Pancakes

- 2 cups flour
- ½ cup sugar
- 2 tsp baking powder
- 1 egg, beaten
- ¼ fresh coconut, shredded
- ¼ tsp cardamom powder
- ½ tsp salt
- 2 ½ cups milk

### *Filling:*

- 1 ½ cups brown sugar
- ¾ fresh coconut, shredded
- ¾ cup milk
- ¼ cup raisins

*Filling:* Combine all ingredients in a saucepan. Stir frequently until the mixture is thick and the liquid is absorbed. Set aside while preparing the pancakes.

*Pancakes:* Combine the flour, sugar, and baking powder. Add the egg, coconut, cardamom, salt, and milk, stirring until smooth. Pour a small amount of oil onto a hot frying pan, and pour a small amount of batter when the oil is hot. Fry until the bottom side is lightly browned and the pancake bubbles, then flip with a spatula. Spread the filling on the pancake and roll it up. Eat and be merry.

## Crepes

2 Tbs butter, melted  
1 cup flour  
1 cup milk  
2 eggs  
½ tsp salt  
1 Tbs sugar (dessert crepes only)

Mix together all ingredients, cover, and let sit for 30 minutes. Pour about ¼ cup of the batter into a pan, and turn the pan to spread the batter thin. Cook over a low to medium heat until one side sets, then flip with a spatula. Serve with a filling of your choice, such as Nutella, chocolate sauce, honey, or fruit. *Variations:* Enjoy this traditional French goodness for dinner! Don't add sugar and top with vegetables, meat, potatoes, or other hearty goods.

## French Toast

3 eggs, beaten  
½ tsp salt  
2 Tbsp sugar  
1 cup milk  
6 slices bread  
1 tsp cinnamon  
1 tsp vanilla (optional)

Mix the eggs, sugar, salt, spices, and milk in a shallow dish. Dip the bread in the mixture to coat both sides. Place onto a hot, well-greased frying pan, turning to brown each side. Serve with syrup or yogurt and fruit. *Variations:* Replace sugar, cinnamon, vanilla, and milk with 3 to 4 cloves crushed garlic. Mix the eggs and garlic together, dip the bread, and cook as normal.

## Baklava Syrup

1 cup sugar  
¾ cup honey  
1 stick cinnamon  
2 cups water  
juice of ½ a lemon and its rind

Combine all ingredients into a pan. Boil for 20 minutes and then cool. Pour over baked goods while warm and fresh. Great on cakes, biscuits, corn bread, pancakes, and more.

## Coffee Cake

¾ cup sugar  
¼ cup butter (less is better here)  
1 egg  
½ cup milk  
1 ½ cups flour  
2 tsp baking powder  
½ tsp vanilla (optional)  
¾ tsp lemon rind (optional)  
Streusel topping:  
½ cup flour  
3 Tbs butter  
¼ cup sugar  
¾ tsp cinnamon  
½ tsp coriander  
½ tsp nutmeg

Cream together the sugar and butter. Beat in the egg and milk and add the flour and baking powder and mix. If desired, add the vanilla or lemon rind. Beat until smooth. Batter may seem stiff. Place in a greased, floured sufuria and top with streusel topping. Bake in oven at 350°F or in your jiko oven until springy and done. To make the streusel topping, combine all ingredients with a knife until crumbly.

## Muffins

1 ½ cups flour  
¾ cups sugar  
1 egg  
1/3 cup milk (can sub mtindi)  
½ tsp salt  
2 tsp baking powder  
1/3 cup oil

## Granola

½ cup honey  
1/3 cup oil  
½ cup peanut butter  
½ tsp cinnamon  
¼ cup water  
½ tsp salt  
2 cups oats  
½ cup powdered milk  
1 tsp vanilla

## Cinnamon Rolls

2 ¼ tsp yeast  
1 cup lukewarm milk  
½ cup sugar  
1/3 cup melted butter  
1 tsp salt  
4 cups flour  
2 eggs

### *Cinnamon Sugar Filling:*

1 cup brown sugar  
2 ½ Tbs cinnamon  
1/3 cup butter, softened

### *OR Sugar Glaze:*

1 cup icing sugar  
1 ½ - 2 Tbs warm milk  
½ tsp vanilla or lemon rind

### *OR Cream Cheese Glaze:*

¼ cup butter, softened  
¼ cup cream cheese, softened  
1 ½ cups icing sugar  
1 Tbs milk  
¼ tsp vanilla  
1/8 tsp lemon rind

Get your jiko oven preheating, or set your real oven to 375°F. Combine flour, sugar, salt, and baking powder. Measure the oil, add the egg to the measuring cup, and fill with milk or mtindi to 1 cup. Beat together then add to the dry ingredients mix. Fill whatever you've got for a muffin pan about 2/3 full and bake 20 minutes. *Variations:* Muffins tend to be rather boring without some kind of goodie inside, such as raisins, nuts, cinnamon, chocolate chips...  
*Note:* Any "quick breads," breads that use baking powder and eggs instead of yeast, can be made into muffins!

In a saucepan add honey, oil, peanut butter, cinnamon, water, and salt and cook over low heat until blended well. In another bowl combine oats with powdered milk, vanilla, and any other creative additions you want mixed inside. Add wet ingredients to dry ingredients and mix. Put mixture into a greased sufuria and bake in oven for 30 to 40 minutes or until golden brown. About 5 minutes before it's finished top with chocolate, coconut, or other creative additions. *Variations:* Try mixing in wheat germ, nuts, seeds, chocolate chips, dried fruit, soy grits or soy powder, raisins, apple chunks, or anything else delicious and healthy.

Kama Cinnabon! Stir the yeast into warm milk and let stand 5 to 10 minutes until dissolved. Mix together the sugar, butter, salt, and eggs. Add flour and mix well. Knead the dough into a large ball, keeping your hands lightly dusted with flour. Put the dough in a bowl, cover, and let rise in a warm place for about an hour or until double in size. Roll the dough out on a lightly floured surface. Roll the dough flat until it is approximately 21" long and 16" wide. It should be about ¼" thick. Preheat oven to 400°F. If making the filling, now is the time to mix and add it (see below for directions). Starting at the top (the 21" side), carefully roll the dough to make one long coil and pinch the ends at the bottom. Cut the rolled dough into 1" slices, making about 16 rolls, and place, evenly space, flat-side down in a lightly greased baking pan or sufuria. Make sure to use a sharp, serrated knife to cut the dough. Let the rolls rise again for about 30 minutes or until double in size, then bake for 10 minutes until golden on top and not doughy. If making a glaze, combine all ingredients together while the rolls are baking. When the rolls are finished, let cool about 10 minutes and generously coat with glaze. *Cinnamon sugar filling:* Combine brown sugar and cinnamon in a bowl. Spread softened butter evenly over the surface of the dough and evenly sprinkle the cinnamon sugar mix. *Sugar glaze:* Mix sugar in warm milk until dissolved, and add vanilla or lemon rind. Mix until glaze is the consistency of a thick paste. *Cream cheese glaze:* Cream butter and cream cheese, then add sugar until well mixed. Add milk and vanilla and lemon. Mix until the glaze is smooth and fluffy.

# Breads

Cooking bread can become one of your favorite pastimes as a Peace Corps Volunteer, so get creative with these recipes! Setting up a jiko oven can take a certain amount of patience and fine-tuning, but don't let yourself get frustrated -- experiment, try new things, and call your kitchen-happy friends to trade secrets and advice.

## Light Whole Wheat Bread

2 ½ cups all-purpose flour  
1 ½ cups wheat flour  
2 Tbs honey or sugar  
1 ½ tsp salt  
1 ½ tsp instant yeast  
2 Tbs unsalted butter or shortening  
1 ¼ cup milk and ¼ cup warm water OR 3 Tbs powdered milk and 1 ¼ cup lukewarm water  
oil for coating

Stir together ¼ cup warm water and yeast until yeast is dissolved. Let sit 10 minutes until it foams. Mix 1 ½ cups all-purpose flour, 1 ½ cups wheat flour, and the rest of the dry ingredients, including powdered milk (if using). Add butter or shortening, honey (if using), yeast mixture, and milk (or remaining 1 cup of water if using powdered milk). Knead for 10 to 15 minutes until smooth and elastic, adding extra all-purpose flour and warm water as needed. The dough should not be too sticky but also not too dry. Since this is whole wheat bread, more water is usually used as whole wheat flour absorbs more water than regular flour. Place in a bowl, coat with oil, and cover with a damp cloth, leaving in a warm place to rise 1 ½ to 2 hours or until doubled in size. Punch down and take dough out of bowl. Form into a rectangle ¾" thick, 6" wide, and 8 to 10" long, and roll into a loaf (or a round loaf to fit into a sufuria).

Place bread in a greased sufuria, then coat with oil, cover with a damp cloth, and let rise in a warm place about 90 minutes or until the dough rises just above the lip of the pan. Bake at 350°F (180°C) for an hour, rotating the pan 180 degrees halfway through. The bread is finished when the crust is golden brown and sounds hollow when thumped. Let cool 5 minutes before removing from pan.

## White Bread

3 ¼ cups flour  
1 cup lukewarm milk  
1/8 cup lukewarm water  
1 Tbs sugar  
2 tsp dry yeast  
1 tsp salt  
1 Tbs vegetable oil

Dissolve the yeast in the water and let sit 10 minutes or until foaming. In a big bowl, combine the yeasty water with milk, sugar, salt, and oil. Add 1 ½ cups of the flour and stir well, then add in another 1 ½ cups of flour. The dough will be stiff and sticky. Knead for about 10 minutes. Since the dough is sticky, dust the top of it with about 2 Tbs of the remaining flour, then continue kneading. Knead until the dough becomes sticky again, then dust with the remaining flour. Keep kneading, and add a little more flour as necessary when the dough becomes sticky. You can "wash" your hands with flour if they get covered in dough. Place

the dough in a bowl and rub the vegetable oil onto the top to prevent drying. Cover with a damp cloth and let rise 60 to 90 minutes or until doubled in size. Punch the dough down and knead 5 minutes more. Place the dough in a greased sufuria then let rise in a warm place 60 to 90 minutes or until doubled in size. Cook at 350°F (175°C) for about 45 minutes or until golden brown. To be sure its done, tap on the crust. If you hear a hollow sound the bread is done. Let cool slightly before removing from pan. *Variations:* Add minced onion or garlic, dill weed, rosemary, basil, roasted sesame seeds, poppy seeds, cinnamon, raisins, etc, to the dough while kneading. Experiment with amounts and combinations to find a taste you like. To make cheap whole wheat-ish bread substitute 1 cup white flour for 1 cup of your local uji flour. To make rolls, during the second rise divide the dough into 15 small buns and let rise before baking as normal.

## Onion Bread

½ cup milk  
1 ½ Tbs sugar  
1 tsp salt  
1 Tbsp butter  
3 tsp dry yeast  
½ cup warm water  
2 ¼ cups flour  
½ small onion, minced  
½ tsp dried dill, or 2 tsp fresh  
1 tsp crushed dried rosemary

Scald milk. Dissolve sugar, salt, and margarine in milk. Cool mixture to lukewarm. Dissolve yeast in warm water and let stand 10 minutes until foaming. Add cooled milk mixture, 1 ½ cups flour, onion, and herbs. Stir the mixture well then knead, adding flour until the dough is smooth and elastic, not sticky. Oil dough in a bowl and cover with a damp cloth. Let rise about 45 minutes or until double in size. Punch dough and knead for a minute, then put into a greased pan. Let stand in a warm place for another 40 minutes, then bake 40 minutes at 375°F (190°C).

## Arabic Bread

1 kg (8  $\frac{3}{4}$  cups) white flour  
4 tsp yeast  
3  $\frac{3}{4}$  tsp sugar  
1  $\frac{3}{4}$  cups water  
1 Tbs salt  
olive oil

Pour the flour onto the work surface, make a well in the center, and in the middle of the well dissolve the yeast and sugar in a little water. Continue to blend in the flour a little at a time, adding water as needed, and then add the salt. The dough should be rather soft. Knead well for about 15 minutes, slamming down the dough repeatedly (this can be a good stress reliever). Shape into a ball and place in a well-greased bowl. Cover with a cloth and let rise for 30 minutes. Turn the dough out on the work surface and divide into about

small balls that you place well-spaced directly onto a baking sheet that is lined with parchment paper or greased with oil. Sprinkle the balls with flour and cover them with a damp cloth. Let rise for 20 minutes. Flatten out the balls with the palm of your hand. They must be very flat. Let them rise for another 20 minutes and bake at 480°F (250°C) for 15 minutes. Remove and let cool. *Variations:* Very soft and lightly baked, this bread lends itself to being stuffed. It goes well with soft cheeses, soups, and curries. Yields 15 small breads.

## Cinnamon Raisin Oatmeal Bread

1 cup milk  
6 Tbs honey or sugar  
4 Tbs butter  
1 Tbs salt  
1 Tbs dry yeast  
1 cup oats  
2 cups whole wheat flour  
3 cups white flour  
1  $\frac{1}{2}$  cup raisins  
1 Tbs cinnamon  
1 cup boiling water  
 $\frac{1}{2}$  cup warm water

Mix the milk, butter, salt, and honey or sugar in a large bowl. Add boiling water, mix well, and let cool to lukewarm. In a cup, mix the yeast with  $\frac{1}{2}$  cup warm water and let it stand until the yeast is dissolved and frothy, about five minutes. Stir in the dissolved yeast, oats, and whole wheat flour, in that order, to the first mixture and beat until well blended. Mix in the raisins and cinnamon. Add enough of the white flour so that the dough is easy to handle and not too sticky. Turn out onto a lightly floured surface and knead for a minute or two, then let the dough rest for 10 minutes. Resume kneading until the dough is smooth and elastic. Put the dough in a large, greased bowl, cover, and let rise in a warm spot until it doubles in size again. Preheat oven to 375°F (190°C) and bake 45 to 55 minutes. Remove from pan and let cool.

## Focaccia

1  $\frac{1}{3}$  cups potato, boiled, peeled, and grated (about 1 medium-sized potato)  
1  $\frac{1}{2}$  tsp yeast  
1  $\frac{1}{4}$  tsp salt  
1 Tbs rosemary or sage (optional)  
3  $\frac{1}{2}$  cups flour  
1 cup water, lukewarm  
2 Tbs oil

*For the toppings (optional):*

2 Tbs oil and  $\frac{3}{4}$  tsp salt  
or 10-15 pitted olives and 1 chopped onion

Mix  $\frac{1}{2}$  cup of warm water, the yeast, and  $\frac{1}{2}$  cup of the flour. Cover with a damp towel and set aside in a warm place for 30 minutes to create a starter sponge. (You should see bubbles forming when done.) Boil the potato, peel it, and grate it, making sure to get 1  $\frac{1}{3}$  cups of lightly packed grated potato. To the yeast mixture, add the remaining warm water, oil, potato, salt, 2  $\frac{1}{2}$  cups of flour, and any herbs. Knead until smooth and elastic, about 10 minutes, incorporating the remaining  $\frac{1}{2}$  cup of flour. Lightly oil a large bowl and transfer the dough to the bowl, rolling it around to coat with oil. Cover the bowl with a damp towel and let rise in a warm place for 90 minutes or until doubled in size. Punch down and transfer to a cookie sheet and form into a rectangle or grease a sufuria and form into a round loaf. Coat with oil and cover with a damp towel, let rise for 90 minutes or until double in size. If using an oven, adjust the rack to use the lower middle and preheat to 425°F (220°C) or stoke the charcoal jiko. Drizzle the risen dough with oil and salt and with 2 wet fingers create dimples down

each row at regular intervals, about 1 small hole every 2". Add any toppings, bake 20 - 25 minutes until golden brown and crisp. Transfer to a wire rack and cool. Makes 2 8" rounds or 1 rectangular loaf. *Variations:* If you wish to add toppings, begin preparation shortly before putting the dough in the oven. Press 2 oz pitted olives and sauté an onion in butter or olive oil, or just add olive oil and salt.

## French Bread

2 tsp yeast  
½ cup warm water  
5 ½ cups flour  
2 ½ tsp salt  
1 ½ cups warm water + ½ cup more  
butter, for coating  
flour, for coating

put in a pan, lightly covered with butter and dusted with corn flour. You can cut the top for fancy bread but cut at an angle. Brush with water and quickly put in a hot oven. The steam makes the crust crispy so don't take the lid off too much. If you do, brush with more water. Remove when the bread is brown and crispy.

## Baylor's Bread

1 tsp honey  
1 ¼ cups warm water  
2 tsp yeast  
½ Tbs salt  
3 cups wheat flour  
½ cup white flour  
1 tsp oil (olive is best)  
3 or 4 tomatoes, diced  
1 onion, diced  
3 or 4 cloves garlic, chopped  
4 or 5 leaves mchicha, chopped  
1 tsp oregano  
1 tsp basil  
pepper

Dissolve the yeast in warm water. Mix the flour and salt. Combine the yeast mix, the flour mix, and 1 ½ cups cold water and mix well. Begin kneading but keep adding water to your hands. The dough should be very smooth and very silky. Allow to rise 2 ½ to 3 hours (if dough collapses it is too warm). Punch down on a lightly floured surface with wet hands. Don't tear the dough. Allow to rise again 2 hours. Punch down again. Dough should not be sticky. Make rounds in loaf size pieces. Wait 10 to 20 minutes, and then shape into a loaf. Pinch seam closed and roll until desired length. Let rise 30 minutes to 1 hour. Then

Dissolve honey in the warm water, stir in the yeast. Stir salt into flour. Make a well and add oil and yeast mixture. Mix together. Add all of the raw vegetables and herbs. Dough will be very sticky. Add white flour and knead until not very sticky. Let rise for 2 to 3 hours. Shape into loaves and put in a greased sufuria sprinkled with corn flour. Sprinkle pepper on top and bake until a toothpick comes out clean.

## Sourdough Bread

*Starter:*

1 cup flour  
1 cup drinking water  
2 tsp sugar

*Loaf:*

1 Tbs dry yeast  
1 ½ cups warm water  
6 cups flour  
2 tsp salt  
2 tsp sugar  
½ tsp baking powder

To make the starter, place flour and sugar in a bowl and stir in the water. Cover the bowl and leave in a warm place for one or two days or until it begins to bubble and rise. To make the loaf, pour the warm water into a mixing bowl and sprinkle the yeast over it, then stir to dissolve. Stir in the starter, 4 cups of flour, salt, and sugar. Stir the mixture for 3 minutes, then cover and let rise for 2 hours or until doubled in size. Mix the baking powder with 1 cup of the remaining flour and stir it into the dough. Knead the dough on a floured surface, adding the remaining flour as you knead. Shape the dough into a loaf and place it in a well-greased pan. Cover and let rise 20 minutes, then bake at 400°F (200°C) for about 30 minutes. *Variations:* As with most breads, you can add herbs or vegetables to your liking while kneading.

## Honey Bread

2 tsp yeast  
¼ cup lukewarm water  
1 egg  
½ cup honey  
1 Tbs ground coriander  
½ tsp ground cinnamon  
¼ tsp ground cloves  
1 ½ tsp salt  
1 cup lukewarm milk  
6 Tbs melted butter  
4 to 6 cups flour

Combine yeast and water, let set until yeast bubbles. Combine egg, honey, coriander, cinnamon, cloves, and salt. Mix together. Add yeast mixture, milk, 4 Tbs of melted butter and beat until smooth. Stir in flour, using only as much as necessary to make a dough that can be gathered into a stiff ball. Knead until smooth, shiny, and elastic. Place in a lightly buttered bowl and let rise until doubled in size. Bake in a jiko oven.

## Oatmeal Bread with Honey

1 cup instant oats  
1 Tbs dry yeast  
¼ cup warm water  
½ cup honey  
2 tsp salt  
1 Tbs butter or oil  
5 ½ cups flour

Put the oats in a large bowl. Bring two cups water to a boil, pour it over oats, and let stand for at least 15 minutes. Stir the yeast into the warm water and let stand 5 minutes to dissolve. Feel the oats at the bottom of the bowl to ensure they are lukewarm, then add the honey, salt, butter, and dissolved yeast mix. Work in enough of the flour so that the dough is easy to handle. Turn out onto a lightly floured surface, knead for a minute or two, and let rest 10 minutes. Resume kneading until the dough is smooth and elastic, adding more flour as necessary. Place in a greased bowl, cover, and let rise in a warm spot until

double in size. Punch down and shape into two loaves. Place in butter loaf pans, cover, and let rise again until doubled. Stoke your jiko or preheat oven to 375°F (190°C). Bake 45 minutes. Remove from pan and cool on rack.

## Quick Sweet Whole Wheat Bread

2 ½ cups flour  
1 tsp cinnamon  
½ tsp salt  
2 tsp baking powder  
1 tsp baking soda  
1 egg, beaten  
½ cup molasses  
¼ cup sugar  
½ cup vegetable oil  
1 tsp grated lemon or orange rind  
2/3 cup yogurt

Mix flour, cinnamon, salt, baking powder, and baking soda. Combine egg, molasses, sugar, oil, and rind in a separate bowl. Add the dry ingredients to the wet ingredients, mix well, and pour into a greased sufuria. Bake for 50 minutes. *Variations:* Substitute honey or syrup for molasses. Substitute buttermilk or mtindi for yogurt.

## Pumpkin Bread

2 ½ cups flour  
½ tsp salt  
1 cup sugar  
1 tsp baking powder  
1 cup pumpkin  
½ cup oil  
2 eggs, beaten  
½ tsp nutmeg  
¼ tsp cinnamon  
¼ tsp ground cloves (optional)

Cut pumpkin into large chunks, scrape out seeds and pulp and steam or boil for 30 minutes. Scrape the flesh from the skin and mash with a fork. Preheat oven to 350°F (175°C) or stoke the charcoal jiko. Sift together the flour, salt, sugar, and baking powder. Mix the pumpkin, oil, eggs, and spices together, then add with the dry ingredients, but do not mix too thoroughly. Pour into a well-greased pan. Bake 50 to 60 minutes or until a toothpick inserted comes out clean. Remove from pan and let cool.



## Banana Bread

1 ½ cups flour  
¾ cup sugar  
3 ½ tsp baking powder  
1 egg  
½ tsp salt  
1 cup water  
3 Tbs oil  
3 very ripe bananas (more or less depending on size)  
2 heaping tsp mixed spices like cinnamon and nutmeg, but not pilau spices

Preheat oven to 350°F or stoke the charcoal jiko. Squish the bananas to mush and mix in the egg. Stir in the rest of the ingredients and mix well. Pour the batter into a greased and floured sufuria. Drop the sufuria from a height of about an inch to pound out any air bubbles. Bake on a jiko oven for about 1 hour. Remove from the pan to cool. *Variations:* Add ¼ to ½ cups of peanut butter OR omit the spices and add ½ cup of chocolate chips or pieces. Try adding nuts, too.

## Mango Bread

1 ¾ cups flour  
½ cup sugar  
1 ½ tsp baking powder  
½ tsp baking soda  
¾ tsp cinnamon  
½ tsp ground cloves  
¾ tsp nutmeg  
1 egg, beaten  
¼ cup oil  
½ - ¾ cup milk  
1 ½ cups half-inch mango cubes

Preheat oven to 350°F (175°C), or stoke the charcoal jiko. Grease and flour a sufuria. Combine flour, sugar, baking powder, baking soda, and spices in a large bowl. Stir in the egg, oil, and milk. Fold in mango cubes. Pour batter into the pan and bake for 50 minutes, or until a toothpick inserted comes out clean. Let cool for a few minutes before removing from pan. *Variations:* Try using passion fruit or blood fruit instead of mangoes, but only about ¾ cup as these fruits tend to have more liquid than mangoes. Experiment with different spice combinations, or try tea masala or pilau spice. Add raisins or chocolate chips.

## Corn Bread

¾ cup corn flour  
1 cup flour  
1/3 cup sugar  
3 tsp baking powder  
½ tsp salt  
1 cup milk  
1 egg, well beaten  
2 Tbs melted butter

Preheat the oven to 425°F (220°C) or stoke the charcoal jiko. Grease and flour a 9" sufuria. Mix the flours, sugar, baking powder, and salt in a large bowl. Add the milk, eggs, and butter, and mix well. Spoon into to pan and bake for about 20 minutes. Cool and cut into squares. A great and easy recipe for mama's groups: bread from corn, who knew!

## Quick Irish Soda Bread

2 cups flour  
1 ½ tsp baking powder  
½ tsp baking soda  
½ to 1 cup raisins  
2 tsp ground cumin  
½ tsp salt  
1 Tbs sugar  
¼ cup butter or vegetable fat  
1 egg, beaten  
2/3 cup buttermilk  
milk, for brushing

Sift together flour, baking powder, baking soda, salt, and sugar. Cut the butter into the mixture with a knife until it has the consistency of coarse cornmeal. Stir in the raisins and cumin. Mix together the egg and buttermilk, then add to the dry ingredients mix. Stir well. Knead briefly. Place dough in a greased pan and press it down so that it fills the pan. Cut a bold cross over the top and sides of the bread so it does not crack. Brush the top with milk. Bake for 35 to 40 minutes.

## Potato Biscuits

1 cup hot milk  
2 Tbs butter or vegetable fat  
2 Tbs sugar  
½ cup warm mashed potatoes  
1 tsp salt  
3 ¼ cup white flour  
1 Tbs dry yeast  
¼ cup warm water

Mix hot milk, butter, sugar, potatoes, salt, and ¼ cup of flour in a large bowl and let cool to lukewarm. Stir the yeast into the warm water and let stand for 5 minutes to dissolve. Add the dissolved yeast to the first mixture and beat vigorously. Cover and let rise in a warm place. Add the remaining flour and mix well. Cover and let rise until it doubles in size. Turn out onto a lightly floured surface. Pat the dough until it is ¼" thick and cut into 2" rounds. Place rounds about 1" apart on a greased baking sheet, cover, and let rise until almost double in size. Stoke your jiko or preheat oven to 425°F (220°C) and bake for 15 minutes.

## Baking Powder Biscuits

2 cups flour  
4 tsp baking powder  
½ tsp salt  
½ cup butter or vegetable fat  
1 Tbs sugar  
2/3 cup milk

Preheat oven to 425°F (220°C) or stoke the charcoal jiko. Combine flour, baking powder, sugar, and salt. Cut in the butter, using two butter knives to get a crumbly mixture. Add the milk all at once and stir just enough until the dough forms a ball around the fork or spoon. Turn the dough onto a floured surface and knead 14 times. Pat the dough down to ½" thickness. Cut dough into circles with a floured 2" diameter jar or glass. Place, edges touching, on a lightly greased pan. Bake for 15 to 20 minutes or until browned. *Variations:* Try

filling these biscuits. Roll out dough thinly and cut out many rounds. Dab about 1 tsp filling in the center of each round and top with another round. Squash the edges together to seal. Bake as normal. Try fillings like cheese, cream sauce, vegetable curry, cooked meat, fresh fruit cooked with sugar, cinnamon, or other spices. Also try deep frying.

## Quick Rolls

2 tsp yeast  
1 cup warm water  
2 Tbs sugar  
2 ¼ cups flour  
1 tsp salt  
1 egg  
2 Tbs butter

Stir all ingredients together well. Let rise for 30 minutes. Punch down and stir again. Put into muffin pans or roll into balls and put in sufuria. Bake at 400°F (200°C) for 15 minutes. Also useful for hotdog and hamburger buns.

## Breadsticks

4 cups white flour  
3 ½ Tbs olive oil  
1 cup lukewarm water  
1 Tbs yeast  
4 tsp sugar  
3 ½ tsp salt  
4 Tbs olive oil for oiling dough

Mix yeast with water and let sit five minutes to dissolve. Pour the flour onto the work surface, make a well in the center and pour 3 ½ Tbs olive oil and the yeast mix into the center of the well. Add the sugar and begin to mix the dough until well-blended. Add the salt. Knead the dough for a long time until it becomes soft and elastic. Pour 4 Tbs olive oil into a large bowl, put the dough in the bowl and turn it so that it is uniformly coated with oil. Cover and let rise 30 minutes. Turn the dough out onto a floured work surface. Divide it with a knife, first in half, then into about 20 small strips. With your fingertips, hold one strip

at a time at each end and pull the dough gently but continuously so the dough elongates without breaking until it doubles in length, then roll it in the topping of your choice, if desired. Arrange strips neatly and well-spaced on a baking sheet or sufuria lined with parchment paper or oil. Let rise for 30 minutes. Bake at 435°F (225°C) for about 15 minutes.

## Hush Puppies

2 cups maize flour  
2 Tbs baking powder  
1 tsp salt  
1 cup onion, finely chopped  
1 ¼ cup milk  
½ cup water  
cooking oil

Mix the dry ingredients and the onion. Add liquid ingredients, adding more maize flour as necessary to make the dough stiff enough to be handled. Shape the batter into small round or elongated cakes, and drop them into deep, hot fat, turning occasionally until they are well browned.

## English Muffins

2 cups flour  
¼ cup milk  
½ cup warm water  
1 ½ tsp yeast  
1 tsp sugar  
3 Tbs butter

Put the yeast into the warm water and allow to dissolve and ferment. Add this to the milk, sugar, salt, and 1 cup of the flour. Leave this batter to rise in a warm place. Once risen, add the rest of the flour and the butter and knead into a soft dough. Roll out and cut into rounds about ½" to 1" high, using a glass cup or jar. Leave them to double in size. Cook them in a lightly greased sufuria until brown then turn and cook the other side. Once cooked, split muffins and toast on a fork over a jiko. Serve freshly toasted.

## Bagels

3 cups flour  
1 tsp salt  
3 Tbs sugar  
1 cup warm water  
1 Tbs dry yeast  
1 Tbs oil

Combine the yeast, sugar, salt, and warm water. Add enough of the flour to make the dough knead-able: not too sticky and not too dry. Turn onto a floured surface. Knead until elastic, about 8 to 10 minutes. Place in a greased bowl and turn over so the top of the dough is also greased. Cover and let rise in a warm place until double in bulk, about 30 to 40 minutes. Punch down. Separate into 12 pieces and shape them into balls. Work in any additional ingredients you like.

Form the balls into a bagel shape. Let rise on a floured surface, covered, for 20 minutes. Bring a large pot of water with 1 Tbs oil to a boil. Place 2 or 3 bagels in the boiling water, cooking 1 to 2 minutes on each side. Remove. Sprinkle with any additional ingredients you like. Bake in a lightly greased sufuria at 400 to 500°F (200 to 260°C) for 15 to 12 minutes, until lightly browned. *Variations:* Add minced garlic or onions, dill weed, rosemary, basil, roasted sesame seeds, poppy seeds, cinnamon, raisins...

## Tanzanian Chapati

3 cups white flour  
dash salt  
dash sugar (optional)  
oil  
water

Mix dry ingredients well. Add 1 Tbs oil to the flour mixture, then add enough water to form an elastic dough. Divide the dough into four equal parts. Roll out each ball into a circle and spread ¼ tsp oil over it. Cut a radius into the circle and roll it up into a cone, tucking in the ends when finished. (Alternatively, bring the sides to the middle, add oil, fold, stretch lengthwise, and roll.) Do the same for the others. Let the dough sit 20 minutes to 8 hours. Roll out into

circles of 10 to 12" diameter. Melt a bit of margarine in a pan and when it is hot, cook the chapati. Fry rapidly on both sides and watch them bubble up. Yields 4 chapati.

## Chapati Maji

egg  
water  
salt  
sugar  
flour  
spices such as cinnamon or  
nutmeg (optional)

Use about 1 egg per 2 to 3 chapati maji, but the amounts of all other ingredients are variable. Mix flour, salt, a tiny bit of sugar, and your spices together. In a separate bowl, lightly beat the egg and add the water. Add the dry mixture to the wet mixture a little at a time and whisk it all up with a fork. Add water as necessary until the dough is a consistency somewhere between crepes and pancakes. Get your jiko nice and hot and put the frying pan on it, with a tiny bit of oil, so hot that the mixture sticks right when it touches. Pour a good amount of the mix into a chapati skillet or other frying pan. Hold the handle of the pan

and move it around to spread the batter out evenly. Cook until the chapati changes color slightly. As it cooks and dries, it should brown slightly. If it gets sticky put oil around the outside edges. Carefully flip over and cook until lightly browned and delicious. Dip it in your chai and enjoy!

## Indian Chapatti

3 cups whole wheat flour (or a mix  
of white & wheat)  
dash salt  
water  
oil

Mix dry ingredients well. Add enough water to form an elastic dough. Divide the dough into 4 equal parts. Let the dough sit for a few minutes. Roll out into circles of 10 to 12" diameter. Dry on both sides with a little oil. Yields 4 chapatti.

## Alu Paratha (Indian Potato Stuffed Chapati)

3 to 4 potatoes, peeled, boiled,  
and mashed  
1 tsp cumin seed  
½ tsp ground coriander (optional)  
½ cup cilantro  
juice of one lemon  
1 ½ tsp salt  
¼ tsp ground red chili pepper or  
1 pili pili kali  
indian chapati dough (see above  
recipe)

Mix potatoes and all ingredients except chapati dough. Roll the mixture in balls smaller than the chapati dough balls. Roll a chapati dough ball onto a floured surface to about 6" in diameter. Place a ball of the potato mixture in the center. Pull the chapati dough to cover the mixture, creating a square. Pat with flour. Carefully roll out the dough again and cook in a hot pan with the oil for about 30 seconds on each side.

## Naan

1 tsp dry yeast  
2 Tbs water, lukewarm  
2 Tbs yogurt  
1 ½ cups all purpose flour  
½ tsp sugar  
¾ tsp salt  
½ cup milk  
butter  
garlic butter (optional)

Add yeast, sugar, and salt to lukewarm water and let sit 10 minutes until foamy. Add all the remaining ingredients and knead 3 to 4 minutes. Cover with a damp cloth and let rise in a warm place 2 to 3 hours or until double in size. With well-floured hands, shape the dough into 8 small balls, each the size of an egg and roll them out on a floured work surface. The rolled-out breads should each have a diameter of 6" and a thickness of about 3/8", thin works best. If they are too thick they will become puffy when baked. Apply a little butter on the top. If frying, put a disc of dough onto a hot pan over medium heat. It will start bubbling almost immediately. After 2 to 3 minutes, brush it with butter and turn. When the bottom starts to get blistery spots, turn it and brush it again.

When both sides have a few brown spots and the bread is cooked through, remove from heat. If using an oven, line discs on a lightly buttered cookie sheet and bake at 425°F (220°C) for about 7 minutes or until the puff up. For garlic naan, remove naan, brush with a butter and crushed and chopped garlic mixture, and bake for another 5 minutes. Serve immediately. *Variations:* Try cooking over a grill or some kind of wire mesh concoction over your jiko. This produces a delicious result and is much easier than the oven.

## Ethiopian Injera

½ cup whole wheat flour  
1/3 cup all-purpose flour  
1 Tbs brown sugar  
½ tsp salt  
¼ tsp baking powder  
1/8 tsp baking soda  
2 eggs, beaten  
2 cups buttermilk  
1 Tbs oil

Stir together the whole wheat flour, all-purpose flour, brown sugar, salt, baking powder and baking soda. Combine the eggs, buttermilk, and oil; add all at once to the flour mixture, stirring until smooth. Pour 2 Tbs of the batter into a hot, lightly greased chapati skillet (the heavier the better) over medium heat; lift and quickly swirl the pan so that the batter covers the bottom of the skillet. Return the skillet to medium heat. Cook about 1 minute or until lightly browned on the bottom. Invert the bread onto paper toweling. (If necessary, loosen the bread with a small spatula.) Repeat with the remaining batter. Roll up jelly-roll style and serve warm. This recipe is a little different from your traditional injera but is easy and delicious. Kind of like the Ethiopian version of ugali, it's used to sop up soups, stews, and Ethiopian wat (see recipe on page 95).

## Pita Bread

2 tsp yeast  
1 cup lukewarm water  
1 ½ Tbs olive oil  
4 ¾ cups white flour  
1 Tbs salt

Put the yeast in a large bowl and steadily pour in the lukewarm water, then mix with a wooden spoon. Add the olive oil and a handful of flour. Mix well then cover with a cloth and let rest 5 minutes. Slowly add the rest of the flour and salt and knead vigorously on a floured surface until the dough is shiny, firm, and elastic. Grease uniformly with oil, gently place in a bowl, then cover with a damp cloth and let rise for 90 minutes. Turn the dough out onto a work surface

and divide it into 12 equal portions. Shape each portion into small balls and arrange them, well-spaced, on a floured baking sheet. Cover with a lightly dampened cloth and let rise for 10 minutes. With a floured rolling pin, roll into circles, each ¼-inch thick. Place them on a lightly floured cloth and let rise for 30 minutes. While rising, stoke your jiko and preheat your oven with a greased baking sheet or sufuria inside. The idea temperature is 480°F (250°C). With the help of a hot pad of some sort, arrange the pitas on the hot baking sheet and bake for 5 minutes. Remove and let cool.

## Basic Pizza Dough

¼ tsp sugar  
1 Tbs yeast  
½ cup warm water  
1 tsp salt  
1 cup white flour

Mix the yeast with 2 Tbs of the warm water and add the sugar. Stir until dissolved. Leave to stand until frothy. Put the flour and salt into a bowl and make a well in the center. Add the yeast mix and the remaining water; mix to form a dough. Knead the dough on a floured surface for 8 to 10 minutes. Cover with a damp cloth and leave to rise in a warm place for 40 to 45 minutes, until doubled in size. Knead once again on a lightly floured surface for 3 to 5 minutes

until soft and elastic. You can make either one large pizza or a couple smaller ones. Roll out the dough and place in a greased sufuria. Use your hands to shape it to fit. Bake, and before dough is completely done, add toppings. Continue baking until the bottom is nicely browned. You can also make a stove-top pizza using a skillet. Roll out the dough to fit the skillet and cook on medium heat. When the crust is about halfway finished, add toppings, then cover for about 5 minutes or until cheese is well melted. A double batch will make 4 single pizzas, enough for any hungry PCV! *Variations:* Add garlic, herbs, sesame seeds, and/or onions to the dough before baking. Add 1 tsp of corn flour to the bottom of the baking sheet to give the crust a nice texture.

## Calzones

1 recipe basic pizza dough  
vegetable filling  
meat filling, if desired

Divide pizza dough into 3 equal sections and roll out onto a floured surface into circles ¼-inch thick. Place ½ to ¾ cup filling on ½ of the circle, leaving a ½-inch rim. Use your fingers or a brush to moisten the rim with a little water, then fold over the empty side and crimp the edges with your favorite fork. Use

that same fork to poke little holes here and there on the top surface of the calzone. Arrange the calzone on an oiled baking tray and bake for 15 to 20 minutes or until lightly browned. Makes 3 calzones.

## Whole Wheat Pizza Crust

1 cup warm water  
1 ½ tsp yeast  
½ tsp salt  
2 tsp sugar  
1 tsp olive oil  
1 cup whole wheat flour  
1 cup white flour

Mix the yeast with warm water and let sit 10 minutes until foamy. Add the salt, sugar, and oil. Mix in the flours, a little at a time to make a dough, using extra water if needed. Turn the dough on a lightly floured surface and knead until smooth, about 5 to 8 minutes. Cover the dough with a damp towel and let rise 15 to 20 minutes. Knead again 1 to 2 minutes. You can either make one large pizza crust or several smaller ones. Grease a large pan or sufuria and roll out the dough to make a round large enough to fit the pan. Shape the dough with your hands to fit the pan. Bake for a few minutes, then add toppings and finish

baking until the bottom is nicely browned. *Variations:* Add onion, garlic, herbs, sesame seeds, etc. to the dough before baking.

## Soft Pretzels

1 Tbs yeast  
1 cup warm water  
2 tsp sugar  
½ tsp salt  
2 Tbs butter  
2 Tbs baking powder, dissolved in  
¼ cup water  
2 ¾ cups flour

Dissolve the yeast into warm water for 10 minutes until foamy. Add and beat for 3 minutes 1 ½ cups flour, butter, salt, and sugar. Stir in the remaining flour and knead until the dough is smooth and elastic. Allow to rise in a warm place until doubled in size. Roll dough into ropes about ½" in diameter and 18" long, then form a pretzel shape. Brush with baking soda solution and sprinkle with salt. Bake on a greased sheet at 425°F (220°C) for about 15 minutes.

## Corn Tortillas

1 ½ cups flour  
2 cups maize flour (unga wa sembe)  
1/3 cup oil  
pinch salt  
1 cup hot water

Mix all ingredients, knead and roll into a log. Cut into 10 to 12 equal sized pieces. Shape pieces into balls, flatten, and roll out into thin circles. Use extra flour on your rolling surface and rolling pin to help along the process, since corn tortillas are more difficult to work with. Cook tortillas in a hot frying pan for 30 seconds on each side. Yields 10 to 12 tortillas.

## Super Soft Tortillas

3 cups flour  
2 tsp baking powder  
1 tsp salt  
½ cup vegetable shortening  
½ to 1 cup warm water

Put the flour, baking powder, and salt in a bowl and mix together. Add the vegetable shortening and cut it into the flour with a fork until it is evenly distributed. Add ½ cup water to the mix, mix thoroughly, and add more water as needed. Continue adding water and kneading the dough until it is uniform and roughly the consistency of bread dough. Place the dough in the bowl and cover 20 to 30 minutes. Take the dough out of the bowl and roll into a thin circle.

Place in a hot skillet and cook about 20 seconds on each side. *Variations:* It's possible to use ½ whole wheat flour but the tortillas will be a little thicker.

## Flour Tortillas

3 cups flour  
1 tsp salt  
1/3 cup oil  
½ to 1 cup warm water

Place the flour in a large bowl. Add the oil and mix together with your fingers until thoroughly distributed and the flour is crumbly in texture. Mix the salt with the warm water and add to the flour. Mix together with your hands until you can gather the dough into a ball. Place the dough on a lightly floured surface and knead until smooth, being careful not to over knead. Return the dough to

the bowl, cover with a damp cloth, and allow rise in a warm place 30 minutes to 2 hours. Divide the dough into 12 equal parts and roll each between your palms to make a ball. Flatten the balls then place on a lightly floured surface. Roll each ball into a circle of 8 - 9" diameter. Place each tortilla on a hot pan over medium heat and cook about 30 seconds on each side, or until speckled with brown spots but still pliable. If they puff up, press them down. Keep in a hotpot or plastic bag until ready to serve.

## Tortilla Chips

tortilla dough (see above)  
pinch salt  
1 cup hot water  
oil for frying

Cut each tortilla into triangles, about 8 per tortilla circle. Heat oil in a frying pan until very hot. Drop 8 to 10 triangles into hot oil and cook until golden brown. Flip once. Remove from pan and drain excess oil. Salt to taste.

# Soups & Stews

Soups are a great way to use up leftover veggies before they go bad -- just sauté some onions and garlic, add spices and veggies, and some water or stock and voila! A tasty dinner in minutes. Leftover soups can be thickened with some ugali flour and used as a savory pie crust filling with some mashed potatoes on top for an impromptu Shepherd's pie when those out of village guests show up for a bit of PCV fellowship.



## Vegetable Stock

4 Tbs olive oil  
2 onions, halved and unpeeled  
1 large carrot, unpeeled  
6 or 7 cloves garlic, unpeeled  
1 green pepper, halved and deseeded  
1 pilipili kali, halved  
3 Tbs black peppercorns, whole or slightly crushed  
8 - 10 cups water  
4 to 5 Tbs salt

Clean the onions, garlic, carrot, and pepper to remove any dirt and cut off the tops but do not peel. Most vegetables should be cut in half. Heat olive oil in a large pan, add black peppercorns and all of the vegetables. Cook the vegetables until blackened, about 30 minutes. Add the water and salt and bring to a boil. Cover and boil for about 30 minutes or until water has reduced by about half its original volume. Strain the vegetables and use the remaining liquid as stock. Throw the remaining vegetables in your compost, sprinkle them with salt and eat them, or feed them to your pets! Makes 6 to 8 cups. *Variations:* Add more black pepper or pilipili kali, depending on your preferred spice factor. Substitute stock for bullion cubes, using one cube for every two cups of water.

## Meat Stock

meat on the bone, either one chicken, leftover beef bones from the butcher, or pork ribs with some meat left  
2 cloves garlic, minced  
1 onion, chopped  
salt and pepper to taste  
1 Tbs oil for frying  
8 - 10 cups water

Sauté the onions and garlic in the oil. Add water, meat, and bones, and boil, covered, for about 30 minutes. Add salt and pepper to taste. Strain and use the remaining liquid as stock. Discard the remains or give the bones to your puppy to chew on. Makes 6 to 8 cups. *Variations:* Substitute stock for bullion cubes, using one cube for every two cups of water. Meat stock can be used as a base for gravy or as the base of a meat sauce. To thicken stocks into gravy, add a little flour or unga wa sembe and boil until desired consistency.

## Chickpea Soup

1 Tbs olive oil  
1 large onion, chopped  
5 garlic cloves, chopped  
1 large carrot, chopped  
1 bay leaf (optional)  
1 tsp ground cumin  
½ tsp ground cinnamon  
½ kg chickpeas  
5 cups stock  
1 Tbs cilantro leaves, chopped  
2 Tbs lemon juice

Boil the chickpeas until soft, about 2 or 3 hours, adding water as necessary (or soak overnight to reduce cooking time). Heat oil in a separate pan and sauté onions until translucent and soft, about 5 minutes. Add garlic, carrot, and bay leaf and cook for 4 to 5 minutes or until the vegetables begin to caramelize. Stir in the cumin and cinnamon and cook sauté 1 minute. Add the chickpeas and stock and bring to a boil. Reduce heat and simmer one hour. Allow to cool. Remove the bay leaf and blend or mash the soup until smooth. Return the the pan and gently stir over medium heat until warmed through. Stir in the cilantro and lemon juice. Season with salt and freshly ground pepper.

## Vegetable Soup

1 Tbs olive oil  
2 onions, chopped  
6 cloves garlic, chopped  
1 hot pepper, chopped (optional)  
6 cups vegetable stock  
1 large carrot, chopped  
2 tomatoes, chopped  
2 potatoes, cut into ½" cubes  
any other seasonal vegetables  
1 cup beans, cooked  
1 cup small pasta

Heat the oil in a pan and lightly sauté the onions, garlic, and hot pepper for 1 to 2 minutes. Add the stock, carrot, tomatoes, potatoes, beans, and additional vegetables, bring to a boil, then simmer until the carrot and potatoes are tender. Add salt and pepper to taste. Add the pasta and cook until al dente (tender "to the bite"). *Variations:* Try chickpeas or red beans for this recipe.

## Daal Soup

½ kg lentils (red are best)  
4 cups stock  
5 - 6 tomatoes, chopped  
1 green chili, sliced and seeded  
1 Tbs yogurt  
3 Tbs butter or oil for frying  
1 medium onion, chopped  
2 Tbs black mustard seeds  
1 Tbs cilantro leaves, chopped

Wash the lentils in water. Drain and put them in a pan with stock. Cover and bring to a boil, then simmer until soft. Smash until smooth. In another pan, melt the butter and sauté the onions and black mustard seed until seeds begin to pop. Add the tomatoes and chili and simmer for 2 minutes. Add mix to the lentils. Season the hot soup with salt, freshly ground pepper, and cilantro. Serve immediately.

## Avocado Tomato Soup

6 tomatoes, sliced  
1 avocado  
1 onion, chopped  
4 cloves garlic, minced  
2 - 3 cups stock or water  
salt and pepper to taste  
garlic powder to taste  
oregano to taste  
oil for frying

Sauté onions and garlic. Add tomato and cook until soft. Add stock, salt, pepper, and oregano to taste. In a separate bowl, mash avocado, salt, pepper, and garlic powder. Spread a thick layer of avocado mix on the bottom of a bowl and pour on the tomato soup. *Variations:* Squeeze out the seeds and liquid from the tomatoes before slicing for a thicker soup.

## French Onion Soup

3 Tbs butter  
3 - 4 large onions, sliced  
2 cloves garlic, crushed  
2 Tbs flour  
6 cups stock  
salt and pepper to taste  
6 slices day old bread  
cheese (optional, preferably Parmesan)

Melt the butter in a pan and sauté onions on very low heat. Cover and simmer 25 to 30 minutes until golden brown. Remove from heat and gradually stir in flour and stock. Season with salt and pepper and return to heat. Bring to a boil, reduce heat, and simmer 15 to 20 minutes. Rub both sides of each slice of bread in the crushed garlic. Float the bread in the soup and sprinkle with cheese. *Variations:* Fry the bread slices in butter prior to rubbing with garlic, or make garlic butter to spread on.

## Ginger Carrot Soup

2 lbs carrots, grated  
1 Tbs oil or butter for frying  
1 ½ cups onion, chopped  
2 cloves garlic, minced  
4 cups stock  
2 Tbs grated ginger  
1 ½ tsp salt  
¼ tsp cumin, fennel, allspice, and mint  
3 - 4 Tbs lemon juice  
1 cup toasted cashews

Heat butter or oil in a skillet, add onions, and sauté until translucent, about 5 minutes. Add garlic, ginger, salt, and spices. Lower heat and sauté 10 more minutes until everything is well mingled and onions soft. Stir in lemon juice. While sautéing, boil water with grated carrots, then mix everything together, including cashews. Serve.

## Carrot Soup

4 - 6 carrots, thickly sliced  
1 medium onion, quartered  
2 cloves garlic, chopped  
4 cups stock  
hot pepper sauce (optional)  
a blender or a good arm for mashing

Put the carrots, onion, garlic, and stock in a pan. Bring to a boil, cover, and simmer about 15 minutes. Add salt and pepper to taste, simmer 5 more minutes. Cool slightly and blend or mash the soup until smooth. Return to pan and heat. Add hot pepper sauce to taste.

## Pea Soup

1 cup peas  
1 large carrot, chopped  
1 onion, chopped  
1 bay leaf  
water  
salt and pepper to taste

Put peas, carrot, onion, bay leaf, salt, and pepper in enough water to cover the ingredients. Boil until peas are tender, adding water as needed. Mash the mixture. Add more water for a thinner consistency.

## Lentil and Vegetable Soup with Spiced Yogurt

2 Tbs olive oil  
2 garlic cloves, crushed  
2 small onions, chopped  
2 tsp curry powder  
1 tsp ground cumin  
1 tsp garam masala  
4 cups stock  
1 bay leaf  
1 cup lentils  
2 - 3 sweet potatoes, peeled and cut into ½ inch cubes  
1 small carrot, diced  
3 - 4 tomatoes, chopped  
½ cup peas  
2 cups water  
1 cup yogurt  
1 Tbs chopped cilantro  
1 garlic clove, crushed  
3 dashes hot sauce

Heat the oil in a pan over medium heat. Add the garlic and onions and cook 4 to 5 minutes, until soft and lightly golden. Add the curry powder, cumin, and garam masala and cook for 1 minute or until the spices are fragrant. Add the stock, bay leaf, lentils, sweet potatoes, and carrots. Bring to a boil, then reduce heat and simmer 10 to 15 minutes or until the lentils are tender. Add the tomatoes, peas, 2 cups water, and any other vegetables, and simmer for 20 minutes or until vegetables are tender. To make the spiced yogurt, place the yogurt, cilantro, garlic, and Tobasco in a small bowl and stir well. Dollop a spoonful of the yogurt on each serving of soup.

## Irish Potato Soup

½ kg potatoes, diced  
2 onions, chopped  
1 cup flour  
1 egg, beaten  
1 cup milk  
salt and pepper to taste

Heat potatoes, onions, and some salt in a pot covered with cold water. Boil uncovered until soft, being careful not to overcook. Do not drain. Make rivets by adding enough flour to the egg to make a stiff dough that you can break up into small pieces with your hands. Add the rivets to the potatoes slowly while stirring constantly. Cook for 10 minutes then add the milk. Bring to a boil. Add salt and ground pepper to taste. *Variations:* Add garlic, tomatoes, and mchicha.

## Potato Cheese Soup

½ kg potatoes, diced  
2 onions, chopped  
4 Tbs butter  
½ cup flour  
1 egg, beaten  
1 cup milk  
1 cup mchicha, chopped  
1 cup grated cheese  
salt and pepper to taste

Clean the potatoes and cut into small pieces, leaving the skins on or peeling as desired. Put into a pan, cover with cold water, and boil uncovered until barely soft, being careful not to overcook. Add mchicha, then cover and set aside. Heat butter in another pan and cook the onions until soft. Remove from heat and mix in the flour, then add the egg and mix well. Add the milk slowly then stir in the potatoes. Bring to a boil and add the cheese until melted. Add salt and pepper to taste.

## Gazpacho

3 cloves garlic, crushed  
8 - 12 tomatoes, chopped  
2 large onions, finely chopped  
2 cucumbers, chopped  
2 green pepper, chopped  
1 chili, finely chopped  
juice of 3 lemons or limes  
salt and pepper to taste  
red pepper (optional)

Combine all ingredients. Blend if you've got a blender or just serve chunky. Spice to taste with red pepper, salt, and pepper. If possible, serve chilled and garnish with cilantro.

## Pumpkin Soup

2 large pumpkins (squash)  
2 Tbs butter  
2 onions, chopped  
½ tsp cumin seeds  
4 cups stock  
1 bay leaf  
½ cup cream or yogurt  
pinch nutmeg

Peel the pumpkin and chop into small chunks. Melt the butter in a pan, add the onions and cook about 6 minutes until soft. Add the cumin seeds and cook for 1 minute, then add the pumpkin chunks, stock, and bay leaf. Bring to a boil then simmer for 20 minutes or until the pumpkin is soft. Remove the bay leaf and allow the soup to cool slightly. Blend the soup or mash until smooth. Return to the pan and gently stir in cream and nutmeg. Simmer until warmed through and season with salt and freshly ground pepper.

## Thai Style Lemongrass, Lentil, and Coconut Soup

2 Tbs oil  
2 red onions, finely chopped  
1 pilipili kali, finely sliced  
2 garlic cloves, chopped  
1" piece lemongrass stem  
1 cup lentils (red preferred), rinsed  
1 cup ground coriander  
1 tsp paprika (optional)  
1 2/3 cup coconut milk  
3 ¾ cup water  
juice of 1 lime  
3 scallions, chopped  
1 cup cilantro, finely chopped  
salt and pepper to taste

Remove the outer layers from the lemongrass stem and finely slice the inside. Heat the oil in a large pan and add the onions, chili, garlic, and lemongrass. Sauté for 5 minutes or until the onions have softened but not browned, stirring occasionally. Add the lentils and spices and mix around for a second. Add the coconut milk and water and bring to a boil, then reduce heat and simmer until the lentils are soft, about 45 minutes. Add the lime juice, a few scallions, and a bit of cilantro. Reserve some scallions and cilantro for garnish. Season with salt and pepper to taste. *Variations:* Add more pilipili kali -- this dish is traditional pretty hot!

## Pasta and Bean Soup

1 cup uncooked beans, soaked  
¼ cup olive oil  
1 onion, finely chopped  
2 garlic cloves, crushed  
1 carrot, diced  
1 bay leaf (optional)  
1 rosemary sprig (optional)  
1 parsley sprig (optional)  
5 - 6 tomatoes, chopped  
6 cups stock  
2 Tbs chopped parsley  
1 cup of any small pasta  
salt and pepper to taste

Heat the oil in a pan, add the onion, garlic, and carrot and cook for 5 minutes or until golden. Season with black pepper. Add the bay leaf, rosemary, parsley sprig, tomato, stock, and beans to a boil. Reduce the heat and simmer for 90 minutes or until the beans are tender, adding more water if necessary. Discard the bay leaf, rosemary sprig, and parsley sprig. Scoop out 1 cup of the mixture and blend or mash until smooth. Return to the pan and season with salt and ground black pepper, then add the parsley and pasta. Simmer until pasta is tender.

## Minestrone

1 cup beans  
2 Tbs butter  
1 large onion, finely chopped  
1 garlic clove, finely chopped  
¾ cup parsley, finely chopped  
2 sage leaves (optional)  
2 carrots, sliced  
3 potatoes, peeled but left whole  
4 - 5 tomatoes, chopped  
8 basil leaves  
12 cups stock  
1 cup peas or green beans  
¼ small cabbage, shredded  
1 cup of some small pasta

Heat the butter in a pan and add the onion, garlic, parsley, and sage. Cook over low heat, stirring once or twice for 10 minutes or until onions are soft and golden. Add the carrot and potatoes and cook for 5 minutes. Stir in the tomato, basil, and beans. Season with plenty of ground pepper. Add the stock and bring to a boil. Cover and leave to simmer for 2 hours, stirring once or twice. Add peas, cabbage, and pasta. Simmer until the pasta is tender. Season with salt and freshly ground pepper.

## Pumpkin and Carrot Soup

2 Tbs butter  
1 large onion, chopped  
2 garlic cloves, crushed  
4 large carrots, sliced  
½ cup orange juice  
1 large butternut pumpkin (squash), peeled and roughly chopped  
6 cups stock  
2 cups water

Melt the butter in a large pan and cook the onion for 5 minutes or until soft. Add the garlic and carrots and cook for another 5 minutes or until starting to soften. Pour in the orange juice and bring to a boil. Add the pumpkin, stock, 2 cups of water, and return to a boil. Reduce heat and simmer for 30 minutes or until the carrot and pumpkin are soft. Blend the soup or mash until smooth. Return to the pan and gently stir over medium heat until warmed through. Season with salt and freshly ground black pepper. *Variations:* Try sweet potatoes if pumpkins are not available.

## Egg Drop Soup

1 Tbs vinegar  
¼ tsp pepper  
1 tsp soy sauce  
8 cups stock  
1 egg

Combine all ingredients in a pan except the egg. Bring to boil then add any desired vegetables. Beat the egg in a separate bowl and spoon into the boiling soup. Serve immediately. *Variations:* Add diced carrots, onions, spinach, mushroom, or any other vegetables.

## Cream of Spinach Soup

1 large onion, chopped  
2 potatoes, peeled and chopped  
3 cups water  
2 tsp salt  
1 lb spinach  
5 cloves garlic, crushed  
2 Tbs butter  
3 Tbs flour  
1 ½ cups milk  
pepper and nutmeg to taste

Place onion, potatoes, and water in a large saucepan and bring to a boil. Cover and simmer until potatoes are tender. Remove from heat, add spinach and garlic and set aside. Melt the butter over low heat in a small pan and whisk in flour. Continue whisking over low heat for 5 minutes. Slowly add in milk and cook until mix is smooth. Combine white sauce and veggies. Add salt, pepper, and nutmeg to taste.

## Spinach Bisque

6 Tbs butter  
2 onions, chopped  
6 Tbs flour  
4 cups stock  
3 cups milk  
4 cups spinach, cooked and chopped  
salt and pepper to taste

Melt the butter in a pan, add the onions, and cook until tender. Add the flour, mix well, and cook for 2 minutes. Add stock and milk. Add spinach and simmer for 5 to 10 minutes. Add salt and freshly ground black pepper to taste.

## Sweet Potato Soup

2 Tbs butter  
2 onions, chopped  
2 garlic cloves, crushed  
4 - 5 sweet potatoes, peeled and cut into ½ inch cubes  
1 apple (optional)  
2 tsp ground cumin  
8 cups stock  
½ cup yogurt (optional)

Peel and chop the apple. Melt the butter in a pan over low heat. Add the onions and cook, stirring occasional, for 10 minutes or until soft. Add the garlic, sweet potatoes, apple, and 1 tsp cumin and continue to cook 5 to 7 minutes or until well coated. Add the stock and the remaining cumin and bring to a boil over high heat. Reduce the heat and simmer for 25 to 30 minutes or until the sweet potato is very soft. Blend the soup or mash until smooth. Return to the pan and gently stir over medium heat until warmed through. Season with salt and freshly ground black pepper. Serve with a dollop of yogurt.

## Cream of Sweet Potato Soup

oil for frying  
6 - 8 sweet potatoes, peeled and cubed  
2 onions, chopped  
2 garlic cloves, minced  
1 Tbs cooking oil  
2 tsp turmeric  
2 Tbs rosemary  
½ - 1 cup milk  
salt and pepper to taste

Heat the oil in a pan and sauté onions and garlic until soft. Add sweet potatoes, cover with boiling water, and cook until very tender. Add rosemary, turmeric, salt, pepper, and milk. Mash together and add milk as necessary until you reach a chunky mashed potato consistency.

## Split Pea Soup

3 cups green peas, washed  
2 carrots, cubed small  
2 onions, finely chopped  
3 garlic cloves, minced  
1 - 2 Tbs cooking oil  
salt and pepper to taste

Sauté onions and garlic in a pot with oil until translucent. Add peas, carrots, salt, and pepper, and cook for 2 minutes. Fill the pot with hot water, just enough to cover the peas. Simmer for about an hour, adding more water as necessary. When the peas and carrots are very soft, mash them with a wooden or regular spoon and serve.

## Tomato Soup

10 - 15 whole tomatoes  
3 Tbs butter  
1 onion, finely chopped  
2 - 3 cloves garlic  
½ tsp paprika  
1 - 2 tsp salt  
½ tsp basil  
1 ½ cups milk  
cheese (optional)  
salt and pepper to taste

Score a cross in the base of each tomato. Place in boiling water for 1 minute, then plunge into cold water (as cold as possible). Remove and peel away skins, starting at the cross. Cut the tomatoes in half and scoop out the seeds with a spoon. Chop the flesh and set aside. Heat the butter and sauté the onion and garlic until translucent. Remove from heat and add paprika, basil, and cheese, then gradually add the milk. Mix well. Return to heat and bring just to a boil, then add tomatoes. Simmer for about 1 hour. Let cool slightly, then blend in a blender or mash well. Return to heat to warm through and add salt and pepper to taste.

## Cream of Tomato Soup

2 onions, chopped  
2 Tbs oil  
10 - 12 tomatoes, chopped  
2 Tbs butter  
2 Tbs flour  
1 cup hot milk  
salt and pepper to taste

Heat the oil in a pan and cook onions until translucent. Add the tomatoes and simmer until thickened to a sauce. If adding other vegetables, add just after tomatoes heat up. Set aside. Melt the butter in a separate pan, then mix in the flour and cook for 1 or 2 minutes, until bubbly. Add the hot milk and stir constantly until the sauce thickens. Keep stirring or the milk will burn! Bring to a boil and stir for 2 to 3 minutes. Add salt and pepper. Add the milk mixture to the tomato sauce and heat, mixing well. If desired, add other vegetables.

## Tomato and Bread Soup

10 - 12 tomatoes  
1 loaf day old crusty bread  
1 Tbs olive oil  
3 garlic cloves, crushed  
5 cups stock  
4 Tbs torn basil leaves

until the bread softens and absorbs the liquid. Add extra stock or water if necessary. Stir in torn basil leaves and extra oil. Let sit 5 minutes before serving. *Variations:* Sub dried basil for fresh basil if none is available. Tearing or chopping fresh herbs works best when you first roll the leaves.

Score a cross in the base of each tomato. Place in boiling water for 1 minute, then plunge into cold water. Remove and peel away skin, starting at the cross. Cut the tomatoes in half and scoop out the seeds. Chop the tomato flesh. Cut the bread into 1 inch chunks. Heat the oil in a large pan. Add the garlic and tomato, then reduce heat and simmer, stirring occasionally, for 15 minutes until thickened. Add the stock and bring to a boil, stirring for 2 minutes. Reduce the heat and add the bread pieces, stirring occasionally. Cook for 5 minutes or

## Better than Campbell's Soup

2 onions, finely chopped  
3 cloves garlic, crushed  
1 cup coconut milk  
1 Tbs basil  
5 - 6 tomatoes, diced  
salt and pepper, to taste  
oil

Heat oil in pan and add onion and garlic and cook until brown but not burnt. Add tomatoes, basil and coconut milk. Cook 10 to 15 minutes. Salt and pepper to taste.

## Healthy Ramen Veggie Soup

1 package Ramen Soup mix  
1 small onion, diced  
1 carrot, shredded or diced  
¼ - ½ a green pepper, chopped  
2 - 3 tomatoes, chopped  
1 - 2 Tbs curry powder or other spices  
1 bouillon cube  
~½ cup extra water

Sauté all veggies except tomatoes in 1 Tbs oil until soft. Add the curry powder and spices. Add amount of water package calls for plus an extra ½ cup. Bring to a boil, add noodles and cook as directed. You now have a hearty, healthy bowl of ramen soup! *Note:* Ramen noodles are available at a safi duka near you!

## Gumbo

4 Tbs oil  
½ kg tomatoes, quartered  
2 Tbs flour  
4 cups water  
1 kg shrimp (peeled), chicken, meat, or potatoes, cut into pieces  
3 cups okra, chopped  
2 onions, chopped  
1 bay leaf (optional)  
3 cloves garlic, crushed  
1 tsp salt  
red pepper (optional)

Heat 2 Tbs oil in a pan and add flour to make a brown mix. Add meat or potatoes and stir for several minutes, then set aside. In a separate pan, heat remaining 2 Tbs oil and cook okra and onions. Add tomatoes when okra is nearly cooked. Add water, bay leaf, garlic, salt, and pepper. Add the meat or potato mixture to the pan, cover, and cook slowly for 30 minutes. Serve over rice.

## West African Beef Stew

1 kg beef, cut into cubes  
4 Tbs butter  
1 onion, chopped  
2 - 3 Tbs curry powder  
2 Tbs flour  
¼ cup peanut butter  
1 cup water  
1 cup coconut milk  
okra, trimmed, whole (optional)

Heat the butter in a pan and add the beef. Cook for 5 minutes. Remove the meat from the pan and add the chopped onions. Cook until golden in color and add flour, curry powder, and peanut butter. Slowly add coconut milk and water to the mixture. Stir until thickened. Add the meat and simmer. Cover until the beef is tender, about 2 hours. Add the okra 20 minutes before stew is finished. Serve over rice.

## Chicken and Vegetable Soup

1 chicken  
1 onion  
5 black peppercorns  
1 bay leaf  
2 large carrots, diced  
2 large tomatoes, peeled, deseeded, and finely chopped  
¾ cup barley (optional)  
2 Tbs parsley, chopped  
salt and pepper to taste

Put the chicken, onion, peppercorns, and bay leaf in a pan and add enough water to cover. Bring to a boil and simmer for 90 minutes. Strain the stock and return to pan. Discard the onion, peppercorns, and bay leaf, and set the chicken aside. When cool, shred the chicken. Allow the stock to cool and skim the fat from the surface. Place in a pan and bring to a boil. Add the carrot, tomato, and barley. Simmer for 45 to 50 minutes or until the vegetables are tender. Stir in the parsley and the shredded chicken. Season with salt and freshly ground pepper.



# Salads

Give people a reason to stop telling you “umenenepa.”

## Kachumbari

tomatoes, chopped  
onions, chopped  
cucumber, chopped  
green pepper, chopped  
cabbage, chopped  
carrots, chopped  
juice of lemons or lime  
salt and pepper to taste

Kachumbari is a fun and easy dish and can be made with as little as just two vegetables! Chop up whatever you want to throw in, mix it all together, and squeeze some lemon or lime juice on top, then add salt and pepper to taste. Goes great with rice and beans!

## Cucumber and Yogurt Salad

3 cucumbers, thinly sliced  
salt and pepper to taste  
1 tsp lemon juice  
2 Tbs vinegar  
4 Tbs yogurt  
1 small onion, thinly sliced  
1 Tbs mustard (optional)  
2 tsp dill weed or parsley

Spread cucumber sliced over the bottom of a colander and sprinkle salt on top. Let drain 30 minutes, then gently press to squeeze out excess liquid. In a separate bowl mix yogurt, onions, lemon juice, vinegar, dill, and mustard. Toss mixture with cucumbers and add salt and pepper to taste.

## Mixed Veggie Salad

*Salad:*  
1 large onion, sliced  
1 cucumber, diced  
3 carrots, diced  
6 large tomatoes, diced  
1 green pepper, diced  
2 springs cilantro or parsley, chopped  
8 leaves lettuce or cabbage

*Dressing:*  
½ tsp salt  
½ tsp pepper  
1 tsp brown sugar  
2 Tbs vinegar  
1 Tbs lemon juice  
1 Tbs honey  
4 Tbs olive oil  
pinch mustard powder

Combine all vegetables except lettuce in a large bowl. In a separate bowl, mix together all dressing ingredients. Pour the dressing over the vegetables and toss. Cover a plate with a bed of lettuce leaves and serve the salad on top.

## Mango & Avocado Quinoa Salad with Mango-Lime Vinaigrette

1 cup chopped tomatoes  
1 cup peeled & chopped cucumber  
1 cup chopped jicama (optional)  
1 cup chopped avocado  
1 cup chopped mango  
½ cup chopped red onion  
½ cup fresh cilantro leaves  
2 tbs lemon juice  
½ tsp salt  
2 cups mixed salad greens (sub cabbage or mchicha)  
4 cups cooked couscous or quinoa

*Mango-Lime Vinaigrette:*  
1 cup chopped mango  
½ cup safflower, sunflower, or canola oil  
¼ cup maple syrup or honey  
¼ cup lime juice  
1 Tbs rice vinegar or any vinegar  
1 ½ tsp sea salt  
3 tsp fresh grated ginger  
*Garnish (optional):*  
4 tbs roasted pumpkin seeds  
4 tbs currants, raisins, or chopped dates  
1 tsp chipotle powder or cayenne pepper

Send your mom a postcard asking for quinoa or couscous or find a super safi duka in a big city. Prepare couscous, usually about 2 cups water to one cup grain (check the package) and let cool. Mix all dressing ingredients together and mash well using a mortar and pestle. In a bowl combine all chopped vegetables and cilantro, then toss with lemon juice and salt. Divide salad greens onto 4 plates and top each with about a cup of couscous. On each serving, drizzle couscous with about 2 Tbs mango-lime vinaigrette, then divide the tossed vegetables evenly amongst each plate. Drizzle a bit more vinaigrette on top and garnish as desired. Makes 4 salads.

## Mixed Bean Salad

1 cup red beans, cooked  
1 cup chickpeas, cooked  
1 cup yellow beans, cooked  
1 large onion, sliced into rings  
2 Tbs parsley, chopped

### Dressing:

2 Tbs brown sugar  
½ cup white wine vinegar  
½ tsp salt  
¼ tsp black pepper  
½ cup olive oil  
½ tsp mustard powder  
½ tsp dried basil leaves

Soak the beans separately overnight, then boil them separately until tender. Drain well. Mix all the beans together in a large bowl. In a separate bowl, mix sugar, vinegar, salt, and pepper. Stir in the oil, mustard, and basil. Pour this mixture over the beans and mix thoroughly. Add onions and parsley, mix well, then serve.

## Potato Salad

8 - 10 potatoes, washed  
1 onion, chopped  
2 - 4 Tbs yogurt  
1 green pepper, chopped  
(optional)  
dill weed (optional)  
salt and pepper to taste

Place the potatoes in a sufuria and add enough cold water to cover them. Cook on high heat until the potatoes are just barely soft. Drain and let cool. Dice the cooled potatoes and combine the other ingredients together, then serve.

## Fruit Salad

4 bananas  
5 oranges, peeled and diced  
1 papaya, chopped  
3 apples, cored and diced  
¼ cup lemon or lime juice  
3 Tbs sugar  
1 tsp mint

Combine all fruit in a large bowl. In a separate bowl mix sugar, lime juice, and mint, then pour over the fruit mix and toss everything together. *Variations:* Add any additional fruit, yogurt, raisins, nuts, or grated coconut.

## Basic Salad Dressing

olive oil  
lemon or lime juice  
vinegar (optional)  
garlic, crushed  
salt and pepper  
drinking water  
spices

Combine garlic, salt, pepper, and any spices with equal parts olive oil, lemon juice, water, and vinegar. Shake or stir. Season to taste and add more water if the taste is too strong. If you make the dressing with vinegar it will keep, unrefrigerated, for quite a while. Try spices such as red pepper, rosemary, basil, oregano, honey, mustard, etc.

## Soy Ginger Dressing

¾ cup olive oil  
¼ cup soy sauce  
1 Tbs vinegar  
1 tsp sugar  
½ inch piece ginger root, grated  
1 green onion, finely chopped  
salt and pepper to taste

Mix vinegar with sugar and ginger and let stand 5 minutes. Add oil and mix. Add remaining ingredients. Goes well with cucumbers, carrots, avocados, etc.  
*Variations:* Make the dressing creamy by adding a little mashed avocado or make it spicy by adding wasabi.

## Cucumber Dressing

sunflower or olive oil  
balsamic vinegar  
honey  
sugar  
salt  
mayonnaise (optional)

Mix small and equal amounts oil and balsamic vinegar with ½ part honey, a dash of sugar, salt to taste, and 1 part mayonnaise. Mix it all together. Goes well over cucumbers, onions, etc.

## Bruschetta

6 - 8 firm but ripe tomatoes  
1 Tbs olive oil  
1 Tbs balsamic vinegar  
Italian spices (oregano, basil, thyme, rosemary, etc)  
salt and pepper to taste  
sliced bread  
2 garlic cloves (optional)

Wash tomatoes well. Cut each in half and scoop out and discard the seeds. Chop the flesh. Add Italian spices, olive oil, balsamic vinegar, salt, pepper, and mix. Toast the bread on a skillet with a little oil. Rub a garlic clove on the bread for a delicious garly taste.

## Egg Salad Sandwich

5 eggs, hard boiled and chopped  
2 Tbs mayonnaise  
2 Tbs chopped onion  
2 Tbs chopped cucumber  
salt and pepper to taste  
bread

In a small bowl combine eggs, mayonnaise, onion, and cucumber. Mix until creamy. Add salt and pepper to taste. Serve over bread, or even toast.

# Sauces, Dips, & Jams

Great for dressing up other dishes!

## Salsa

4 - 5 tomatoes, diced  
1 onion, diced  
1 pilipili kali  
6 cloves garlic, crushed  
handful of fresh cilantro, chopped  
juice of 1 lemon or lime  
salt to taste

Combine tomatoes, onions, pilipili, and garlic together. Add cilantro and lemon juice, then sprinkle with salt to taste. Adjust the salsa to your taste by adding more pilipili kali or any other ingredient. *Variations:* Add fire roasted corn, beans, or finely chopped mangoes or pineapples.

## Kimchee

5 cups water  
3 Tbs salt  
½ kg cabbage, sliced into bite-sized chunks or strips  
½ kg white radish, peeled and sliced (optional)  
2 Tbs fresh ginger, minced  
1 ½ Tbs garlic, minced  
5 green onions, cut into fine rounds, including green tops  
1 Tbs cayenne or hot Korean red pepper  
1 tsp sugar

In a large bowl, mix 5 cups water with 2 Tbs + 2 tsp salt. Add cabbage and radish, mixing well. Cover with a cloth and let sit 12 hours, stirring 2 or 3 times. In another bowl mix ginger, garlic, green onions, hot pepper, sugar, and remaining 1 tsp salt into another large bowl and mix well. Drain cabbage, saving the liquid, and add to the bowl with the seasonings. Mix well. Pour this mixture into sterilized glass jars. In each jar, pour enough saved liquid to cover the vegetables, leaving at least one inch headroom at the top of the jar. Cover loosely with a cloth and let sit 3 to 7 days to ferment, stirring daily. Taste occasionally to check the sourness. When cabbage has fermented to your taste, place the lid on the jar and refrigerate. Yields 2 half-liters.

## BBQ Sauce

brown sugar to taste (~ ½ cup)  
1 tsp celery salt  
1 cup ketchup or tomato sauce  
juice of 1 lemon  
½ tsp salt  
1 onion, minced  
1 cup cold drinking water  
pilipili kali, minced  
1 tsp Worcestershite sauce  
dash pepper

Combine everything. Do not cook. Goes well over chicken, beef, and goat.

## Sweet and Sour Sauce

1 Tbs cornstarch  
2 Tbs cold water  
¼ cup ketchup  
½ cup sugar  
¼ cup water  
¼ cup vinegar  
2 Tbs lemon juice  
2 Tbs soy sauce

Mix cornstarch and water. In a sufuria combine and heat remaining ingredients. Just before the mixture boils, add cornstarch mix. Stir continuously until sauce is thickened.

## Chinese Pink Sauce

sugar  
mustard powder  
oil  
mayonnaise  
ketchup  
water

Combine equal parts of all ingredients, mix well, and enjoy.

## Mexican Red (Enchilada) Sauce

2 tsp oil  
1 cup minced onion  
½ tsp salt  
4 - 6 garlic cloves, minced  
8 - 10 tomatoes, grated or diced  
1 Tbs cumin  
½ tsp garlic powder (optional)  
¼ tsp oregano  
½ tsp coriander  
¼ tsp cayenne pepper (or more)  
black pepper to taste  
½ cup water

Heat oil over medium heat and sauté onions, garlic, and salt until onions become translucent. Add garlic powder, oregano, and coriander, then sauté another 5 minutes. Add tomatoes and water. Bring to a boil then partially cover and simmer 30 minutes. Add black pepper and cayenne to taste. Serve over rice and beans, tacos, or enchiladas.

## Orange Ginger Sauce

2 Tbs cornstarch  
1 cup orange juice  
2 - 3 garlic cloves, minced  
1 Tbs grated ginger  
¼ cup soy sauce  
salt, pepper, and cayenne to taste

Whisk cornstarch and orange juice in a small bowl until very well mixed. Add all remaining ingredients. If you are using the sauce for stir-fried veggies, stir from the bottom and add sauce to the skillet midway through cooking. If you are using the sauce for rice, fish, or other entrées, place saucepan over medium heat and gradually bring to a boil, whisking constantly. Lower heat and simmer, whisking frequently until sauce becomes thick and glossy.

## Basic Stir-Fry Sauce

¼ cup soy sauce  
1 ¼ cups water  
1 Tbs grated ginger  
2 large cloves garlic, minced  
3 Tbs corn starch  
1 tsp oil  
1 Tbs sugar  
1 Tbs + 1 tsp vinegar (cider is best)  
2 Tbs rice wine  
3 dashes sesame oil (optional)

Combine all ingredients except cornstarch. Put cornstarch in a separate bowl and slowly add the wet mixture, stirring well.

## Gravy

2 buillion cubes (chicken, beef, or pork)  
1 cup water  
1 - 2 Tbs corn starch mixed with a little bit of cold water  
salt and pepper to taste

Mix the bouillon and water in a sauce pan and add salt and pepper to taste. Bring to a boil and add corn starch mixture slowly while mixing, then bring to a boil again. The sauce should thicken after a while. If it does not, add more corn starch and mix well.

## Chili Sauce

8 large tomatoes, skinned and chopped  
2 green peppers, chopped  
2 onions, chopped  
2 - 3 tsp salt  
1 cup sugar  
1 cup cider vinegar  
2 - 3 bay leaves (optional)  
1 tsp coriander  
1 tsp black pepper  
¼ tsp ground cloves  
½ tsp ground cinnamon  
1 tsp ground ginger  
1 tsp mustard seeds

Mix all the ingredients in a sufuria and bring to a boil. Cover and simmer over low heat until thick, about 2 hours. Stir once to mix and simmer 10 minutes more. Remove from heat and cool slightly, then pour into a sterilized jar and seal.

## Guacamole

3 ripe avocados  
3 - 4 tomatoes, chopped  
3 - 4 onions, chopped  
juice of 1 lime  
salt and pepper to taste

Mash avocados in a bowl and mix in the remaining ingredients. Stir well and serve with chips. *Variations:* Mix the salsa recipe with mashed avocado. Add pilipili kali or tabasco to taste. *Hints:* Keeping the avocado pit in the bowl of guac helps to keep it from going bad as quickly. The same goes for keeping the pit in a leftover avocado half.

## Grilled Pineapple and Avocado Guac

2 large ripe but firm avocados, halved, pitted and peeled  
1 hot pepper  
½ pineapple, peeled, and cut into 1" thick rings  
1 large onion, sliced into ½" thick rings  
1 T oil  
¼ tsp black pepper  
1 ¼ tsp + 1 tsp salt  
¼ cup chopped fresh cilantro  
juice from 2 limes (~3 Tbs)  
2 cloves garlic, finely chopped  
1 small tomato, deseeded and chopped

Stoke the charcoal jiko. Brush avocado, hot pepper, pineapple, and onion with oil, pepper and 1 ¼ tsp salt. Arrange on grill and cook, gently flipping once, until just charred and softened, about 6 to 8 minutes for the avocado halves and 8 to 10 minutes for the pineapple, onions and hot pepper. Transfer to a tray to cool. When cool dice the avocados and pineapple and transfer to a large bowl. Finely chop the onions and hot pepper, removing the seeds if you don't like it too spicy, and add to the bowl. Add remaining 1 tsp of salt and remaining ingredients toss gently to combine.



## Raitha (Indian Yogurt Sauce)

2 cups yogurt  
½ small onion, finely chopped  
½ tsp salt  
salt and fresh ground pepper  
fresh parsley or cilantro leaves  
additional ingredients as desired  
including boiled and chopped  
potatoes, tomatoes, cucumber,  
cumin, carrots, and green  
peppers

Combine yogurt, onion, salt, and pepper to taste to make the raitha base. Mix with any of the following additional ingredients:

- 1 cup chopped potato and 1 ½ cups chopped tomato, or
- 1 cup diced cucumber which has been sprinkled with salt and let sit in a colander to drain for several hours, then mixed with ¼ tsp cumin seeds which have been dry toasted
- ½ cup grated carrots and ½ cup diced green pepper.

Finally, garnish with fresh parsley or cilantro leaves. Serve as a side dish with pilau or meat. *Variations:* Season with mint, or try different vegetables or even fruits such as mangos or pineapples.

## White Sauce and Variations

2 Tbs butter  
1 onion, chopped  
3 - 4 cloves garlic, crushed  
2 Tbs flour  
2 cups hot milk  
salt and pepper to taste

Melt the butter in a pan. Add the onions and garlic and cook until translucent. Mix in the flour and cook for 1 to 2 minutes, until bubbly. Add the hot milk and stir continuously until the sauce thickens. Bring to a boil and cook, stirring, 2 to 3 minutes. Add salt and a generous amount of pepper to taste. *Variations:* To make a curry cream sauce, add 1 tsp curry powder and ¼ tsp grated ginger. To make a cheese sauce, add ½ cup grated cheese during the last two minutes of cooking, along with a pinch of cayenne pepper. For a mustard white sauce, add 2 tbs mustard.

## Curry Sauce

1 Tbs curry powder  
3 Tbs butter  
1 egg yolk  
1 Tbs lemon juice  
¾ cup coconut milk  
2 cups stock  
2 Tbs flour  
2 Tbs milk

Heat 2 Tbs butter in a pan. Stir in the flour and add 2 cups stock. Stir over low heat until thick. Simmer for 20 minutes, stirring occasionally. Add coconut milk, curry powder, and blend well. Continue heating until the volume is reduced by half, then remove from heat. Mix the egg yolk with milk, add to the other mixture. Just before serving, add lemon juice and 1 Tbs butter.

## Tamarind Chutney

1 cup tamarind pods, cleaned, or 3  
Tbs tamarind paste  
1 Tbs canola oil  
1 tsp cumin seeds  
1 tsp ground ginger  
½ tsp cayenne pepper  
½ tsp fennel seeds  
½ tsp asafoetida powder (also  
known as hing, available at an  
Indian duka)  
½ tsp garam masala  
1 ½ cups white sugar

Boil 2 cups water and soak the tamarind for 5 to 6 minutes or until soft. Rub the pods together in the water to separate the dried pulp from the seeds. Squeeze out the seeds and skins and discard, or keep for a second extraction in the future. Set the tamarind water aside. Heat oil in a saucepan over medium heat, and add the cumin seeds, ginger, cayenne pepper, fennel seeds, asafoetida powder, and garam masala. Cook and stir for about 2 minutes to release the flavors. Stir the tamarind water into the pan with the spices and add sugar. Bring to a boil then simmer over low heat until the mixture turns a deep chocolatey brown color and is thick enough to coat the back of a metal spoon. It should take about 20 to 30 minutes. The sauce will be thin but will thicken upon cooling.

## Hot Spicy Peanut Sauce

½ cup raw peanuts  
¼ cup oil  
2 onions, chopped  
2 cloves garlic, chopped  
1" piece ginger, minced  
1 hot pepper, minced  
4 - 6 tomatoes, chopped  
1 ½ tsp salt  
½ cup peanut butter  
2 Tbs soy sauce  
2 Tbs honey or sugar  
1 pineapple, chopped (optional)  
1 cup coconut milk (optional)

Boil two cups of water in a pan and add the peanuts. Allow to boil for 5 minutes and drain, reserving the liquid for later. (If you are using coconut milk, you can discard the liquid.) In another sauce pan, heat oil and fry the onions for about 2 minutes. Add the garlic, ginger, hot pepper, tomatoes, and salt. Stir and cook an additional 3 to 4 minutes. Add the peanuts and the peanut butter and blend well. Simmer and add 1 cup of the reserved liquid (or coconut milk), stir well, and simmer for 10 minutes. Add more of the liquid or coconut milk as necessary if the sauce becomes too thick. Add pineapple and let simmer another 10 minutes. Serve with noodles of your choice.

## Coconut Chutney

1 coconut  
½" piece ginger, chopped  
2 green chilies, chopped  
1 tsp cumin seed  
1 - 2 bunches cilantro leaves, chopped  
3 Tbs tamarind pulp or 4 Tbs lemon juice  
1 tsp sugar  
½ tsp salt

Grind up the coconut with your mbuzi and show off your skills to your neighbor -- Americans really can do it! Mix all the ingredients together and if you've got a blender blend it up, otherwise eat it chunky. If the chutney is a little too thick, add water. Serve with curry or even eat with maandazi or bagia for breakfast.

## Mango Chutney

3 ripe mangos  
1/3 cup brown sugar  
¼ cup minced onion  
2 tsp grated ginger  
¼ cup raisins  
1 hot pepper

Cut the mango into small cubes. Combine all ingredients in a pan, and cook until it smells like chutney.

## Ginger, Soy, & Lemon Dipping Sauce

¼ cup soy sauce  
1 tsp sugar  
2 Tbs grated ginger  
2 Tbs water or stock  
3 Tbs lemon juice  
1 Tbs minced onion  
1 Tbs sesame oil (optional)

Combine all ingredients in a pan and heat. Simmer and serve warm. Makes a good sauce for egg rolls and other vegetable stir fry recipes.

## Tahini

4 cups sesame seeds  
~ ¼ cup vegetable oil

Spread seeds on a pan and bake 8 to 10 minutes or dry fry in a skillet. Do not brown. Blend seeds or grind with a mortar and pestle, adding vegetable oil to make smooth. Will keep for several months in a refrigerator, a probably for a while in a clay pot.

## Hummus

1 ½ cups dry chickpeas  
3 - 6 cloves garlic, crushed  
1 ½ tsp salt  
¼ cups lemon juice  
fresh cilantro or parsley, chopped  
½ tsp black pepper  
pinch of red pepper  
1 small onion, minced  
2 Tbs olive oil  
¼ cup tahini or peanut butter  
1/3 cup lemon juice  
½ cup to 1/3 warm water  
paprika for garnish (optional)

Rinse the chickpeas, cover with water, and bring to a boil. Add water as needed and cook until soft, about 3 to 4 hours. Drain the water in a container and mash the chickpeas. Put tahini, lemon juice, water, and garlic in a blender and process until smooth or smash it all together with a mortar and pestle. Add mashed chickpeas and mash with the tahini mixture. Add oil and enough of the drained water to make a smooth paste. Set the hummus aside for a few hours. Add parsley or cilantro, chili powder, additional oil as needed, and paprika for garnish. Serve with pita bread, carrot sticks, or cucumber. *Variations:* Take dried chickpeas to the mill to be ground, or buy gram flour in a safi duka, which is really just chickpea flour. Combine 1 cup chickpea flour with boiling water to make a paste, and let sit a few minutes to cook the ground chickpeas.

## Baba Ghanouj

1 large eggplant, peeled  
several cloves of garlic  
1 tsp salt  
¼ cup tahini or peanut butter  
½ cup lemon juice

Cut eggplant into very small pieces and boil in just enough water to cover for about 30 minutes. Mash into a puree, then add remaining ingredients and blend well. Serve with crackers, bread, pita bread, or chapati. Garnish with olive oil, parsley, green pepper, radish, onion, and tomato.

## Applesauce

1 kg cooking apples  
¾ - 1 cup sugar  
2 tsp cinnamon  
grated ginger (optional)  
maple syrup or extract (optional)

Clean, peel, and core the apples. Cut the apples into half inch cubes. Boil water in a sufuria, then add the apple chunks. For a thicker sauce, use just enough water to cover the apple chunks, or use more water for a thinner sauce. Cook the apples over medium heat, stirring occasionally, until you can mash them with a fork. Add cinnamon, sugar (more or less depending on your taste), and any additional flavorings such as ginger or garlic, then mash to your hearts content. Remove from heat and serve hot or cold. Be free.

## Basic Fruit Jam

1 kg sugar  
1 kg chopped fruit such as  
pineapple or mango  
½ cup lemon juice  
any other spices as desired

Mix the chopped fruit with sugar and let stand 30 minutes. Add lemon juice. Bring the mixture to a boil and dissolve sugar. Cook until the jam thickens. Pour into sterilized jars. Should last a few weeks.

## Banana Jam

4 cups chopped bananas  
3 cups sugar  
½ cup lemon juice  
¼ cup water  
1 tsp grated lemon rind

Boil all ingredients together until they set. Jam will be a slightly reddish color. *Variations:* A handful of cleaned tamarind can be added to the jam for an interesting flavor. Store in sterilized jars and it should last for weeks.

## Papaya Ginger Jam

1 kg peeled and diced papaya  
8 cups sugar  
1 large lemon  
2 Tbs peeled and chopped ginger root, or preserved and candied ginger  
¼ cup water

Choose papaya that is not too ripe. Dice into ½ inch pieces. Add sugar to papaya and leave overnight, covered. Chop the lemon into very small pieces and add to the papaya the next day. Add ginger, wrapped in a cheesecloth bag, and the water. Boil briskly for about 1 hour or until the jam sets. The length of time will depend on the humidity of the day. Watch jam carefully during cooking time and stir frequently to prevent sticking or burning. When jam is set, squeeze out the cheesecloth bag and discard it. This jam can be used as a glaze if you put it through a sieve or blender. Store in jars and it will last a few weeks.

## Citrus Marmalade

1 kg any citrus fruit or a combination of a few  
10 cups water  
12 cups sugar

Your choice of citrus fruits must include at least 1 lemon. The less ripe the fruit the better. Core and seed the fruit, then wrap seeds in muslin or a cheesecloth bag. Chop fruit into 1 inch chunks, skin and all. Place the fruit, the bag of seeds, and the water in a pan. Mix well and let stand 24 hours. The next day, bring the mixture to a boil and simmer for 1 hour. Add all of the sugar and boil briskly

for 45 minutes. A pat of butter added to the water will keep scum from forming. Test the marmalade for doneness with a little placed on a cool saucer. If a skin forms while it cools on the saucer, it is done. Bottle at once, seal, and store. The recipe is easily halved, doubled, or tripled.

## Watermelon Jam

1 watermelon

De-seed the watermelon and chop the flesh into small chunks. Place the flesh in a large pot and boil until all the water is gone and the watermelon turns a deep red color. It should take about 3 hours and should boil down by about half.

There is no need for extra sugar or water in this recipe. Seal and store. Yields about 1 liter.

## Guava Jelly

guava, washed and chopped  
water  
sugar

Use any quantity of fruit available. Put the fruit into a saucepan and just cover with water. Boil to a pulp. Pour into a jelly bag or cheesecloth and hang to drip overnight with a bowl underneath. Add 1 lb sugar per 2 ½ cups juice. Bring to a boil, then simmer. The jelly is done when a drop of it on a cold plate will jell. Bottle mixture when hot and cover when set.

# Vegetable Dishes

For all you vegetarians, vegans, freegans, lovers of vegetables, and herbivores, and even you other folk, here's some recipes to make your tastebuds dance.

## Supu Ndizi (Banana Soup)

3 Tbs oil  
4 - 5 cloves garlic, chopped  
1 green pepper, chopped  
1 carrot, chopped  
2 - 3 tomatoes, chopped  
6 - 7 cooking bananas, cut into big chunks  
milk of one coconut

Peel the bananas, slice in half and cut into large chunks. Boil water, add bananas, and cook until the bananas begin to soften. Remove from heat, drain the water, and set aside. Heat oil in a pan and cook the garlic and onions until soft. Add the green pepper, carrot, and tomatoes, and cook for 3 minutes. Add the cooked bananas and coconut milk and mix well. Continue to cook until all the vegetables are tender. Add salt to taste. Goes well with avocado or kachumbari.

## Supu Viazi (Potato Soup)

3 Tbs oil  
6 - 7 potatoes, quartered  
1 onion, chopped  
3 cloves garlic, crushed  
1 carrot, chopped  
½ green pepper, chopped  
3 tomatoes, chopped  
milk of one coconut  
salt to taste

Boil the potatoes in water until beginning to soften. Do not overcook. Heat oil in a pan and cook the garlic and onions until soft. Add the green pepper, carrot, and tomatoes and cook for 3 minutes. Add the potatoes and coconut milk and mix well. Continue to cook until all the vegetables are tender. Add salt to taste. Goes well with avocado and kachumbari.

## Njegere na Nazi (Peas with Coconut)

1 kg unshelled peas (njegere)  
3 Tbs oil  
1 onion, chopped  
1 carrot, chopped  
3 tomatoes, chopped  
1 cup coconut milk  
salt to taste

Unshell and wash the peas. Heat oil in a sufuria and add the onion, carrot, and tomatoes and fry for 3 to 5 minutes. Add the peas and coconut milk and cook until all vegetables are soft. Salt to taste. Goes well with rice or ugali. Also good with avocado on the side.

## Easy Tanzanian Spinach

3 - 4 Tbs oil  
2 bunches spinach, shredded  
1 onion, chopped  
1 carrot, chopped  
3 tomatoes, chopped  
water  
salt to taste

Heat the oil in a sufuria and add the onion, carrot, and tomatoes and fry for 3 to 5 minutes. Add the spinach and cook until all vegetables are soft. Add a little water if needed. Salt to taste. Goes well with chapati, rice, or ugali. Also good with kachumbari and avocado served on the side.

## Easy Tanzanian Cabbage

3 - 4 Tbs oil  
1 small cabbage, shredded  
1 onion, chopped  
2 small carrots, chopped  
3 tomatoes, chopped  
1 green pepper, chopped  
water  
salt to taste

Heat the oil in a sufuria and add the onion, carrots, tomatoes, and green pepper and fry for 3 to 5 minutes. Add the cabbage and cook until all vegetables are soft. Add a little water if needed. Salt to taste. Goes well with chapati, rice, or ugali. Also good with kachumbari and avocado served on the side.

## Machame Mtori

10 - 15 matoke bananas (mbichi)  
2 - 4 onions, chopped  
2 - 4 green peppers, chopped  
1 - 2 eggplants, chopped  
1 - 2 carrots, chopped  
6 - 7 cloves garlic, minced  
1 bunch mchicha, chopped  
2 - 4 tomatoes, chopped  
dried hot peppers, diced  
1 Tbs ground coriander  
1 Tbs ground cumin  
1 tsp mustard seed, whole  
oregano  
salt and pepper to taste  
oil

To peel the bananas, coat your hands and the knife with oil as the bananas are very sticky. Peel the bananas by cutting off the tops and bottoms then slicing along the the ridges. Dig your thumb into the slices and pull off the skin. Cut off any extra green with a knife. Put the whole bananas into a pot of water as you peel them. Don't worry if the bananas turn purple but beware as the color can stain your clothes. Put the bananas in another pot and cover with water. Add ½ tsp salt and bring to a boil. Cook for 15 minutes or until soft. Heat oil in another pan and add the onions, cooking until soft. Add the garlic and mchicha and cook for another 5 minutes. Mash the bananas then combine with the remaining vegetables and the onion mix. Simmer over low heat, and add more water as necessary to cook the vegetables. Stir occasionally. Add the coriander and cumin and stir well. Add hot pepper, mustard seed, oregano, and pepper to taste. Simmer another 15 to 20 minutes until all vegetables are cooked. *Variations:* Chop ¼ kg steki into small pieces and boil for 1 - 2 hours before adding the bananas. Serve with avocado.

## Safari Lager Bananas

2 Tbs oil  
1 onion, chopped  
1 green pepper, diced  
1 carrot, chopped  
¼ cabbage, shredded  
3-4 cooking bananas, cut into big chunks  
1 cup Safari Lager beer  
1 cup water  
salt to taste

Heat oil in a pan and cook onions until translucent. Add the other vegetables and sauté for 3 minutes. Add the cooking bananas. Add the Safari and the water to the vegetables so that they are covered and bring to a boil. Continue to boil for 10 to 30 minutes until the bananas are soft. Salt to taste. Beware: go too happy on the Safari and the bananas will taste bitter.

## Cabbage Pot Pie

2 onions, chopped  
4 cups shredded cabbage  
2 Tbs butter  
½ cup milk  
2 eggs, beaten  
½ tsp salt  
1/8 tsp pepper  
1 tsp caraway seeds (optional)

### *Pie Shell:*

2 cups whole wheat flour  
2 tsp baking powder  
½ tsp salt  
1 egg, beaten  
¾ cup milk  
2 Tbs butter

Start by making the filling. Fry onions and cabbage in butter. Add the other ingredients and cook for 3 to 4 minutes longer. Remove from heat. *Variations:* To make a cobbler filling, mix dry ingredients in one bowl and wet ingredients in another. Combine everything together until the mixture is moist. For the pie crust, mix all ingredients and spread into a greased sufuria. Spread cabbage filling on top. Bake in a hot jiko oven until lightly browned on top and the dough is baked through.

## Ethiopian Style Cabbage

½ cup olive oil  
4 carrots, thinly sliced  
1 onion, thinly sliced  
1 tsp sea salt  
½ tsp ground black pepper  
½ tsp ground cumin  
¼ tsp ground turmeric  
½ head cabbage, finely shredded  
5 potatoes, peeled and cut into  
½" cubed

Heat the oil in a pan. Add onion and turmeric and fry until onions become translucent. Add carrot and potatoes, then stir and fry for 5 minutes. Add the cabbage and fry about another minute more. Add cumin and salt. Fry everything until cooked.

## Curried Cabbage

½ kg cabbage, finely shredded  
¼ kg potatoes, cubed  
1 tsp mustard seed  
½ tsp fenugreek seed  
2 Tbs oil  
2 green chilies, finely chopped  
1 small onion, finely chopped  
1 ½ cup coconut milk  
1 tsp salt

Heat oil in a pan and fry the mustard seeds and fenugreek seeds, covered, until the mustard seeds pop. Add the chilies and onion and fry for 5 minutes. Add the potato and fry for 5 minutes more. Add the cabbage and fry a minute more, then add the coconut milk and salt. Cover and simmer for 10 minutes until cooked.

## Besan Omelettes

1 ½ cups besan flour  
1 small onion, diced  
1 - 2 green chilies, chopped  
(optional)  
2 sprigs fresh cilantro, chopped  
2 tomatoes, deseeded and diced  
¼ cup shelled peas, cooked  
½ tsp salt  
pinch of chili powder  
olive oil  
water

Mix the besan (chickpea) flour with the onion, chilies, cilantro, tomatoes, and peas. Add sufficient water to make a thick batter, about 2 cups. Season with salt and chili powder. Mix well and allow to stand for 5 minutes. Heat a frying pan and brush with oil. Ladle in sufficient batter to cover the base of the pan. Cover and cook over low heat for 4 to 5 minutes. Flip the omelette and cook another 3 to 4 minutes. Both sides should be browned evenly. Repeat until all batter is used. Serve hot with chili or tomato sauce.

## Moroccan Style Carrots

1 kg carrots, cut into ¼" strips  
¼ tsp ground cumin  
1 clove garlic, chopped  
1 ½ tsp oil  
2 tsp lemon juice  
pinch cayenne pepper  
1/8 tsp ground cinnamon  
½ tsp sugar  
salt and pepper to taste

Steam the carrots for 8 minutes or until just tender. Heat the oil in a pan and cook the garlic for 1 minute. Add the cumin, sugar, cayenne, and the carrots and cook the mixture for 1 minute more or until the carrots are well coated. Stir in the lemon juice and salt and pepper to taste. Transfer the carrots into a bowl and let them cool to room temperature before serving. Serves 2 or 3.



## Candied Carrots

5 large carrots  
2 Tbs butter or Blueband  
2 Tbs sugar  
½ Tbs cinnamon (optional)  
½ tsp salt

Steam the carrots to desired tenderness and drain. Place back in the pan with remaining ingredients and heat until all ingredients melt and thicken to form a sauce. Serves two.

## Carrot Casserole

2 cups cooked and mashed carrots  
¼ cup butter  
2 eggs, beaten  
dash of cinnamon  
1/8 tsp salt  
¼ cup sugar or less  
3 Tbs flour  
1 tsp baking powder

Steam carrots until soft, then mash until smooth. Add butter to the mashed carrots. Add eggs, cinnamon, salt, sugar, flour, and baking powder. Put the mixture in a sufuria and bake on a hot jiko until browned, about 20 minutes.

## Sweet and Sour Carrots

2 Tbs oil  
1 slice fresh ginger  
½ kg carrots, cut into slices  
½ tsp salt  
½ cup stock  
1 Tbs vinegar  
2 tsp cornstarch mixed with 2 Tbs cold water  
pineapple (optional)

Heat the oil in a pan and brown the ginger slice in the oil. Discard the ginger. Stir fry the carrots for 1 minute only. Add the salt and stock. Cook for 5 minutes. Stir in vinegar, brown sugar, cornstarch mixture, and pineapple. Heat until sauce is thick then serve. Goes well with rice.

## Spicy Corn

3 Tbs oil  
1 large onion, chopped  
2 potatoes, cubed  
8 curry leaves (optional)  
½ tsp cumin seed  
½ tsp mustard seed  
1 tsp crushed ginger  
2 cloves garlic, crushed  
3 - 4 large ears of corn  
1 tsp salt  
1 tsp chili powder  
1 tsp ground coriander  
½ tsp turmeric  
5 - 6 tomatoes, chopped  
1 - 2 green chilies, chopped  
2 green peppers, cut into 1" pieces  
3 sprigs cilantro leaves, chopped  
1 Tbs tamarind pulp or 2 Tbs lemon juice

Cut down the side of the corncob with a knife to release the kernels. Heat the oil in a pan and fry the onion for 3 minutes. Add the potatoes and fry another 5 minutes. Add the curry leaves, cumin seeds, and mustard seeds and stir fry 1 to 2 minutes. Add the ginger and garlic and fry another 1 to 2 minutes. Add the corn kernels, salt, chili powder, ground coriander, and turmeric. Mix well and cook 2 to 3 minutes. Add the chopped tomatoes, chilies, green peppers, and cilantro. Stir in the tamarind pulp and mix well. Add a little water if the mixture seems too dry. Cover and simmer until the potatoes are tender, about 10 to 15 minutes. The spicy corn should be thick but moist. Serve hot or cold.

## Spicy Corn Puffs

2 corn cobs  
3 Tbs chopped cilantro leaves  
2 onions, finely chopped  
1 red chili, seeded and diced  
1 egg  
2 tsp ground cumin  
½ tsp ground coriander  
1 tsp salt  
ground pepper  
1 cup flour  
oil for deep frying

Cut down the side of the corncob with a knife to release the kernels. Roughly chop the kernels and put in a bowl. Holding the cobs over the bowl, scrape down the sides of the cobs with a knife to release any liquid remaining in the cob. Add the cilantro, onion, chili, egg, cumin, ground coriander, salt, and ground pepper to the bowl and mix well. Add the flour and mix. Add a tiny bit of water if the mixture seems too dry. Let sit for 10 minutes. Heat a pan for deep-frying, filling it about 1/3 full with oil. The oil is hot enough when a cube of bread dropped in browns in 15 seconds. Drop slightly heaped teaspoons of the corn batter into the oil and cook for about a minute and a half or until puffed and golden. Drain and serve immediately. Try serving with sweet chili sauce.

## Tomato Curry

1 Tbs butter or oil  
1 ½ cup chopped onion  
1 tsp salt  
1 small bell pepper  
6 tomatoes, peeled and seeded  
2 cups tomato puree  
½ tsp cinnamon  
2 tsp cumin  
2 tsp mustard seeds  
2 tsp grated ginger  
3 - 4 cloves garlic, minced

Heat the oil in pan over medium heat and sauté onions, salt, and mustard seeds. Fry 8 to 10 minutes or until the onions soften and seeds begin to pop. Add ginger, garlic, and minced bell pepper, and cook for another 5 minutes or until the peppers become tender. Add the remaining ingredients, mix well, and heat just to a boil, stirring frequently. Turn the heat down and simmer, covered, 15 to 20 minutes. Serve hot over rice. *Variations:* Serve with wedges of hard boiled eggs on the side.

## Spring Rolls

1 cup flour  
¼ tsp salt  
water  
2 Tbs oil  
2 cups shredded cabbage  
1 onion, chopped  
3 cloves garlic, chopped  
½ cup cooked spinach  
¼ cup paneer (optional)  
2 Tbs soy sauce  
oil for frying  
any other vegetables as desired  
scrambled eggs

Mix the flour and salt and add enough water to form a soft dough. Divide the dough into 8 parts. Roll out thinly and cut into triangles, rectangles, or squares, whatever shape you want, then set aside. Heat oil in a pan and add vegetables and other ingredients for the filling. Cook until the vegetables are soft. Add the scrambled eggs last. Cool the mixture before filling. Fill the wrappers with the filling, then pinch closed into any desired shape. Cylinders or triangles work well. To help seal and to keep your fingers from sticking, make a paste of flour and water. Serve with ginger soy-lemon dipping sauce or another sauce of your choice. Makes 8 rolls.

## Dope Deep Fry Batter

equal parts egg and water  
flour

Mix the eggs and water. Slowly mix in flour until the batter is thick enough to stick to veggies or whatever you'd like to fry. Make sure the oil is super duper hot! For reals! If not it will just saturate your food with oil and take a long time to cook. This batter is good for deep frying veggies, fish, or pretty much anything. Use your own discretion of how much to mix up depending on what you're cooking.

## Eggplant Curry

2 - 3 Tbs oil  
1 Tbs mustard seeds  
2 tsp cumin seeds  
1 ½ cups chopped onions  
2 tsp salt  
2 tsp turmeric  
½ tsp cayenne  
2 eggplants, cut into 1" cubes  
2 cups green peas  
water

Heat butter over medium heat in a large skillet. Add seeds and sauté until they begin to pop. Add onion, salt, turmeric, and cayenne. Cook, stirring occasionally, for 8 to 10 minutes until onions are translucent. Add eggplant cubes. Cook, regularly stirring from the bottom, for 15 to 20 minutes or until eggplant is soft. If mixture becomes too dry, add water. Cover between stirrings. In a separate pan, steam the peas until they are just tender and turn to bright green. Serve the curry over rice and top with peas.

## Smoky Spiced Eggplant

2 large eggplants  
1 onion, chopped  
2 cloves garlic, chopped  
1" piece of ginger, chopped  
1 green chili, chopped  
1/3 cup oil  
¼ tsp chili powder  
½ tsp garam masala  
2 tsp ground cumin  
2 tsp ground coriander  
2 tsp salt  
½ tsp ground black pepper  
2 ripe tomatoes, chopped  
3 - 4 Tbs finely chopped cilantro leaves (optional)

Using a pair of tongs (or skillfully using a fork), scorch the eggplants by holding them over a medium flame. Keep turning until the skin is blackened on all sides. Set aside until cool, then peel off the charred skin. Roughly chop the flesh. If black specks remain on the flesh, have no fear, it will only add hair to your chest (and a nice smoky flavor). Put the onion, garlic, ginger, and chili in a bowl and mix well. Heat the oil in a pan, then add the mixture and cook until slightly browned. Add all the spices, including the salt and pepper, and cook for 1 minute, stirring. Add tomato and simmer until the liquid has reduced. Put the eggplants in the pan and stir. Simmer 10 minutes or until soft. Before serving, stir in cilantro and season with salt to taste.

## Eggplant Bake

3 large eggplants  
2 tsp salt  
vinegar  
2 Tbs oil  
2 onions, sliced  
2 green chilies, chopped  
4 - 5 tomatoes, chopped  
½ tsp chili powder  
2 cloves garlic, crushed  
½ tsp ground turmeric  
oil for deep frying  
4 Tbs yogurt  
1 tsp ground black pepper  
4 tomatoes, sliced

Cut the eggplants into ¼ inch slices. Place in a dish and sprinkle with 1 tsp salt and add enough vinegar to cover. Allow to marinate 20 to 30 minutes, then drain well. Heat oil in a frying pan and fry the onions until golden brown. Add the chilies, chopped tomatoes, 1 tsp salt, chili powder, garlic, and turmeric. Mix well and cook over low heat 5 to 7 minutes. Remove from heat and let cool. Blend if you can or mash into a smooth sauce. Heat oil for deep frying and deep fry the eggplant until brown on both sides, about 2 to 3 minutes on each side. Drain well. In a baking tray or sufuria, arrange half the fried eggplant as the bottom layer. Spoon over half the tomato sauce and half the yogurt. Season with pepper. Add the remaining eggplant and the rest of the tomato sauce and yogurt. Cover with sliced tomatoes, then bake at 350°F (180°C) for 10 to 15 minutes. *Variations:* Add grated cheese on top with the sliced tomatoes. Bake until cheese is melted.

## Stuffed Eggplant

1 eggplant  
1 egg, beaten  
½ cup milk  
2 tsp butter  
1 small onion, chopped  
1 cup bread crumbs  
½ cups ricotta cheese

Cut the eggplant in half lengthwise and scoop out the center. Cut the center into small pieces and cook in boiling water until soft. Drain. Combine with remaining ingredients and mix well, then use to fill the eggplant shells. Bake in a hot oven until slightly brown. *Variations:* Add Italian spices to taste.

## Easy Eggplant

3 Tbs oil  
1 onion, chopped  
1 carrot, chopped  
3 tomatoes, chopped  
2 eggplants, peeled  
1 cup coconut milk  
salt to taste

Slice the eggplants lengthwise. Heat oil in a sufuria. Add the onion, carrot, and tomatoes and fry for 3 to 5 minutes. Add the eggplant and the coconut milk and cook until all vegetables are soft. Goes well over rice or spaghetti.

## Eggplant Parmesan

2 eggplants, cut into ¼" slices  
1 ½ cups bread crumbs  
2 eggs, gently beaten  
¼ cup flour  
1 recipe tomato sauce  
1 cup grated cheese  
4 tsp herbs such as sage,  
marjoram, oregano, rosemary,  
and celery salt  
1 ½ tsp salt  
½ tsp pepper  
oil for frying

First make the tomato sauce (see recipe on page 104). While the sauce simmers, prepare the eggplant. Combine bread crumbs with herbs and place in a shallow bowl or plate. In a separate bowl, combine flour, salt, and pepper. Coat the eggplant slices first with the flour mixture, then with egg, and finally with bread crumbs. Heat oil in a pan and fry the slices on both sides until brown. Drain and arrange the slices on a plate, then top with tomato sauce and grated cheese.

## Basic Indian Style Green Beans

½ kg green beans, cut into thirds  
1 onion, chopped  
2 - 3 cloves garlic, chopped  
½ tsp mustard seed  
½ - ¾ tsp turmeric  
oil  
1 tomato, chopped (optional)

Fry the onions and garlic on medium heat in a small amount of oil until browned. Add the mustard seeds and turmeric, and fry lightly for another minute. (*Optional:* Add the tomato and cook for a minute or two.) Add the green beans and stir thoroughly. Reduce heat, cover, and let simmer until beans are desired tenderness. Serve with rice or as a side dish.

## Green Beans with Coconut

2 Tbs oil  
2 cloves garlic, crushed  
2 green chilies, chopped  
½ kg green beans, cut in half  
¼ tsp salt  
4 Tbs shredded coconut

Heat the oil in a pan. Add the garlic and fry until golden brown. Add the chilies and fry for 30 seconds. Add the green beans and sprinkle with salt. Stir fry for 8 to 10 minutes until the beans are tender but still crisp. Sprinkle with the coconut and stir fry another 2 to 3 minutes. Serve as a side dish.

## Mixed Vegetable Pizza

1 recipe pizza dough  
2 Tbs olive oil  
1 small onion, chopped  
5 cloves garlic, chopped  
1 pilipili kali, chopped  
5 tomatoes, chopped or sliced  
10 olives, pitted and chopped  
grated cheese  
salt, pepper, oregano, and basil  
to taste  
any additional vegetables

Cook the pizza dough (see recipe on page 50) in a baking dish for 5 minutes. Heat the oil in a frying pan. Add the onion, garlic, and pilipili kali and fry for 3 to 4 minutes, until the onions are translucent. Remove from heat and cool. Spread the cooked vegetables, tomatoes, olives, and any other vegetables evenly on the pizza crust. Add salt, pepper, oregano, and basil to taste. Top with cheese and cook until the cheese is melted. *Note:* You can make small pizzas in a frying pan over low heat without worrying about constructing that cumbersome jiko oven. Add vegetables and cheese when the crust is nearly cooked through, then cover and allow cheese to melt. *Variations:* Try toasted bread as crust. If you like a "saucy" pizza, make a tomato sauce first (see page 104) and evenly spread over the crust before adding vegetables and cheese.

## Okra and Potato Curry

3 Tbs oil  
1 onion, chopped  
2 potatoes, cut into 1" chunks  
½ kg okra, cut into ½" pieces  
salt to taste  
½ tsp ground turmeric  
1 tsp chili powder  
1 ½ tsp ground coriander  
2 - 3 sprigs fresh cilantro leaves,  
chopped

Heat oil in a pan and fry the onion for 3 to 4 minutes. Stir in the potatoes, cover, and cook for 3 to 4 minutes. Add the okra and fry for about 2 minutes. Sprinkle with salt to taste, turmeric, chili, and ground coriander. Mix gently, cover, and cook for 8 to 10 minutes. Stir occasionally and continue cooking until the potatoes are tender. Garnish with cilantro.

## Okra Puff

2 cups sliced okra  
1 egg, beaten  
½ cup milk  
1 cup flour  
1 tsp salt  
2 tsp baking powder  
½ tsp salt  
2 Tbs onions  
oil for deep frying

Combine all ingredients except the okra and mix well. Add the okra and mix. Deep fry in hot oil, one spoonful at a time, until browned. Serve hot.

## Southern Style Fried Okra with a Kick

oil for frying  
1 egg  
½ kg okra, chopped into ½"  
pieces  
½ cup corn flour  
2 Tbs curry powder  
1 tsp salt  
1 tsp black pepper  
1 tsp cumin (optional)

Mix the flour and spices together in a bowl and set aside. Scramble the egg in a closeable container with a lid and add the okra. Shake well to coat. Add the flour mixture and shake well. Deep fry in ½-inch oil. Serve hot.

## Paneer Masala

paneer (see page 143)  
3 tomatoes, chopped  
3 Tbs oil  
8 cloves  
1 tsp cumin seed  
1 Tbs grated ginger  
4 - 5 cloves garlic, chopped  
1 green chili, chopped  
¼ tsp cardamom powder  
1 tsp black pepper  
½ tsp red chili powder  
½ tsp turmeric  
1 tsp salt  
2 cups water

Quickly boil the tomatoes whole and peel away the skin. Mash into a sauce. Heat the oil in a pan and fry the cloves, cumin seed, ginger, garlic, and green chilies, for 2 to 3 minutes. Add cardamom powder, black pepper, red chili powder, salt, and turmeric. Stir well. Add the tomato sauce and fry 4 to 5 minutes. Add water and cook until thick. Add the paneer and serve.

## Vegetable Curry

2 Tbs oil  
2 onions, chopped  
4 potatoes, diced  
3 carrots, diced  
¼ kg green beans or peas  
3 tomatoes, chopped  
1 eggplant, diced  
1 green pepper, diced  
2 chicken bouillon cubes or soy sauce  
2 Tbs curry powder  
1 tsp lemon juice  
1 - 2 cups water

Heat the oil in a pan and add the potatoes, carrots, eggplant, green pepper, and green beans, and cook for 5 minutes. Add the onion and cook until translucent. Add the tomatoes and 1 to 2 cups water. Bring to a boil. Add the bouillon cubes (or a little soy sauce), curry powder, and lemon juice. Simmer until the potatoes and carrots are cooked, about 5 to 10 minutes. Add more water if you want more of a soup. Season with salt and pepper. Serve with rice and top with yogurt.

## Thai Style Vegetable Curry

1 large eggplant, chopped  
1 onion, chopped  
1 green pepper, chopped  
1 pilipili kali (or more to taste)  
2 carrots, cut into rounds  
1 sweet potato, chopped (optional)  
1 Tbs Thai curry paste  
1 packet coconut milk powder  
water  
½ Tbs sugar  
1 tsp salt

Heat the oil in a sufuria and fry the onions until translucent. Add green pepper, sweet potato, and carrots. Fry 3 to 5 minutes and add the eggplant. When the eggplant beings turning soft and doesn't look raw, stir in the curry paste for a few seconds. Immediately add 1 cup water and ½ the packet of coconut milk powder. Stir and add the salt, sugar, and pilipili. Stir well and let simmer a few minutes. Sample the curry and add more salt, sugar, water, curry paste, or coconut milk, as desired. It should be sweet but salty. After adjusting let simmer another 5 minutes, then remove from heat and serve over rice.

## Stuffing

1 loaf day-old or stale bread, torn into small chunks  
½ cup butter  
2 onions, chopped  
4 cloves garlic, minced  
1 Tbs celery salt (optional)  
2 cups stock (chicken is best), using twice the amount of bouillon per cup  
1 tsp pepper (optional)

Melt the butter over low heat and sauté the onions until soft. Add the garlic and sauté another minute. Add the bread chunks and cook, stirring frequently, for 2 minutes. Add the broth and stir until mixed thoroughly. Place the sufuria in an oven for 25 to 35 minutes or until the top is slightly browned.

## Spiced Peas

2 Tbs oil  
1 onion, chopped  
2 green chilies, sliced in half  
1 kg shelled peas  
salt and pepper to taste  
1 Tbs lemon juice  
lemon wedges for garnish

Heat the oil in a pan and fry the onion until tender. Add the chilies and fry for 1 minute. Add the peas and salt and pepper to taste; stir fry 5 to 10 minutes or until well colored and dry. Put into serving dish and sprinkle with lemon juice. Garnish with lemon wedges.

## Stuffed Peppers

6 green (or red) peppers  
3 Tbs oil  
1 onion, chopped  
2 cloves garlic, chopped  
2 tomatoes, chopped  
1 green chili, chopped  
½ cup cooked rice  
1 potato, peeled and diced  
¼ tsp salt  
½ tsp pepper  
½ cup cooked peas  
1 Tbs lemon juice  
1 Tbs chopped cilantro or parsley (optional)  
2 Tbs water

Cut a slice from the top of each pepper and scoop out the seeds. Heat the oil and fry the onion for a minute or two. Add the garlic, tomatoes, and green chili, and fry another 2 to 3 minutes. Add the rice, potato, salt, pepper, peas, lemon juice, and cilantro or parsley. Cover and cook 2 to 4 minutes. Arrange the peppers in a baking dish or sufuria and stuff the peppers with the mixture. Pour the water around the peppers. Bake at 195°C (375°F) for 20 to 30 minutes or until the peppers are soft. Baste occasionally with the juices.

## Curried Egg

9 eggs, hard boiled then chopped  
1 onion, chopped  
3 cloves garlic, chopped  
1 Tbs oil  
1 Tbs curry powder  
3 Tbs flour  
1 ½ tsp salt  
1 ½ cups milk

Heat oil in a pan and fry the onion, garlic, and curry powder for about a minute. Remove from heat. Mix together the flour and salt and slowly add milk. Bring to a boil, stirring constantly. Lower heat and simmer for a few minutes, then fold in egg mixture.

## Pirogue

### Shell:

- 2 cups flour
- water
- 1 tsp salt

### Filling:

- 5 potatoes, cubed
- cheese
- 2 onions, chopped
- 4 Tbs butter
- salt, to taste

Add the salt to the flour and add enough water to make a soft dough. Set aside. Boil the potatoes until soft then mash with a fork. Roll the dough (in sections) onto a floured surface. Take a large cup and cut rounds out of the dough. Take one round and fill half with the potatoes, then sprinkle cheese on top. Fold over and pinch together. Continue until the dough and potatoes are finished. Melt butter in a pan and fry onions until brown. Add the pirogues and continue frying until just brown. Goes well with sauerkraut. Salt to taste. *Variations:* Use other fillings such as onions, spinach, etc.

## Ratatouille

- 4 tomatoes, chopped
- 2 Tbs oil
- 1 large onion, diced
- 1 red (or green) pepper, diced
- 1 eggplant, diced
- 2 zucchini, diced
- 1 tsp tomato paste
- ½ tsp sugar
- 1 bay leaf
- 3 sprigs thyme
- 2 sprigs basil
- 1 clove garlic, crushed
- 1 Tbs parsley, chopped

Heat the oil in a pan. Add the onion and cook for about 5 minutes. Add the red pepper and cook, stirring, for 4 minutes. Remove from pan and set aside. Fry the eggplant until lightly browned and remove from the pan. Fry the zucchini until browned then return the onion, pepper, and eggplant to the pan. Add tomato paste, stir well, and cook for 2 minutes. Add the chopped tomatoes, sugar, bay leaf, thyme, and basil, stir well, cover, and cook for 15 minutes. Remove the bay leaf, thyme, and basil sprigs. Mix together the garlic and parsley and add at the last minute. Stir and serve.

## Pumpkin Casserole

- 3 cups cooked pumpkin, mashed
- ½ cup sugar
- ½ cup butter, melted
- 2 eggs, beaten
- 1 tsp vanilla
- 1/3 cup milk
- Topping:*
- ½ cup sugar (brown is best)
- ¼ cup flour
- 2 ½ Tbs butter, melted
- ½ cup chopped nuts

Grease a large sufuria and heat oven to 350°F (180°C) or stoke up your charcoal jiko. Combine the pumpkin, sugar, butter, eggs, vanilla, and milk in a bowl. Whip until light and fluffy. Place in the baking sufuria. Combine the sugar, flour, butter, and nuts to form a lumpy topping. Sprinkle on top of the pumpkin mixture. Bake 20 to 30 minutes or until the topping is brown and crunchy.

## Curried Pumpkin Slices

- 1 pumpkin, sliced thickly
- ¼ cup oil
- 4 Tbs curry powder
- 1 tsp salt
- 1 tsp pepper

Mix the oil, curry powder, salt, and pepper in a sufuria. Add the pumpkin slices and mix well. Marinate for 1 to 2 hours. Remove the slices, brush with marinade and pan fry each side with a small amount of oil or grill until tender and brown. Goes well with naan. *Note:* If you grill the slices, you can concoct a grill with any grid- or mesh-like steel and put over your hot jiko. Put the pumpkin directly on the grill over hot coals.



## Pumpkin Curry

3 - 4 onions, chopped  
2 Tbs oil  
1 tsp coriander seeds  
1 tsp cumin seed  
1 tsp cardamom seed  
1 - 3 tsp curry powder  
½ cup cashews

1 cup okra, sliced  
3 - 4 cloves garlic, chopped  
1 tsp ginger, chopped  
1 - 2 tomatoes, chopped  
2 cups steamed and diced pumpkin  
water

Heat the oil in a pan and fry the onions with coriander, cumin, and cardamom seeds and curry powder. Add the cashews and okra and cook for 2 to 3 minutes. Add the garlic and ginger and cook another 2 minutes. Add the tomatoes and pumpkin. Add water to your desired consistency and let it simmer, stirring occasionally until the pumpkin is cooked. Serve alone or with rice.

## Pumpkin Leaves in Peanut Sauce

1 bunch pumpkin leaves  
3 - 4 Tbs oil  
1 onion, minced  
1 small carrot, chopped  
1 bell pepper, minced  
2 tomatoes, chopped  
1 cup peanuts or 1 Tbs peanut  
butter  
water or coconut milk  
salt to taste

Remove the stems and veins of the pumpkin leaves. Wash well and chop into small ribbons. Boil the pumpkin leaves in water for a few minutes until soft and drain. Blend the peanuts in a blender or mash with mortar and pestle until smooth. Mix the peanuts or peanut butter in 1 cup water or 2 cups coconut milk. Heat oil in a sufuria and add the onion, bell pepper, carrot, and tomatoes, and fry for 3 to 5 minutes. Add the peanut mixture and cook until tomatoes have mixed in well. Add the pumpkin leaves. Cook for 5 minutes longer or until most of the liquid has dissolved. Salt to taste. Goes well with rice.

## Sauerkraut

cabbage  
salt, 2 tsp per pound of cabbage  
*Note:* 1 lb cabbage = 4 ½ cups  
cabbage

Remove the outside leaves of the cabbage, quarter the heads, and cut out the cores. Finely slice the cabbage and mix with salt. Pack firmly into a plastic bucket. Cover with a clean cloth and a plate or board. Place a weight on the place, heavy enough to make the brine rise up to the plate and dampen the cloth. When the fermentation begins, remove the scum daily and clean and replace the cloth and plate. The best sauerkraut is made at a temperature of 60°F (16°C) and requires at least 1 month of fermentation. If the juice turns too tan, too much juice was lost during fermentation. Store in a cool place. To retrieve, just plunge down through the top layers to bring up the good stuff below. Boil the sauerkraut, uncovered, for 20 minutes before serving.

## Soy Sauce and Spinach

1 bunch spinach, chopped  
2 Tbs oil  
10 cloves garlic, chopped  
3 Tbs soy sauce

Heat the oil in a sufuria, add the garlic (you may leave some cloves whole), and cook for 2 to 3 minutes. Add the spinach until soft and mix in soy sauce. Works well as a side dish.

## Tossed Spinach with Peanuts

½ kg spinach  
¼ cup peanuts  
1 Tbs oil  
1 Tbs soy sauce  
salt and pepper to taste

Steam the spinach for 2 to 3 minutes in boiling water. Drain immediately. Crush half the peanuts. Heat the oil and add the crushed peanuts, spinach, soy sauce, salt, and pepper. Serve hot.

## Saag Paneer (Spinach with Paneer)

paneer cubes (page 143)  
3 Tbs butter  
1 tsp cumin seed  
1 onion, finely chopped  
1" piece ginger, grated  
2 - 3 cloves garlic, minced  
1" piece cinnamon stick  
1 bay leaf  
2 tsp coriander powder  
½ kg mchicha  
1 tsp salt  
½ cup yogurt  
3 sprigs cilantro leaves, chopped  
1 tsp garam masala powder  
juice of 1 lemon  
oil for deep frying

Blanch spinach in hot water until it wilts and drain the water. Chop and mash into a smooth paste. Heat the butter in a separate pan and fry cumin seeds until brown. Add onion and fry until soft. Add the garlic, ginger, cinnamon, and bay leaf and fry for 2 minutes. Add the ground coriander and stir for 30 seconds. Add the spinach and stir well. Add chili powder, salt, yogurt, cilantro leaves, and garam masala. Cover and cook for 2 to 3 minutes. Simmer gently. Mixture should be loose but not watery; add water if necessary. Add more yogurt if you want a creamier saag. Meanwhile, deep fry the paneer cubes until golden. Add to the spinach and simmer for 4 to 5 minutes. Stir in the lemon juice. Serve with hot rice, chapatti, or naan. *Variation:* Instead of paneer add cooked chickpeas to the cream spinach mixture.

## Spicy Spinach with Yogurt

1 bunch mchicha, chopped  
1 Tbs butter  
1 tsp black mustard seeds  
¼ tsp fenugreek seeds  
½ tsp cumin  
½ tsp nutmeg  
¼ tsp chili powder  
2 tsp sugar  
1 tsp salt  
2 cups yogurt

Cook the mchicha and drain. Melt the butter in a sufuria. Add the mustard and fenugreek seeds, cumin, nutmeg, chili powder, and sugar, and stir for 2 minutes or until the mustard seeds begin to pop. Lower heat and add the mchicha and yogurt, stirring for about 1 minute until heated through. Do not let boil. Goes well with rice.

## Stuffed Tomatoes

12 firm tomatoes  
2 Tbs oil  
1 onion, chopped  
2 tsp chopped parsley or cilantro leaves  
½ cup cooked rice  
2 tsp sesame seeds, roasted  
½ tsp salt  
¼ tsp pepper  
1 cup stock  
2 tsp corn flour (or wheat flour)  
2 Tbs lemon juice  
1 egg, well beaten

Slice the tops off the tomatoes and scoop out the center pulp, leaving a ¾" thick shell. Reserve the pulp for later. Heat the oil in a pan and fry the onions for 2 to 3 minutes. Add the parsley, rice, sesame seeds, salt, and pepper. Add the tomato pulp. Cook, uncovered, for 3 to 4 minutes until most of the moisture has evaporated. Stuff the tomatoes with the rice mixture and arrange in a large pan. Add the stock and cook for 4 minutes. Remove the tomatoes. Bring the liquid to a boil and add the corn flour and lemon juice. Remove from heat. Add the egg a little at a time. Return the mixture to the heat and cook until thickened. Add the stuffed tomatoes and cook over a low heat for 5 minutes, spooning the sauce over the tomatoes.

## Fried Green Tomatoes

1 green tomatoes, cut into ¼" slices  
salt and pepper to taste  
chili powder (optional)  
1 egg, beaten  
½ cup corn flour (or wheat flour)  
½ cup oil

Mix the corn flour with the salt, pepper, and chili powder. Dip each tomato slice in the egg and then into the flour mixture. Fry in hot oil until brown, turning once. Serve hot and watch the movie while you eat.

## Curried Green Tomatoes

3 Tbs butter  
1 onion, finely chopped  
1 ½ tsp curry powder  
pinch chili powder  
4 - 5 green tomatoes, chopped  
salt to taste

Melt the butter in a pan, add the onion, and cook until transparent. Add the curry powder and mix well. Stir in the chili powder and tomatoes. Cook, stirring, for 3 to 4 minutes. add salt to taste. Choose your own movie to watch with these ones.

## Vegetable Kebabs

1 zucchini, cut into 1" pieces  
1 green pepper, cut into 1" pieces  
4 tomatoes, quartered  
2 large onions, cut into ½" pieces  
2 potatoes  
olive oil  
2 Tbs lemon juice  
¼ tsp salt  
½ tsp black pepper

Boil the cut onions in water for 5 minutes. Wash and peel the potatoes, then cut into 1" cubes. Put all the vegetables into a large bowl and add 4 Tbs olive oil, lemon juice, salt, and pepper. Mix together and let stand 10 to 15 minutes, turning the vegetables once or twice. Thread the vegetables alternately onto skewers. Brush with marinade and grill for 3 to 4 minutes or until evenly browned, adding more marinade or oil while grilling. *Note:* Cleaned bike spokes work well as skewers, and any small, sturdy mesh over a charcoal jiko works as a grill.

## Vegetables with Coconut

2 potatoes, cut into 1" cubes  
¼ kg shelled peas  
¼ kg green beans, cut into 1" cubes  
1 cup squash, cut into 1" cubes  
1 unripe banana, cut into 1" cubes  
1 eggplant, cut into 1" cubes  
½ fresh coconut, thinly sliced  
½ tsp cumin seeds  
2 green chilies, choppes  
2/3 cup water  
½ cup yogurt  
3 Tbs oil

Steam all vegetables for 10 to 15 minutes until almost tender but still slightly crisp. Grind the spices and place in a bowl. Add water and coconut and mix. Heat oil in a pan and add the steamed vegetables, spice mixture, and yogurt. Bring to a boil and simmer, covered, for 5 minutes. Serve with rice.

## Veggie Pancakes

3 Tbs butter  
2 carrots, grated  
1 zucchini, grated (optional)  
½ kg potatoes, grated  
1 onion, thinly sliced  
3 eggs, well beaten  
½ pint sour cream (or yogurt)  
4 Tbs corn flour  
½ tsp salt  
oil for frying

Melt the butter in a pan and add carrots, zucchini, potatoes, and onion. Sauté for 3 to 4 minutes, stirring continuously. Beat the eggs together with the sour cream, corn flour, salt, and pepper. Mix well. Add the vegetables to the mixture and gently mix. Heat a pan with about 2 Tbs oil and add a small portion of batter. Cook until lightly browned, then turn the small pancake over and cook until the other side is browned. Continue until the batter is used up. Serve with salads or as a light meal.

## Pineapple & Tomato Stew

1 cup water  
1 tsp curry powder  
¾ tsp salt  
4 medium cloves garlic, chopped  
3 small onions, diced  
6 - 8 small tomatoes  
¼ cup very sweet pineapple juice  
1 ½ tsp Italian herbs (oregano, parsley, basil)  
pilipili mbuzi (spicy pepper) powder, to taste

Put the water in a sufuria with the curry powder and a pinch of salt. Turn the heat up high. Remove the stem scars of the tomatoes then add the whole tomatoes to the water as it heats. Leave the sufuria uncovered. Add pineapple juice and garlic. Lower the heat. When the tomatoes get soft, mash them and add the rest of the salt. Simmer and add Italian seasonings and hot pepper powder to taste. Add onions and let simmer until the volume has reduced by half to two-thirds its initial volume. Serve over pasta or as a side with grilled cheese sandwiches.

## Chinese Style Spinach Dumplings

### *Shell:*

3 cups flour  
1 cup water  
1 tsp salt

### *Filling:*

1 large piece ginger  
6 - 8 cloves garlic  
3 stalk green onions  
2 small bunches cilantro  
2 - 3 bunches mchicha  
1 Tbs soy sauce  
1 Tbs sesame oil

### *Dipping Sauce:*

juice of 2 lemons  
2 - 3 dashes sesame oil  
1 Tbs soy sauce  
1 Tbs vinegar  
pilipili kali, grated ginger, and green onion to taste

Combine the flour, salt, and enough water to make a soft dough. Set aside for an hour while you make the filling. Heat oil in a sufuria and add ginger and garlic. Cook for a few minutes, then add mchicha. When the mchicha cooks down add soy sauce and sesame oil. Salt to taste and season as needed. Stir in the green onions and cilantro, and cook for another minute. Remove from heat and let cool. Make the dipping sauce by combining all ingredients. Let the mixture stand at room temperature. To make your dumplings, shape the dough into a long cylinder about 1-inch in diameter, then cut the cylinder into ½-inch pieces. Roll each wad of dough into a ball just smaller than a walnut. Flatten each ball slightly with your palm and dust with flour. It is important that all balls are the same size and shape. Then, on a floured surface, use a rolling pin to roll from the outside of the flattened ball towards the center, then rotate the ball a little, and repeat. Roll, rotate, roll, rotate. Continue until you get a relatively round, flat wrapper, about 3 inches in diameter. Ideally it should have a slight "pillow" in the center. Take one round and fill half with the spinach mixture. Fold over and pinch together with water, creating a half-moon shape. When finished with all dumplings, let stand 5 minutes. To pan fry, heat oil in a pan over high heat, put a few dumplings in, and stir-fry until they are somewhat translucent or a little cooked. Add ¼ cup water and close tightly with lid. They should now steam. When the water has cooked down the dumplings should be translucent. If not, add more water and continue steaming until done. Serve with dipping sauce.

## Quesadillas

flour tortillas (page 51)

grated cheese

*Optional:*

1 onion, chopped

beans, cooked

chicken or beef, cooked

chopped veggies

Heat a frying pan. Place a tortilla in the pan and sprinkle a layer of grated cheese on half the tortilla. Add any additional ingredients such as meat or vegetables. Fold the tortilla in half. Cook for 1 to 2 minutes or until the cheese starts to melt, then flip to cook the other side. Cut into quarters and serve with guacamole, salsa, or yogurt.

## Savory Pie Crust

2 cups flour

½ tsp salt

½ cup butter

1/3 cup cold water

Use this recipe for non-fruit or savory pies. Mix the flour and salt in a bowl and cut in butter with a fork until crumbly. Sprinkle with water, a spoonful at a time, and continue mixing with a fork. Add enough water and keep mixing until the mixture forms into a large ball. Don't overwork the dough or it will become tough. When finished, roll out on a floured surface into two circles, then press one out onto a greased sufuria or pie pan. Pour in the pie filling, and cover with the remaining circle, making sure to pinch the edges to seal the pie.

## Vegetable Pot Pie

1 batch savory pie crust

3 - 5 potatoes, cubed

3 onions, chopped

4 cloves garlic, crushed

5 large carrots, sliced

1 pound cooked meat, cut into cubes (optional)

3 - 4 Tbs flour

3 Tbs butter

2 cup milk

salt and pepper to taste

1 - 2 Tbs spices (try your own mixture of parsley, oregano, basil, rosemary, and thyme)

Stoke the charcoal jiko. Boil the potatoes and carrots until just tender. Melt butter over low heat and fry onions in a pan until translucent. Add garlic and spices and fry another minute, then slowly add flour and stir until mixture thickens. Cook another minute or two. Add milk to the mixture in small portions, stirring continuously and being careful not to burn. Bring just to a boil, lower heat, and cook 2 to 3 minutes. The mixture should be the consistency of a thick, creamy soup. Keep the charcoal stoked at a high heat. Add the potatoes and carrots to the flour and milk mixture and stir well. Roll out the pie crust and press into a well-greased sufuria. Pour in the pie filling mixture, place the pie crust cover on top, and pinch the edges together. Cut 4 small slits in the top of the pie to allow some heat to escape. Bake in your charcoal oven about 30 minutes, or until the crust is golden brown. *Variations:* Cook up some meat and cut into small pieces, then mix into the pie filling for a beef, pork, or chicken pot pie.

## Quiche

½ batch savory pie crust

6 eggs

½ cup milk

salt and pepper to taste

chopped vegetables, greens,

cheese, and meats as desired

Stoke the charcoal jiko. Place the pie crust in a greased sufuria and bake 10 minutes. Cook desired vegetables, mix together, and place inside the pie crust. Beat eggs in a bowl then add the milk, salt, and pepper. Pour the egg mixture over the pie filling. Bake about 30 minutes or until solid and slightly golden on top. You only need ½ batch pie crust because there's no top on a quiche. Try vegetables such as green peppers, onions, tomatoes, spinach, eggplant, olives, and mushrooms, or cheese, meat, or bacon. Try adding fresh herbs.

# Beans, Lentils, & Nuts

Beans, beans, the musical fruit! Just make sure those babies are cooked thoroughly or you might one day awaken the choo monster...

## Mexican Bean Burgers

2 tomatoes, chopped  
2 cups cooked and mashed beans  
1 onion, chopped  
1 tsp cumin  
1 tsp chili powder  
2 Tbs chili sauce  
1 - 2 eggs, beaten  
~½ cup flour  
bread crumbs  
oil, for frying (optional)  
additional shredded vegetables

Mix all ingredients together. Shape into burger-sized patties. Fry in oil on both sides until brown or bake in a jiko oven until crispy. Serve with guacamole and any other toppings like salsa, sour cream, cheese slices, mayonnaise, etc. Add additional vegetables to the patty, such as carrots, mchicha, green peppers, etc.

## Mbegruritos

1 recipe tortilla dough (see recipe on page)  
1 batch of refried beans  
kachumbari  
any other favorite burrito fillings such as sour cream, guacamole, salsa, cheese or veggies

Roll out a tortilla, fill with with refried beans and any other desired fillings. Fold the dough closed using water or an egg white to seal well. Fry in oil and eat with kachumbari. It may take some practice to get the right thickness of the tortilla so its thin enough to cook throughout, including the seams, but still thick enough to hold the fillings.

## Mung Bean Fritters

2 cups mung beans (green gram)  
1 small onion, chopped  
1 tsp chili powder  
1 ½ tsp garam masala powder  
½ tsp cumin seed  
4 - 5 sprigs cilantro, chopped  
½ tsp salt  
oil, for deep frying

### Sauce:

2 tsp oil  
1 small onion, finely chopped  
½ tsp chili powder  
1 tsp ground coriander  
1 tsp ground cumin  
4 - 6 tomatoes, chopped  
3 - 4 sprigs cilantro, chopped  
salt, to taste

Wash the mung beans and soak them in cold water, covered, for 1 hour. Drain and mash or grind into a thick paste, adding ½ to 1 cup of water as you go. It should be the consistency of peanut butter. Mix the mung paste with the onion, chili powder, garam masala, cumin seed, cilantro leaves, and salt. Mix well, taste, and adjust seasoning. Heat the oil in a pan. Shape the paste into marble sized balls and fry in hot oil until golden brown. Drain and serve hot with chutney, chili sauce, or turn into a curry by mixing with the sauce. To make the sauce, heat oil in a small sufuria and fry the onion for 3 minutes. Stir in all the sauce ingredients, then cover and simmer for 5 to 8 minutes. Add a little water to make the sauce the desired consistency. Add the mung fritters and simmer for 5 to 8 minutes more, then serve.

## Bean Sprouts

1 cup mung beans (choroko),  
maize kernels, or any other bean  
water  
a clean container with lid

Soak beans or maize overnight. Drain and place in a jar or even a sufuria. Each day, rinse the beans two or three times, then cover with a cloth. Leave in a dark place for about four days or until the beans have sprouted long tails. You can use a cloth to strain the rinse water, or you can poke holes in the lid of a jar. Goes well in soups and salads. You can sprout any beans, especially fresh ones from the soko.

## Creamy Beans

1 kg beans of any kind, cooked  
2 Tbs oil  
2 carrots, chopped  
2 onions, chopped  
3 cloves garlic, chopped  
2 cups coconut milk  
salt and pepper to taste

Heat the oil in a sufuria and add the carrots, onions, and garlic, and cook until the onions are browned. Add the cooked beans and stir in the coconut milk. Bring to a boil then simmer for a few minutes. Add salt and pepper to taste.

## Refried Beans

2 cups beans, cooked  
liquid from beans  
3 cloves garlic, chopped  
3 Tbs oil  
3 onions, chopped  
1 green pepper, chopped  
2 tsp cumin  
½ tsp salt  
1 pilipili kali (optional)  
1 tsp chili powder (optional)  
salt and pepper to taste

Cook the beans and drain, reserving the liquid for later. Mash the beans well. Heat oil in a pan. Add onions, pepper, garlic, cumin, salt, and pilipili kali and cook over low heat until the onions are translucent. Add mashed beans, chili powder, and salt and pepper to taste. Cover and simmer 5 to 8 minutes, adding some reserved liquid if the beans get too dry.

## Enchiladas

10 corn or flour tortillas (page 51)  
mexican red enchilada sauce  
(page 67)

2 cups shredded cheese

*Chicken enchilada filling:*

1 whole chicken breast, ~500g

1 bay leaf

½ tsp salt

¼ cup salsa or enchilada sauce

*Vegetarian enchilada filling:*

2 cups cooked beans

1 onion, chopped

1 sweet peppers, chopped

*Chicken enchilada filling:* Poach chicken breast in water with bay leaf and salt. Remove from water and let cool. Shred the chicken with your fingers when cool. Mix with salsa or enchilada sauce.

*Vegetarian enchilada filling:* Combine beans, onions, and pepper in a bowl and mix well.

Dip both sides of the tortilla in red sauce and place 3 Tbs filling and 1 Tbs shredded cheese in each tortilla. Roll the tortillas and seal, then place seam side down in a sufuria. Top with remaining sauce and cheese. Stoke the jiko and place in your pre-heated jiko oven for 20 minutes or until the cheese is melted. Yields 10 enchiladas. Serve with a side of guacamole, cilantro, and green onions. *Variations:* If you don't have cheese, add some yogurt to the enchilada for a creamy topping.

## Mung Beans with Coconut

2 cups mung beans (choroko),  
cooked  
2 tsp salt  
1 large onion, chopped  
2 cups coconut milk  
curry powder to taste  
oil for frying

Heat the oil in a pan and fry the onions until translucent. Add cooked mung beans and mix well. Add coconut milk and boil until beans are tender. Add curry powder and cook 1 to 3 minutes longer. Goes well with chapati or over rice.



## Green Gram / Mung Bean / Choroko Curry

1 cup mung beans  
3 potatoes, sliced  
4 tomatoes, chopped  
1 large onion, chopped  
any other vegetables, chopped  
2 tsp curry powder  
pinch of garlic powder  
salt to taste

Soak the mung beans overnight. Rinse with water, add water, bring to a boil, and simmer 30 minutes or until just tender. Add the vegetables to the beans and continue to simmer until everything is cooked. Add the spices a few minutes before the mixture is finished. Goes well over rice.

## Spicy Chickpeas

½ kg chickpeas  
1 tsp baking powder  
4 cloves  
1 tsp cumin seed  
2 large black cardamoms, ground  
4 small cardamoms, ground  
1 onion, chopped  
3 Tbs oil  
2 bay leaves  
1" piece cinnamon stick  
2 green chilies, sliced in half  
1" piece ginger, chopped  
4 cloves garlic, crushed  
1 ½ tsp ground coriander  
5 - 6 tomatoes, chopped  
½ tsp ground black pepper  
½ tsp salt  
5 - 6 sprigs cilantro, chopped

Wash the chickpeas and soak them overnight in water and baking powder. The next day, rinse and cook until tender, approximately 2 to 4 hours, adding water as necessary. Drain and reserve the liquid for later. Dry roast the cloves and cumin seed in a pan. Grind the cloves, cumin, and the large and small cardamom into a powder. Heat the oil in a sufuria and fry the onion for 2 to 3 minutes. Add the bay leaves, cinnamon, chilies, ginger, and garlic. Fry for 1 minute, then add the ground coriander and tomatoes. Fry for 2 to 3 minutes. Add the chickpeas to the sufuria and add black pepper, salt, and the dry roasted spiced. Mix well and add about 1 cup of the strained chickpea liquid. Sprinkle with cilantro, cover, and cook for 8 to 10 minutes. Add more liquid if necessary.

## Falafel

1 ¾ cups dried chickpeas  
2 cloves garlic, minced  
1 small onion, minced  
1 tsp ground coriander  
1 Tbs ground cumin  
1 cup chopped parsley or cilantro  
1 Tbs lemon juice  
2 dashes cayenne  
1 tsp salt  
½ tsp black pepper  
½ tsp baking soda  
1/3 cup flour  
oil, for deep frying

Soak chickpeas overnight and cook the next day. Combine all ingredients except flour and mash until you have a uniform but chunky batter. Add flour until thoroughly combined. Add salt, pepper, cayenne, and lemon juice. Put the oil in a large, deep saucepan to a depth of at least 2 inches; more is better. Turn heat to medium-high and wait until the oil shimmers, then add a pinch of the batter to test. If it sizzles immediately, sinks about halfway to the bottom, then rises to the top again, the oil is ready. If it sinks and stays down, the oil is too cold; if it doesn't sink at all, the oil is too hot. Scoop heaping spoonfuls of batter and shape into balls or small patties. Fry in batches, without crowding or reducing the oil temperature too much, until nicely browned. Turn as necessary. Cooking time should be less than 5 minutes. Serve hot or cool to room temperature. Add small amounts of extra oil to the pan as needed throughout cooking. Serve with pita bread, feta cheese (mungu akipenda), and kachumbari.

## Red Lentil Dahl

1 cup red lentils  
1 ½ cups water  
¼ tsp ground coriander  
1 green chili, sliced in half  
salt to taste  
4 - 6 tomatoes, chopped  
2 sprigs fresh cilantro leaves  
2 Tbs butter  
1 onion, finely chopped

Wash lentils. Put in a pan, add water, and cook for 10 to 15 minutes. Remove any froth with a spoon. Once the lentils are tender, blend or mash until smooth. Add the turmeric, ground coriander, chili, tomatoes, and salt to taste. Cover and simmer for 10 minutes. Add the cilantro leaves and pour into a dish. Keep warm. Melt the butter in a pan and sauté the onions until golden brown. Pour the onions and the butter juices over the dahl. Goes well with naan or over rice.

## Nepalese Dahl

1 cup lentils  
2 onions, finely chopped  
3 cups hot water  
2 pilipili kali, sliced in half  
2 tsp salt  
1 ½ tsp turmeric  
2 tsp coriander  
2 tsp cumin  
1 ½ tsp garam masala  
oil for frying

Wash lentils. Heat oil in a pan and sauté onions and pilipili kali until the onions are soft. Add the spices and salt then fry another 30 seconds. Add the uncooked lentils and cook, stirring, for 5 minutes. Add the mixture to hot water, cover, and simmer until done, about 20 minutes. Serve with naan or over rice.

## Meatless Meatloaf

2 cups dry beans  
½ cup dry peas  
2 cloves garlic, minced  
2 large tomatoes, chopped  
1 onion, chopped  
1 green pepper, chopped  
(optional)  
1 egg (optional)  
salt and pepper to taste  
*Topping:*  
1 Tbs butter  
1 clove garlic, minced  
2 tomatoes, chopped  
1 onion, chopped  
bean juice

Soak the beans and peas overnight. Add 1 clove of garlic with the beans and peas and boil until soft. Combine the remaining clove with the tomatoes, onion, and green pepper, and set aside. Drain the beans and peas, reserving the liquid for later. Mash the beans and peas, adding some liquid if necessary. then combine with the vegetables, egg, salt, and pepper. Form into a loaf. To make the topping, melt butter over low heat and add garlic and onion, then cook until tender. Add the tomatoes and cook until mixture is thick. Add some liquid and cook about 10 to 15 minutes. Pour the topping over the loaf and place in a lightly greased pan. Bake 40 minutes to an hour.

## Lentil Burgers

1 cup lentils  
3 cups water  
1 large onion, chopped  
1 cup sliced carrots  
3 cups bread crumbs  
1 egg  
1 tsp garlic salt  
½ tsp oregano  
½ tsp salt  
3 Tbs butter

Wash lentils, add water, and bring to a boil. Add onions and carrots and cook until lentils are tender but not mushy. Remove from heat and cool slightly. Stir in bread crumbs, egg, garlic, salt, and oregano. Form mixture into patties. Melt butter in a large frying pan. Sauté patties on both sides until lightly browned. Makes about 8 patties. *Variations:* Serve with sliced cheese, ketchup, mustard, and kachumbari.

## Peanut Burgers

1 onion, finely chopped  
2 Tbs butter  
1 tsp herbs of your choice  
1 Tbs flour  
½ cup vegetable stock  
1 cup ground peanuts  
2 eggs, beaten  
bread crumbs of ½ loaf of bread

Heat the butter in a pan and fry the onion until golden brown. Combine the other ingredients, reserving some bread crumbs, in a separate bowl then add the onion. Form into burgers, adding more bread crumbs until you can form the mixture into patties. Fry in oil or bake until brown on both sides.

## Ethiopian Chickpea Wat

2 Tbs oil  
1 large onion, finely chopped  
2 carrots, finely chopped  
1 potato, peeled and chopped  
½ tsp cayenne pepper  
½ tsp paprika  
½ tsp ginger  
½ tsp salt  
½ tsp black pepper  
¼ tsp cumin  
¼ tsp cardamom  
1 Tbs tomato paste  
1 cup chickpeas, drained and rinsed  
1 ½ cups water  
1 cup peas (njegere) cooked

Heat the oil in a large pot over medium heat. Add the onion, cover and cook until softened, about 5 minutes. Add the carrots and potato, cover and cook 10 minutes longer. Uncover and stir in cayenne, paprika, ginger, salt, pepper, cumin, cardamom and tomato paste. Add chickpeas and water and bring to a boil. Reduce heat to low and simmer, covered, until vegetables are tender and the flavors have mixed in well (i.e. it smells good!), about 30 minutes, adding a bit more water if needed. About 10 minutes before the stew is ready, stir in njegere and taste to adjust seasonings. Makes 6 servings. Serve with injera, a traditional Ethiopian flat bread; see the recipe on page 49.

# Potatoes

Mashed potatoes... the ultimate comfort food.

## **Chipsi Mayai**

4 potatoes  
2 eggs  
oil for frying

Peel potatoes and cut into chips-sized pieces. Pour enough oil to cover the chips in a sufuria and heat until a drop of water causes "boiling." Add the chips and cook until soft, turning occasionally so they cook evenly. Remove chips from oil. Heat 1 Tbs oil in a small frying pan and add chips. Beat 2 eggs and pour over chips, then cook for a few minutes. Using a plate, flip the chipsi mayai -- slide the chipsi mayai onto the plate, invert the frying pan to cover the plate, then turn right-side-up and place the frying pan back on the heat. Press the chipsi mayai into the pan with a fork as it cooks. After a minute or two flip again and press again. Continue until egg is well-cooked. Serve with pilipili sauce or kachumbari.

## **Potato Masala**

2 Tbs oil  
1 tsp black mustard seeds  
10 curry leaves (optional)  
¼ tsp ground turmeric  
½" piece ginger, grated  
2 green chilies, finely chopped  
2 onions, chopped  
½ kg potatoes, cut into ¾" pieces  
1 cup water  
1 Tbs tamarind paste  
salt to taste

Heat the oil in a pan. Add the mustard seeds and cover. When they start to pop, add the curry leaves, turmeric, ginger, chili, and onion and cook, uncovered, until the onion is soft. Add the potatoes and 1 cup water and bring to a boil. Lower heat slightly and cook, covered, until the potatoes are tender. Add water if needed. Add the tamarind and salt. *Note:* Tamarind is usually sold as a block of pulp. Boil the pulp in water until soft and mash to make a paste.

## **Potato Daal Curry**

1 cup lentils  
¼ cup oil  
1 tsp mustard seed  
1 onion, finely chopped  
2 small chilies, finely chopped  
2 cloves garlic, crushed  
2 Tbs curry powder  
1 tsp turmeric  
2 tsp salt  
1 tomato, chopped  
½ kg potatoes, cubed  
2 cups water  
2 Tbs tamarind juice

Wash and soak the lentils for 4 hours, or overnight. Drain. Heat oil in a pan. Add the mustard seed and cook until it pops. Add the onion, chilies, and garlic, and fry for 3 minutes. Add curry powder, turmeric, and salt, and continue frying until the onions are soft. Add the tomato, potato, and the uncooked but soaked lentils. Fry for 3 to 4 minutes. Add water and tamarind juice. Cover and simmer over very low heat, stirring occasionally, for 20 minutes.

## **Scalloped Potatoes**

4 potatoes, peeled and sliced  
3 Tbs flour  
4 Tbs butter  
1 ½ cups milk  
salt and pepper to taste  
butter or Blueband

Grease a casserole dish or sufuria. Cover the bottom of the pan with a layer of potatoes. Sprinkle with salt, pepper, flour, and butter. Continue layering until the pan is almost full. Pour milk over the top until almost covered and dot with butter. Bake at 350°F (175°C) for 1 hour or until soft.

## Spanish Crisp Potatoes in Spicy Tomato Sauce

oil for deep frying  
1 kg potatoes, peeled and cut into  
¾" cubes, rinsed and dry  
10 - 12 tomatoes, peeled and  
chopped  
2 Tbs olive oil  
¼ of an onion, finely chopped  
2 garlic cloves, crushed  
3 tsp paprika  
¼ tsp cayenne pepper  
1 bay leaf  
1 tsp sugar  
1 Tbs parsley, chopped  
salt and pepper to taste

Fill a saucepan one-third full of oil and heat until a cube of bread dropped in the oil browns in 15 seconds. Cook the potato in batches for 10 minutes or until golden brown. Drain on paper, do not discard the oil. Score a cross in the base of each tomato. Place in a bowl of boiling water for 1 minute, then plunge into cold water and peel away the skin from the cross. Chop the flesh. Heat the extra olive oil in a saucepan, add the onion and cook for 3 minutes or until soft and golden. Add the garlic, paprika, and cayenne and cook for 1 - 2 minutes. Add the tomato, bay leaf, sugar, and ¼ cup water and cook, stirring occasionally for 20 minutes. Cool slightly, remove the bay leaf, and blend or mash until smooth. Add a little water if necessary. Season with salt and pepper. Pour the sauce over the potatoes on a platter and garnish with parsley.

## Potato Cutlets

1 Tbs oil  
1 onion, chopped  
1 cup shelled peanuts, about ¼ kg  
¾ kg potatoes, boiled in their  
skins, peeled, and mashed  
1 tsp salt  
1 tsp black pepper  
2 Tbs lemon juice  
2 eggs, beaten  
bread crumbs  
oil for shallow frying

Heat oil in a frying pan and fry the onion for 3 minutes. Add the peas and fry for 2 minutes. Mix the onion and peas with the mashed potatoes. Add lemon juice and salt and pepper to taste. Mix well. Divide the mixture into 24 to 30 even-sized cakes. Dip first into beat egg then coat evenly with bread crumbs. Heat a sufficient amount of oil in a frying pan for shallow frying. Shallow fry the potato cutlets for 3 to 4 minutes or until golden brown. Serve hot or cold.

## Aloo Bonda

1 cup flour  
¼ tsp salt  
¼ tsp baking powder  
1 ¾ cups water  
½ kg potatoes, boiled in their  
skins and peeled  
2 onions, chopped  
1" piece ginger root, chopped  
2 - 3 green chilies, chopped  
4 - 5 sprigs cilantro  
½ tsp salt  
¼ tsp black pepper  
1 Tbs lemon juice  
oil for deep frying

Mix the flour, salt, and baking powder. Make a well in the center and add the water. Beat well to give a smooth batter. Set aside. Chop the potatoes into tiny cubes and combine with the onions, ginger, chilies, cilantro, salt, pepper, and lemon juice. Mix well and taste; adjust spices as necessary. With dampened hands, mould into even sized balls. Heat the oil for deep frying. When hot, dip the vegetable balls into the flour mixture and then fry for 3 to 4 minutes over a gentle heat until golden brown. Drain on a towel and serve. Goes well with tomato sauce.

## New Potato Fry

3 Tbs oil  
1 tsp mustard seeds  
¼ kg small potatoes, boiled in their skins and peeled  
1 tsp red chili powder  
1 ½ tsp ground coriander  
¼ tsp ground turmeric  
½ tsp salt  
3 sprigs fresh cilantro, chopped (optional)  
lemon juice to taste

Heat oil in a wok or solid based frying pan and add the mustard seeds and the whole, peeled potatoes. Stir fry over low heat until they are lightly browned. Sprinkle with the spices, salt, and cilantro. Stir fry over a low heat for another 5 to 6 minutes until golden brown. Remove from heat. Put into a dish and sprinkle with lemon juice. Serve hot or cold.

## Garlic Hash Browns

4 Tbs oil  
4 cloves garlic, quartered lengthwise  
3 whole red chilies  
salt to taste  
½ - ¾ kg potatoes, peeled and coarsely grated or cubed

Heat the oil in a wok or large non-stick frying pan. Fry the garlic until lightly browned. Add the red chilies and fry for 30 seconds. Sprinkle with salt to taste and add the grated potato. Stir fry for 5 minutes. Cover and cook for another 8 to 10 minutes. The potatoes should be crispy and brown.

## Southwestern Hash

1 pound small red potatoes, cut into ½" cubes  
1 Tbs olive oil  
1 onion, diced (about 1 cup)  
1 green pepper, diced (~1 cup)  
3 cloves garlic, minced  
¼ tsp ground cumin  
½ tsp dried oregano  
1 tsp chili powder (ancho is best)  
3 tomatoes, diced (~2 ½ cups)  
1 cup cooked black beans, or any beans  
salt and pepper, to taste  
1/3 cup chopped fresh cilantro leaves  
4 eggs  
hot pepper sauce, for serving  
tomato paste (optional)

Place the potatoes in a large non-stick skillet. Cover with water, bring to a boil, and cook until the potatoes are tender, about 8 minutes. Drain and set potatoes aside. Dry the skillet with a paper towel. Add the oil and heat over a medium-high heat. Add the onions and peppers and cook until vegetables have softened, about 6 minutes. Stir in the potatoes, garlic, cumin, oregano, and chili powder. Add the tomatoes, beans, and tomato paste and simmer for 5 minutes or until heated through. Season with salt and pepper. Stir in cilantro. Transfer the hash onto serving plates. With the heat off, wipe out the pan again. Spray it with cooking spray, turn heat on to medium-low and cook the eggs, sunny-side up or over easy. Put an egg on top of each mound of hash and serve.

## Potato Pancakes

2 ½ cups grated raw potatoes  
4 Tbs chopped onion  
1 tsp salt  
2 large eggs, beaten  
3 Tbs bread crumbs  
pepper, to taste  
oil or butter for frying  
grated ginger root (optional)

Squeeze out the excess water from the grated potatoes. Add onions, salt, eggs, and bread crumbs, and mix well. If the batter is too wet, add more bread crumbs. Add pepper, ginger, or any other desired flavorings. Liberally grease a pan with oil or butter and fry the pancakes until crisp. *Note:* These pancakes go well with sour cream, mashed avocado, melted cheese, or soy sauce.

## Dry Potato and Peak Sak

2 boiled potatoes, cut into bite-sized pieces  
½ cup boiled peas  
1 tsp cumin seed  
3 Tbs oil  
½ tsp turmeric powder  
1 onion, chopped  
1 hot pepper, chopped  
2 cloves garlic, chopped  
1 piece ginger, chopped  
1 tomato, chopped  
¼ tsp cayenne pepper  
¼ tsp salt

Heat oil in a frying pan. Add cumin seeds and turmeric. When the seeds begin to pop add onions, garlic, and ginger. Sauté for a few minutes. Add the tomato and cook for a few more minutes, stirring to make sure it doesn't stick. Sprinkle salt and cayenne pepper on the potatoes. Add the potatoes and peas to the oil-spice-onion mixture. Stir until the potatoes are coated with oil and are yellow. Heat everything well. *Note:* This can be done with many vegetables which are steamed or boiled first. Instead of (or in addition to) potatoes, try boiled cauliflower, carrots, beans. etc.

## Sweet Potato Casserole

2 sweet potatoes, peeled and chopped  
2 carrots, chopped  
½ cup finely diced, very ripe pineapple  
2 Tbs butter  
2 Tbs milk

Boil potatoes and carrots until soft in just enough water that you don't have to drain them. Add butter and mash the potatoes and carrots. Add milk and mix well. Add the pineapple. Heat the mixture on the stove until the pineapple is warm or put the mixture in a lightly greased sufuria and bake until warm.



# Rice, Pasta, & Grains

Easy and delicious, sometimes even a steaming plate of wali can be a treat.

## Pilau

2 cups rice, uncooked  
4 onions, chopped  
6 cloves garlic, chopped  
½ kg potatoes, quartered  
1 pilau mix spice packet  
½ cup oil  
1 tsp salt  
1 tsp pepper  
~4 cups water  
½ kg pre-cooked beef (optional)

Wash the rice and set aside. Cook onions and garlic in oil until dark brown, almost burned, and add potatoes, meat, salt, pepper, and pilau spice. Cook for 10 minutes. Add rice and enough water to cover it by about half. Cover pot and cook until rice is done, about 20 minutes. Works best if you can put charcoal on top of the lid while cooking.

## White Rice

1 part rice, washed  
2 parts water  
1 Tbs oil  
salt to taste

Heat oil in a pan and add rice, frying for 1 minute. Add salt. Add water and cover pot tightly. Simmer until all water is absorbed. If rice is still not tender, add a little more water and cover. *Shortcut:* Bring water to a boil. Add rice. Cook for 10 minutes. Add oil and salt. *Note:* ½ cup of dry rice serves 1 person.

## Legit Rice or Lentils

1 part rice or lentils, washed  
water  
onion  
garlic  
1 Tbs oil  
salt to taste  
optional spices such as coriander, cumin, chili powder, cardamom, pilipili kali or mbuzi, mustard seeds...

Clean and soak your rice or lentils for a couple hours before cooking -- you want it to absorb a good amount of water and puff up. Start out by boiling water (the amount will vary with how much rice you're making and how long it's been soaking, but you're going to want enough to cover the rice in the sufuria). Pour it all in a chupa to keep it hot. Take the spice combination you'd like and twanga it all together with a mortar and pestle. Add some garlic and smash it in, too, if you like it like that. In the sufuria heat oil, add onion and cook until transparent, then add your spice combo. Fry it all up a bit to release the flavors. Drain your rice and mix it in with the spices and fry for a minute or so (don't add more oil). Add salt. Add the pre-heated water, just barely enough to cover the rice, and stir lightly to make sure all's mixed up well, then cover the pot tightly. Simmer until all water is absorbed. DO NOT STIR.

## Rice-a-Roni (The Tanzanian Treat)

1 Tbs curry powder  
2 Tbs butter  
¾ cup rice, washed  
20 strands spaghetti, broken into ½" pieces  
1 onion, chopped  
2 cups water

Melt the butter in a sufuria and sauté the onions until translucent. Add the remaining ingredients and sauté for 5 minutes more. Add water and stir. Cover and cook over low heat until done, about 10 minutes.

## Spinach Rice

1 ½ cups uncooked rice  
3 cups raw mchicha, chopped  
5 Tbs butter  
1 onion, chopped  
2 - 3 cloves garlic, chopped  
salt and pepper to taste

Cook the rice as normal, but 5 minutes before it is done add mchicha. In another pot melt the butter and sauté the onion and garlic until soft. Add the cooked rice and mchicha, the salt and pepper, and mix well.

## Spanish Rice

1 onion, chopped  
3 - 4 cloves garlic, chopped  
2 - 3 Tbs oil  
½ cup uncooked rice, washed  
1 cup water  
1 cup puréed tomatoes (very watery)  
1 green pepper, chopped  
2 Tbs dried parsley (optional)

Sauté the onions, garlic, and rice together in the oil until the rice is just beginning to turn brown. Be careful to not let it burn. Add the rest of the ingredients and bring to a boil. Cover and reduce heat to low. Cook for another 20 minutes or until rice is tender.

## Sushi & Vegetable Rolls

4 - 6 sheets seaweed, the type for  
maki rolls (sushi rolls)  
tube of wasabi  
soy sauce  
veggies and fruits (avocado,  
carrot, mango, passion fruit,  
cucumbers, etc., cut into  
matchstick size pieces, or sweet  
potato tempura [page 124])

Cool the cooked rice and add all the sushi rice ingredients. Mix pickled ginger ingredients and set aside for about 5 minutes. Place a sheet of seaweed on a prep surface (a cutting board, a clean table, etc.) and spread out the sushi rice on the whole sheet. Place the veggies on the rice, long end closest to you, and roll the seaweed using the long side. Cut into small rounds using a sharp knife. Serve with soy sauce, wasabi, and pickled ginger.

### *Sushi Rice:*

1 cup cooked rice  
1 Tbs vinegar (rice vinegar  
preferred)  
½ Tbs sugar  
pinch of salt  
1 tsp sesame seeds (optional)

### *Pickled Ginger:*

1 big piece ginger, sliced  
½ cup vinegar  
1 Tbs sugar

## Asian Fried Rice

3 cups cooked rice, dry (leftover  
rice works well)  
3 carrots, sliced  
2 onions, chopped  
1 cup peas, cooked  
4 - 6 cloves garlic  
3 Tbs oil or butter  
2 eggs, beaten  
1 tsp fresh ginger root, chopped  
¼ cup soy sauce

Stir fry the carrots, onions, garlic, and ginger in hot oil until cooked. Add the rice, peas, and soy sauce. Cook until warm. Make a hole in the middle and add the eggs. When they are cooked a little, stir all the ingredients together. *Variations:* Add any vegetables or meat as desired. Try a can of tuna in sunflower oil and veggies of your choice. No need to add additional oil to fry the vegetables.

## Indian Fried Rice

1 cup cooked rice  
2 Tbs oil  
1 onion, chopped  
½ tsp cumin seed  
½ tsp turmeric powder  
salt and pepper to taste  
cilantro (optional)  
lemon juice (optional)

Heat the oil in a sufuria; add cumin seeds and turmeric to the hot oil. Sprinkle pepper and salt on the rice. Add onions to the oil mixture and fry for a few minutes until onions are soft. Add the rice to the oil mixture and stir until the rice is coated, yellow, and hot. You can garnish with cilantro leaves and sprinkle lemon juice on top.

## Basic Pasta

1 package pasta, any kind  
pinch of salt  
water (more is better)

Add a pinch of salt to a sufuria filled with water and bring to a boil. Add pasta of any kind and cook until pasta is tender or “al dente,” tender but not too soft. If cooking spaghetti throw a piece onto the ceiling or wall; if it sticks, it’s done. Cook uncovered as water tends to foam up. Serve with butter and herbs, a vegetable medley, a curry of your choice, or one of the following sauces.

## Tomato Sauce

8 - 12 medium tomatoes, chopped  
2 onions, chopped  
4 - 6 cloves garlic, crushed and chopped  
1 Tbs sugar or honey (optional)  
1 Tbs oil  
1 ½ tsp oregano and basil  
salt and pepper to taste

Heat oil in a sufuria, add onions, and cook until translucent. Add garlic and cook for an additional 2 minutes. Add tomatoes, salt, pepper, herbs, and sugar. Simmer over a medium heat until tomatoes have turned into a sauce of your desired consistency. Serve over pasta or use as a pizza base. *Variations:* Add other chopped vegetables after adding the garlic, such as green peppers, carrots, or zucchini, or add cooked ground beef.

## Spinach Cream Sauce

4 Tbs butter  
2 Tbs flour  
1 cup hot milk  
6 cloves garlic, crushed  
1 onion, chopped  
1 bunch mchicha, cooked and drained  
salt and pepper to taste

Over medium heat, melt the butter in a sufuria. Add the garlic and onions and sauté until soft. Stir in the flour (the mixture shouldn’t be too dry -- add more butter if necessary) and cook, stirring constantly, until the pasta cooks and bubbles, about 2 minutes, but don’t let it brown. Add the hot milk, continuing to stir as the sauce thickens. Bring to a boil. Add salt, pepper, and well-drained mchicha. Lower the heat and cook, stirring, for 2 to 3 minutes. Remove from heat and keep covered until ready to serve. Serve over pasta.

## Pesto Sauce

2 cloves garlic  
1/3 cup pine nuts  
1 cup basil stems removed  
2/3 cup olive oil  
¼ cup Parmesan cheese  
salt and pepper to taste

Blend the garlic and pine nuts in a blender or twanga with a mortar and pestle until finely ground. Add the basil and then drizzle in the olive oil a little at a time while pounding or blending. When you have a thick puree, stop adding the oil. Season and mix in the Parmesan cheese. Season with salt and pepper.

## Cheese Sauce

2 Tbs butter  
2 Tbs flour  
1 ½ cups milk, heated  
½ cup grated cheese  
cayenne pepper to taste  
salt and pepper to taste

## Baked Mac N Cheese

½ pound macaroni, cooked  
2 cups cheese sauce (see recipe above)  
½ cup grated cheese  
½ cup buttered bread crumbs  
butter

Melt the butter in a pan. Add flour and stir for 2 minutes. Add the hot milk and stir until the sauce thickens, then bring just to a boil. Lower the heat and slowly add the grated cheese, melting it completely. Cook a few minutes, stirring constantly to keep from burning. Add cayenne pepper, salt, and pepper to taste. Serve over noodles or with rice.

Prepare your jiko oven to preheat. In a large sufuria, add the cooked macaroni. Pour the cheese sauce over it and mix well. Sprinkle grated cheese evenly over the top and add bread crumbs. Bake, uncovered, on your charcoal jiko oven for about 30 minutes or until the top is golden and the cheese sauce is bubbling.

## Garlic & Basil Spaghetti

½ package spaghetti  
4 cloves Tanzanian garlic, crushed  
1 pilipili kali, chopped  
fresh basil, chopped  
oil (olive preferred), or butter  
salt to taste

Cook spaghetti. In a separate pan, heat oil or butter and add garlic and pilipili kali. Fry a few minutes to release aroma. Add cooked spaghetti and stir until well-coated and hot. Add salt to taste, then sprinkle with fresh basil. Serves two. Add more garlic if you like it real garlicky.

## Spaghetti Carbonara

2 eggs, slightly beaten  
½ cup finely grated cheese  
2 Tbs yogurt (optional)  
1 - 2 tsp black pepper  
½ pack spaghetti noodles

Mix the eggs, black pepper, cheese, and yogurt together. Cook and drain pasta. Immediately toss with egg mixture to ensure the egg cooks well. If it does not cook thoroughly, put the tossed noodles on a slightly warm burner and stir constantly. Serve hot.

## Homemade Udon Noodles

3 cups flour  
1 tsp salt  
¾ cup + 2 Tbs water

Place flour in a mound on a large, flat surface. Make a well in the center. Add water and salt. Using a fork, gently start to work flour from the side of the well into the liquid mixture. Continue until dough becomes sticky and difficult to work with fork. Knead by hand to make a rough-looking dough. Let the dough rest 10 minutes. Knead dough until most of the flour is used and dough is smooth and elastic, about 10 minutes. Divide dough into 3 or 4 balls and place in a plastic bag. Set aside to rest 30 minutes before rolling. Roll out 1 ball at a time to desired thickness and cut into desired shape and rest. To roll pasta, roll out dough from the center to the outer edge, stretching it with your hands as you roll. Flip the dough over often for even rolling and dust it with flour to prevent sticking. Roll out to about 1/16" thickness. Lightly sprinkle with flour and let rest 15 minutes. To make noodles, either roll up loosely and cut into desired widths (making long noodles), or for short noodles, cut dough into equal wide strips, stack and cut across the desired width of noodle. (The noodle will be as long as the width of the original wide strip.) Spread or unwind each strip on a dry cloth towel. Let the strips stand uncovered 15 to 30 minutes before cooking or 3 to 4 hours to dry completely before storing. You can also leave them overnight. Store in tightly covered containers. Thoroughly dried pasta should feel smooth and snap clean when dry.

## Homemade Italian Noodles

2 cups flour  
3 eggs  
2 Tbs water

Put the flour in a large bowl or onto a clean surface. Make a hole in the center and pour in the eggs. Add the water then gently break up eggs with a fork, continuing to beat until frothy. Gradually incorporate the flour until it is used up. If the dough gets too dry, add more water until you have a ball of dough

with no dry pieces that are not absorbed. Knead until the dough is flexible. Divide in half and roll out the dough. For noodles, cut strips of desired width (lasagna: 2 - 3"; fettuccine: ¼"). Allow the noodles to dry. To cook, plunge into a large pot of boiling salted water for about one minute. For lasagna, the noodles do not need to be precooked.

## Whole Wheat Pasta

2 cups whole wheat flour  
1 egg, beaten  
1/3-½ cup warm water

Place the flour in a medium-size bowl and add the egg and just enough of the water to make a very firm dough. Knead the dough on a lightly floured board for about 20 minutes or until it is very smooth and elastic. Divide the dough into quarters and roll out one quarter of the dough to a thickness of about 1/16-inch

or as thin as possible on the lightly floured board. Keep the remaining dough well wrapped to prevent drying out. Dust the rolled-out dough lightly with flour, then roll up jelly-roll style and cut noodles to desired width. Unroll and cut to desired length. Dry well and store. *Note:* In especially humid areas or during the rainy season it's important to dry the pasta well and to eat it before it gets moldy.

## Spinach Fettuccine

1 bunch spinach  
1 Tbs oil  
2 - 2 ¼ cups flour  
2 eggs  
1 tsp salt

Wash and drain the spinach. Cover and cook over medium heat with just the water that clings to the leaves for 3 to 10 minutes. Rinse spinach in cold water and drain. Remove excess water. Blend together the spinach, eggs, oil, and salt until smooth. Make a well in the center of the flour. Mix in the spinach mixture. If the dough is too dry, add a little water. If the dough is too sticky, add a little flour. Make the dough into a ball and knead on a floured surface for about 5

minutes or until the dough is smooth and elastic, then let stand for 10 minutes. Divide the dough into 4 equal parts. Roll one part at a time into paper tin rectangles on a generously floured surface (keep the remaining dough covered). Loosely fold rectangles lengthwise into thirds. Cut crosswise into ¼" strips. Unfold strips and place in a single layer on towels for at least 30 minutes or until almost tender. Drain and serve with choice of sauce. *Variations:* Substitute 1 cup sliced, cooked, and drained carrots instead of spinach.

## Gnocchi

4 potatoes  
3 - 4 cups flour

First, make plain, dry mashed potatoes. Next, begin adding flour to the mashed potato mixture. Once it achieves a pliable consistency, begin kneading. Continue adding flour until the dough is not sticky but not hard (be careful not

to make it too hard). Add more flour later if the dough starts to get sticky. Separate the dough into large pieces and roll out snake-like strips. Each "snake" should be about 2 cm in diameter. Slice the snake into several 2 cm long pieces. Take a fork in your hand. Don't move it. Roll the dough piece off the fork so that it is now round(er) and imbedded with grooves. Boil the gnocchi until they float.

## Ravioli

1 recipe homemade Italian noodles  
½ cup grated cheese or ricotta  
½ cup finely chopped spinach,  
cooked  
1 egg  
¼ tsp salt  
¼ tsp pepper  
1/8 tsp nutmeg (optional)  
¼ tsp oregano

Make homemade Italian noodles. After rolling out the pasta dough on a well-floured surface, separate it into two halves and cut both halves into 2" squares. Mix all the remaining ingredients for the filling in a bowl and dot half of the squares with the mixture. Moisten the edges of the filled squares with a little water and place a non-filled square over the top of each filled square. Seal the two squares together by pressing the edges with your thumb or with a fork. Wait for about 2 hours for the ravioli to dry (if you are really hungry, it's ok to boil it immediately). Bring a large pot of water to a boil and drop in the ravioli, boiling for 5 to 6 minutes while stirring gently. Drain and serve with tomato or cream sauce, or another of your choice.

## Pasta with Tomato and Basil Sauce

1 package penne or spaghetti  
1/3 cup olive oil  
4 garlic cloves, crushed  
2 small red chilies, finely chopped  
6 tomatoes, peeled, deseeded,  
and diced  
1/3 cup white wine  
1 Tbs tomato paste  
2 tsp sugar  
2 Tbs finely chopped parsley  
3 Tbs shredded basil  
salt and pepper to taste

Cook the pasta in a sufuria of boiling, slightly salted water until tender. Meanwhile, heat oil in a frying pan and cook the garlic for 30 seconds. Stir in the chili and cook another 30 seconds. Add the tomato and cook for 2 minutes over high heat. Add the wine, tomato paste, and sugar and simmer, covered, 10 minutes or until thickened. Toss the tomato sauce through the pasta with the herbs. Season with salt and pepper to taste.

## Cream Tomato and Prawn Pasta

1 package tagliatelle or spaghetti  
1 Tbs olive oil  
3 cloves garlic, finely chopped  
20 medium prawns, peeled and  
deveined  
½ kg tomatoes, diced  
2 Tbs thinly sliced basil  
½ cup white wine  
1/3 cup cream or yogurt  
basil leaves, to garnish

Cook the pasta in a large sufuria of boiling, slightly salted water until tender. Drain and keep warm, reserving 2 Tbs of the cooking water for later. Meanwhile, heat the oil and garlic in a large frying pan over low heat for 1 to 2 minutes. Increase the heat to medium, add the prawns, and cook 3 to 5 minutes, stirring frequently until cooked. Remove the prawns and keep warm. Add the tomato and sliced basil and stir for 3 minutes or until the tomato is soft. Pour in the wine and cream, bring to a boil, and simmer 2 minutes. Puree the sauce in a blender (cool it a bit first) or mash it with a mortar and pestle. Return the sauce to the pan, add the reserved pasta water, and simmer. Stir in the prawns until heated through. Toss through the pasta and serve garnished with basil leaves.

## Pasta with Spiced Pumpkin and Yogurt

1 kg pumpkin or butternut pumpkin (squash), cut into ¾" cubes  
1/3 cup olive oil  
1 package macaroni or spaghetti  
2 cloves garlic, crushed  
1 tsp dried chili flakes  
1 tsp coriander seeds, crushed  
1 tsp cumin seeds, crushed  
¾ thick natural yogurt  
3 Tbs chopped cilantro  
salt and pepper to taste

Toss the pumpkin cubes in 2 Tbs of the olive oil, place in a sufuria, and bake 30 minutes or fry in a pan until golden and crisp, tossing halfway through. Cook the pasta in a large sufuria of boiling, slightly salted water until tender, drain, and return to the sufuria. Heat the remaining oil in a saucepan. Add the garlic, chili, coriander, and cumin and cook for 30 seconds or until fragrant. Toss the spice mix and pumpkin through the pasta, then stir in the yogurt and cilantro and season to taste with salt and freshly ground black pepper.

## Pasta Primavera

½ cup green beans  
2/3 cup asparagus, cut into short pieces (optional)  
1 package spaghetti or 3 cups fresh fettuccine  
¾ cup peas  
2 Tbs butter  
1 small fennel bulb, thinly sliced (optional)  
1 ½ cups thick cream or yogurt  
2 Tbs grated Parmesan cheese  
salt and pepper

Bring a large sufuria of water to a boil. Add 1 tsp of salt, the green beans, and asparagus and simmer for 3 minutes. Remove the vegetables with a slotted spoon and set aside. Add the pasta to the sufuria and when softened, stir in the peas. Cook about 8 minutes, or until pasta is tender. Meanwhile, heat the butter in a large frying pan. Add the fennel and cook over moderately low heat for 5 minutes. Add the cream, season with salt and pepper to taste, and cook at a low simmer. Drain the pasta and the peas and add them to the frying pan. Add the Parmesan cheese, the beans, and asparagus. Toss lightly to coat. Serve immediately.

## Pasta with Lentils, Winter Vegetables, and Thyme

4 cups stock  
1 package small shell pasta or spaghetti  
2 Tbs olive oil  
1 onion, chopped  
2 carrots, diced  
3 celery stalks, diced (optional)  
3 cloves garlic, finely chopped  
1 ½ Tbs chopped thyme  
½ kg green lentils, cooked  
olive oil to drizzle  
salt and pepper to taste  
Parmesan cheese (optional)

Boil the stock in a large sufuria for 10 minutes or until reduced to 2 cups of liquid. Meanwhile, cook the pasta in a saucepan of boiling, slightly salted water until tender. Heat the oil in a large deep frying pan or another sufuria. Add the onion, carrot, and celery and cook over a medium heat for 10 minutes or until browned. Add 2 cloves garlic and 1 Tbs of the thyme and cook another minute. Pour in the stock, bring to a boil, and cook for 8 minutes or until reduced slightly and the vegetables are tender. Gently stir in the lentils until heated through. Stir in the remaining garlic and thyme and season with plenty of salt and pepper -- the stock should be slightly syrupy at this point. Combine the hot pasta with the lentil sauce in a large bowl, drizzle generously with olive oil and serve with Parmesan cheese, if desired.



## Penne alla Vodka

2 Tbs olive oil  
½ small onion, minced (about  
¼ cup)  
~2 cups tomatoes (6 tomatoes  
grated + 6 tomatoes chopped)  
1 Tbs tomato paste (or 2 - 3 more  
grated tomatoes)  
2 medium garlic cloves, minced  
¼ tsp red pepper flakes  
1/3 cup Konyagi or vodka  
½ cup heavy cream or yogurt  
1 lb penne pasta or macaroni  
2 Tbs finely chopped fresh basil  
or 1 Tbs dried basil  
grated Parmesan for serving

Cook pasta to al dente. Heat oil in a large saucepan over medium-high heat. Add onion and garlic and cook, stirring occasionally, until onions are lightly golden around the edges, about 3 minutes. Add tomato paste, dried basil if using, and pepper flakes. Cook, stirring until fragrant, for 2 to 3 minutes. Stir in chopped tomatoes, the remaining grated tomatoes, and ½ tsp salt. Remove pan from heat and add vodka. Return pan to medium-high heat and simmer briskly until alcohol flavor is cooked off, about 8 to 10 minutes. Stir frequently and lower heat if simmering becomes too vigorous. Stir in cream and cook until hot, about 1 minute. Add pasta sauce to cooked pasta. Stir in fresh basil, if using, and adjust seasoning with salt and pepper. Serve and top with grated Parmesan.

## Penne with Meatballs and Tomato

2 slices of white bread, de-crusted  
¼ cup milk  
½ kg ground beef  
1 small onion, finely chopped  
2 cloves garlic, finely chopped  
3 Tbs parsley  
2 tsp finely grated lemon rind  
1 egg, lightly beaten  
½ cup Parmesan cheese  
(optional)  
2 Tbs olive oil  
white flour, to coat  
salt and pepper to taste

### Sauce:

½ cup white wine  
1 kg tomatoes, chopped  
1 Tbs tomato paste  
1 tsp sugar  
½ tsp dried oregano  
1 package penne or spaghetti  
salt and pepper to taste

To make the meatballs, soak the bread in the milk for 5 minutes, then squeeze out any moisture. Put the bread, beef, onion, garlic, parsley, lemon rind, egg, and Parmesan cheese in a bowl, season, and mix well with your hands. Shape into walnut-sized balls using damp hands and roll lightly in flour. Heat oil in a large deep frying pan or sufuria and cook the meatballs in batches over medium heat, turning frequently, for 10 minutes or until brown all over. Remove with a slotted spoon and drain. Pour the wine into the same frying pan and boil over medium heat for 2 to 3 minutes or until it evaporates a little. Add the tomato, tomato paste, sugar, and dried oregano. Reduce the heat and simmer for 20 minutes to thicken the sauce. Add the meatballs and simmer another 10 minutes. Meanwhile, cook the pasta in a sufuria of boiling and slightly salted water until tender. To serve, spoon the meatball and sauce over the pasta and enjoy.

## Pasta with Pumpkin and Feta

1 kg butternut pumpkin (squash),  
peeled and cut into ¾" chunks  
1 onion, thinly sliced  
8 cloves garlic, unpeeled  
1 Tbs rosemary leaves  
1/3 cup olive oil  
1 package macaroni or spaghetti  
1 cup feta cheese, crumbled  
1 Tbs Parmesan cheese  
2 Tbs parsley  
salt and pepper to taste

If you have an oven, put the pumpkin, onion, garlic, and rosemary in a roasting pan and drizzle with 1 Tbs of the oil. Using your hands, rub the oil over all the ingredients until well coated. Roast for 30 minutes or until the pumpkin is soft and starting to caramelize. If you don't have an oven, mix the above ingredients in a sufuria of boiling, slightly salted water until tender. Squeeze the roasted garlic out of its skin and place it in a bowl with the remaining oil. Mash with a fork. Add the garlic oil to the hot pasta, then the remaining ingredients. Toss well and add salt and pepper to taste.

## Peanut Noodles

1 package spaghetti, cooked  
1 cup natural peanut butter  
4 Tbs vegetable oil  
1 ½ Tbs sugar or honey  
3 Tbs soy sauce  
2 tsp sesame oil (optional)  
red pepper flakes (optional)  
shredded carrots and cucumbers  
(optional)

In a small pot over low heat, combine peanut butter, vegetable oil, sesame oil, sugar, soy sauce, and red pepper flakes and stir. If sauce is too thick, add more vegetable oil. Mix in cooked spaghetti, carrots, and cucumbers. Serve hot or cold.

## Pasta Bolognese

2 Tbs olive oil  
2 cloves garlic, finely chopped  
1 large onion, finely chopped  
1 carrot, finely chopped  
1 celery stalk, finely chopped  
(optional)  
2 strips bacon, finely chopped  
½ kg ground beef  
2 cups beef stock  
1 ½ cups red wine  
6 - 7 tomatoes, chopped  
1 Tbs tomato paste  
1 tsp sugar  
1 package spaghetti, cooked  
salt and pepper to taste  
Parmesan cheese

Heat the oil in a large, deep sufuria. Add the garlic, onion, carrot, celery, and bacon, and cook, stirring, over medium heat for about 5 minutes or until softened. Add the ground beef and break up any lumps with the back of a spoon, stirring until just browned. Add the stock, red wine, tomatoes, tomato paste, and sugar. Bring to a boil then reduce the heat to very low and simmer, covered, stirring occasionally, for 1 ½ hours. Remove the lid and simmer, uncovered, for another 1 ½ hours. Season to taste with salt and pepper. Spoon the sauce over hot, cooked pasta and top with Parmesan cheese.

## Phad Thai

2/3 package spaghetti, cooked  
1 Tbs tamarind puree  
1 small red chili, chopped  
2 cloves garlic, chopped  
2 spring onions, sliced  
1 ½ Tbs soft brown sugar  
1 Tbs lime juice  
2 Tbs oil  
2 eggs, beaten  
3 Tbs fresh cilantro, chopped  
¼ cup chopped roasted peanuts  
1 lime, cut into wedges  
1 cup bean sprouts  
¼ kg pork, thinly sliced (optional)  
8 large raw prawns, peeled and de-veined (optional)  
½ cup fried tofu (optional)

Combine the tamarind puree with 1 Tbs water. Place the chili, garlic, and spring onion in a mortar and pestle and grind to a smooth paste. Transfer the mixture to a bowl and stir in the tamarind mixture along with the sugar, soy sauce, and lime juice, stirring until the ingredients are combined. Heat a large wok-like frying pan until very hot and add 1 Tbs of oil. Swirl it around to coat the sides. Add the egg, swirl to coat and cook for 1 to 2 minutes or until set. Remove the egg and cut into thin slices. Heat the remaining oil in the pan, stir in the chili mixture, and stir-fry about 30 seconds. Add pork and stir-fry about 2 minutes, add prawns and stir-fry another minute or until pink and curled, then stir in the noodles, egg, tofu, and bean sprouts. Gently toss together until heated through. Serve immediately and top with peanuts, cilantro, and lime wedges.

## Lo Mein

super thin pasta or homemade Italian noodles, cut thin and boiled  
veggies such as carrots, onions, green peppers, mushrooms, etc.  
ginger  
green onion and cilantro, minced  
garlic  
*Sauce:*  
1 Tbs soy sauce  
½ Tbs sugar (optional)  
½ Tbs vinegar  
1 tsp sesame oil  
1 tsp salt

Mix all ingredients for sauce together. Heat 1 Tbs oil in a frying pan and add garlic and ginger. Fry a bit. Add onions, green peppers, and carrots, and fry another few minutes. Add any other veggies and fry some more. Add cooked noodles, sauce, and more oil if necessary. Taste and adjust sauce ingredients. Stir fry about 5 minutes. Add cilantro and green onion, mix a bit, and remove from heat. Add a pilipili kali if desired. *Variations:* To make crispy noodles, heat oil in a sufuria until it's hot enough to fry one noodle. Drop of portion of the noodles in the sufuria to form a nest. When the "nest" has fried, take it out and place the stir fried veggies on top. Add more sauce to the veggies and some cornstarch to thicken the sauce.

## Mee Goreng (Indonesian Style Fried Noodles)

1 package spaghetti, cooked  
2 Tbs peanut oil  
1 onion, chopped  
2 cloves garlic, chopped  
1 small red chili, diced  
2 leaves Chinese cabbage, shredded  
2 carrots, cut in half lengthwise and sliced  
½ cup green beans, cut into 1" pieces  
1 Tbs soy sauce  
¼ cup ketchup  
2 tomatoes, peeled, deseeded, and chopped  
4 spring onions, sliced on the diagonal  
4 sprigs fresh cilantro  
salt and pepper to taste

Cook noodles, drain, and rinse under cold water. Heat a wok-like frying pan over high heat, add oil, and swirl around to coat the pan. Add the garlic and chili and stir-fry about 2 minutes. Stir in the cabbage, carrot, and green beans, and cook for 3 minutes. Add the noodles and gently stir-fry for 4 minutes or until heated through. Take care not to break up the noodles. Stir in the ketchup, soy sauce, chopped tomato, and spring onion and stir-fry for a minute or two. Season with salt and pepper to taste. Garnish with cilantro. *Variations:* Ketchup is actually supposed to be kecap manis, which you can find in Dar or have sent from Marekani. You can add meat such as pork, chicken, or shrimp to the dish. Add it to the hot oil after the garlic and chili and fry until it is cooked through. In Indonesia this dish is called Mee Goreng and is traditionally served with chopped roasted peanuts on the side.

## Lasagna (or Spaghetti Casserole)

1 recipe homemade Italian noodles (see page 106) or other packaged noodles of your choice  
1 recipe tomato sauce (see page 104)  
2 cups grated cheese (set aside ½ cup for the top)  
ricotta or cottage cheese (see page 143) (optional)  
1 egg (optional)

Boil the pasta until just tender. In a separate bowl mix the ricotta cheese and egg, if using. Add 1 ½ cups grated cheese to the mixture. In a large sufuria, put a thin layer of the tomato sauce, then a layer of noodles, then ricotta cheese mixture. Continue layering until the noodles are finished. (For spaghetti casserole it usually makes two layers.) Top with some tomato sauce and sprinkle the rest of the grated cheese on top. Put in a hot oven and cook until the cheese is lightly browned, about 30-45 minutes. *Variations:* Add cooked vegetables after the layer of tomato sauce, or add 1 bunch of boiled and drained mchicha to the ricotta mixture. Serves 4 to 6.

## Njegere, Rice, and Veggie Stew

1 onion, chopped  
2 - 5 garlic cloves, crushed and minced  
3 carrots, cut in ½" rounds  
1 green pepper, chopped  
½ hot pepper  
1 cup fresh peas (njegere)  
3 tomatoes  
½ cup brown rice (or white)  
1 eggplant, cut into chunks  
2 - 3 cups of water (enough to cover)  
season salt or any mixed spice  
1 or 2 bouillon cubes (optional)

Sauté onion and garlic until soft. Add peas and sauté 2 to 3 minutes. They will start popping. Add water and cook for about ½ hour. Then add brown rice, bring back to a boil, and cook about 15 minutes. Add rest of the ingredients except eggplant and cook about 20 minutes. Add eggplant and cook 10 to 15 more minutes. If using white rice, add after peas cook for one hour instead of ½ hour, then add white rice and rest of ingredients and cook until done.

# The Other Starch Option...

## Ugali

What else did you think it would be? Ugali is Tanzania's national food. Even knowing that, many of us remember thinking during training, 'I am never going to cook this for myself.' Granted that may have only been because at your homestay ugali was made with river water. Now that you're a bonafide PCV you've likely had some time to reflect and observe (not to mention eat some normal ugali), maybe you've come realize that your ability to cook and willingness to eat ugali is, in the eyes of a Tanzanian, an endearing and impressive trait. It's got its benefits! You may even get cred for buying ugali flour in town. Knowing how to cook and eat ugali will make it clear that you are interested in the culture, you are willing to learn, and that you are not just another mzungu. Also, it is a great way to meet local people; when they see you trying to do it, they will want to help. (This is help that you'll probably need, by the way, so the reward here is twofold. Ugali takes practice, so don't give up the first time you make it and comes out sticky or powdery.) Ugali is also the ultimate broke food. Learn this and how to make a few sauces that you like, and you'll be eating for a fraction of the cost of most volunteers.

Ugali isn't all that bad if you eat it with something delicious. Think of it as an empty painter's palette, it just needs to be spiced up with the right food! Here are some ideas:

- curry sauce (really, good on anything)
- pizza sauce (tomato sauce with garlic, onions, and green pepper; add pizza toppings that you like and Parmesan if you can get it)
- greens (very cheap in the soko and comes in dozens of types from spicy to bitter to sweet; experiment with varieties and try it with some hot pepper, ginger, or mustard seed for a kick)
- beans (get a small piece of beef or pork fat from you butcher to simmer in with them; this makes a huge difference)
- any sauce that you liked in the states; theoretically you can eat ugali with any kind of topping that would go on or with bread, noodles, or potatoes.
- ugali can accompany a thick soup or stew in order to provide enough food to feel full, like bread or rolls in the States

To cook your batch of ugali, you'll need the following:

- a pot with some type of good grip, and a hot pad of some kind to hold it while you songa (stir)
- a big, strong spoon (mwiko or kipekecho)
- water
- ugali flour (unga wa sembe)
- a charcoal jiko (kerosene fumes can get in and flavor your ugali)

Heat 10 parts water until hot. Add 1 part flour and stir until it boils and thickens. Add 4 to 5 more parts flour (don't skimp or you'll get a sticky mess that won't finish), let it sit for a few minutes, and then use your spoon and the side of the pot to smash and smooth the thickening ugali to ensure that there are no dry flour chunks in the ugali. Ugali is finished when it starts to form a thick rubbery mass in the pot and no longer sticks to the bottom. You should be able to see it peel away freely from the pot as you work it with your spoon.

If you can, buy whole maize kernels in the market and take it to the mill to be ground into flour. You'll have a healthier ugali that way, as packaged ugali flour is refined and has lost many nutrients.

# Meat

Beef, pork, chicken, or fish... it's what's for dinner.

## Nyama Choma

1 kg beef, goat, or mutton  
2 tsp salt  
2 - 3 cloves garlic, peeled  
1" piece ginger, peeled

Heat charcoal on a jiko and let it burn down a little so that it is not as hot. Crush or pound the garlic and ginger and mix in the salt. Cut the meat into large pieces. Place a wire mesh over the jiko and put the meat on top. Brush half the garlic-ginger mix over the meat pieces. Cook for 7 to 10 minutes, then turn over and brush the other side with the rest of the garlic-ginger mix. Cook

for another 7 to 10 minutes or until done. For a non-traditional twist, add rosemary to the garlic and ginger mix.

## Beef and Red Wine Stew

1 kg diced beef  
¼ cup white flour  
1 Tbs oil  
½ cup bacon, diced (optional)  
3 onions, diced  
2 cups red wine  
2 Tbs tomato paste  
2 cups beef stock

Toss the beef in the flour until evenly coated, shaking off any excess. Heat the oil in a large saucepan over high heat. Cook the beef in three batches for about 3 minutes or until well browned all over, adding a little extra oil as needed. Remove from the pan. Add bacon and cook for 2 minutes or until browned. Remove with a slotted spoon and add to the beef. Add the onions and cook for 5 minutes or until the onions are browned. Remove from the pan. Slowly pour red wine into the pan, scraping up any sediment from the bottom with a wooden spoon. Stir in the tomato paste and stock. Add the beef, bacon, and any juices. Bring to a boil, then reduce the heat and simmer for 45 minutes, then return the

onions to the pan. Cook for 1 hour or until the meat is tender and the sauce is glossy. Serve with a potato dish.

## Fried Beef with Potatoes, Peas, and Ginger

oil for deep frying  
1 potato, cut into small cubes  
1" piece of ginger  
½ kg beef, thinly sliced  
3 cloves garlic, crushed  
1 tsp ground black pepper  
2 Tbs oil  
2 onions, sliced  
¼ cup beef stock  
2 Tbs tomato paste  
½ Tbs soy sauce  
1 tsp chili powder  
3 Tbs lemon juice  
3 tomatoes, chopped  
1 cup fresh peas, cooked

Fill a deep sufuria one-third full with oil and heat until a cube of bread dropped in the oil browns in 15 seconds. Deep-fry the potato cubes until golden brown. Drain. Pound the ginger using a mortar and pestle or grate into a bowl. Put the ginger into a piece of clean cloth and twist it up tightly and squeeze out all the juice (you need about 1 Tbs). Put the beef in a bowl, add the garlic, pepper, and ginger juice and toss well. Heat the oil and fry the beef quickly in batches over high heat. Keep each batch warm as you remove it. Reduce the heat, fry the onions until golden brown, and remove. Put the stock, tomato paste, soy sauce, chili powder, and lemon juice in the saucepan and cook over medium heat until reduced. Add the fried onion, cook for 3 minutes, add the chopped tomato and the peas and then stir well and cook for 1 minute. Add the beef and potato and toss well until heated through.

## Beef Stroganoff

1 kg beef, cut to into ½ x 2" strips  
2 Tbs white flour  
¼ cup butter  
1 onion, thinly sliced  
1 clove garlic, crushed  
¼ cup brandy  
1 cup beef stock  
1 ½ Tbs tomato paste  
½ cup sour cream or yogurt  
1 Tbs parsley  
salt and pepper to taste

Dust the beef strips in the flour, shaking off any excess. Melt half the butter in a large frying pan and cook the meat in small batches for 1 to 2 minutes or until seared all over. Remove. Add the remaining butter to the pan and cook the onion and garlic over medium heat for 2 to 3 minutes or until they soften. Pour in the brandy and simmer until nearly all of the liquid has evaporated, then stir in the beef stock and tomato paste. Cook for 5 minutes to reduce the liquid slightly. Return the beef strips to the pan with any juices and stir in the sour cream or yogurt. Simmer for 1 minute or until the sauce thickens slightly. Season with salt and ground pepper. Garnish with the chopped parsley and serve immediately with fettuccine or rice.

## Szechwan Beef Stir Fry

¼ kg steki or beef fillet  
4 Tbs oil  
3 Tbs wine  
3 Tbs soy sauce  
1 large onion, chopped  
4 cloves garlic, crushed and chopped  
1 tsp corn flour  
1" piece ginger, diced  
1 red chili, diced  
3 Tbs water  
salt and pepper to taste  
any desired vegetables, cut into strips

Trim the fat from the beef and thinly slice across grain into bite-sized strips. Set aside. Stir together wine, soy sauce, water, corn flour, ginger, black pepper, chili, and garlic. Set aside. In a large wok-like frying pan heat the oil and add the onion and cook until tender but not brown. Add any desired vegetables and stir-fry for another minute or until the vegetables turn bright in color but not mushy. Remove the vegetables from the pan. Add the beef and stir-fry another 2 to 3 minutes. Push all the beef to the center of the pan and add the sauce. Cook and stir until thick and bubbly. Add vegetables and cook for another minute or two. Serve with rice.

## Chinese Pepper Steak

½ kg boneless beef  
1 tsp salt  
¼ cup oil  
2 Tbs soy sauce  
1 clove garlic, minced  
1 ½ cups water  
1 cup green pepper strips  
1 large onion, sliced  
½ cup sliced celery (optional)  
2 tomatoes, cut into wedges  
1 Tbs corn flour

Cut meat into 1" strips and sprinkle with salt and brown quickly in hot oil. Add soy sauce, garlic, and ½ cup water and bring to a boil. Cover and simmer over low heat for 45 minutes. Add green pepper, onion, and celery. Cover and simmer 10 minutes. Add tomatoes and toss lightly. Combine corn flour and 1 cup water. Add to meat mixture, cook over medium heat, stirring constantly until mixture boils. Boil for 1 minute. Serve over rice.

## Beef Burgers & Buns

1 kg beef  
salt and pepper to taste  
1 egg, beaten  
any desired seasonings such as curry powder, cumin, cayenne pepper, rosemary, etc.  
white bread recipe  
toppings such as onions, tomatoes, cheese slices, lettuce, bacon, etc.

Cut off excess fat and connective tissue from the beef, leaving some of the dry, crumbly fat. Run meat through a meat grinder. Discard the tough bits left inside the grinder. Add the egg and sprinkle salt and pepper over the ground beef. Add any other seasonings as desired and mix well. Divide into 8 equal parts and shape into patties, making them slightly thinner and wider than you want for the cooked burger. Fry in a sufuria or cook on a grill, turning several times until done. To make buns, begin making ½ recipe for white bread (page 41). After the dough has risen once, divide it into 8 equal portions. Roll each portion into a ball and flatten out until it is the desired width. Place 4 each on a greased sufuria lid. Let rise until almost doubled and bake on jiko oven.

## Chicken Fried Steak

½ kg beef  
oil, for frying  
½ cup flour  
1 tsp cayenne pepper (optional)  
1 tsp salt  
1 tsp pepper

Mix flour, cayenne pepper, salt, and pepper and place in a flat shallow dish or a plate. Cut the steak into thin filets. With a rolling pin or pestle, pound both sides of each filet in the flour mixture. Pound as this as possible. Fry fillets in a little bit of oil until done.



## Chili Con Carne

2 tsp ground cumin  
½ tsp ground allspice  
1 - 2 tsp chili powder  
1 tsp paprika  
1 Tbs vegetable oil  
1 large onion, diced  
1 clove garlic, crushed  
2 small red chilies, seeded and chopped  
½ kg ground beef  
2 cups chopped tomatoes  
2 Tbs tomato paste  
½ kg red beans, cooked and drained  
1 cup beef stock  
1 Tbs chopped oregano  
1 tsp sugar  
salt and pepper to taste

Heat a small frying pan over medium heat and dry fry the cumin, allspice, chili, and paprika for 1 minute or until fragrant. Remove from the pan. Heat the oil in a large sufuria over medium heat and cook the onion for 2 to 3 minutes or until soft. Add the garlic and chili and cook for 1 minute. Add the ground beef and cook over high heat for 4 to 5 minutes or until the meat is browned, breaking up lumps with a fork. Add the tomatoes, tomato paste, beans, stock, oregano, sugar, and spices. Reduce the heat and simmer, stirring occasionally and gently breaking up the tomatoes, for 1 hour or until reduced and thickened. Season with salt and black pepper. Serve with tortillas and guacamole.

## Shepherd's Pie

¼ cup olive oil  
1 large onion, finely chopped  
2 cloves garlic, crushed  
2 celery stalks, diced (optional)  
3 carrots, diced  
2 bay leaves  
1 Tbs thyme, chopped  
1 kg ground beef  
1 ½ Tbs flour  
½ cup red wine  
2 Tbs tomato paste  
6 tomatoes, diced  
1 ½ kg potatoes  
¼ cup milk  
½ tsp ground nutmeg

Heat 2 Tbs of the oil over medium heat in a large sufuria and cook the onion for 3 to 4 minutes or until softened. Add the garlic, celery, carrot, bay leaves, and thyme and cook for 2 to 3 minutes. Transfer to a bowl and remove bay leaves. Add the remaining oil to the same pan, add the ground beef and cook over high heat for 5 to 6 minutes or until it changes color. Mix in the flour, cook for 1 minute, then pour in the red wine and cook for 2 to 3 minutes. Return the vegetables to the pan with the tomato paste and diced tomato. Reduce the heat, cover, and simmer for 45 minutes, stirring occasionally. Season to taste and transfer to a 3 liter sufuria and leave to cool. Meanwhile, boil the potatoes in salted water over medium heat for 20 to 25 minutes or until tender. Drain, then mash with the milk and butter until smooth. Season with nutmeg and black pepper. Spoon over the beef and fluff with a fork. Bake for 30 minutes or until golden and crusty.

## Corn Dogs

1 ½ cup white flour  
1 ½ cup corn flour  
½ cup sugar  
4 tsp baking powder  
1 tsp salt  
3 Tbs milk powder  
2 eggs, beaten  
3 Tbs butter  
1 cup water  
20 hot dogs (sausages)

Combine all the dry ingredients in a large bowl. In a separate bowl mix the eggs, butter, and water. Add the egg mixture to the dry ingredients and mix well. Dip the hot dogs in the batter and deep fry them in enough oil to cover until the batter is golden brown.

## Honey Garlic Ribs

2 kg pork spareribs  
½ cup honey  
¼ soy sauce  
¼ cup distilled white vinegar  
2 cloves garlic, minced  
2 Tbs brown sugar  
1 tsp baking powder  
1 tsp salt

Slice the ribs into individual pieces. In a large bowl combine the honey, soy sauce, vinegar, garlic, and brown sugar. Stir until honey and sugar are completely dissolved, then stir in the baking powder. The mixture will begin to foam. Transfer ribs to the bowl and turn to coat. Cover a baking sheet with foil and arrange the ribs meat side up on the sheet. Pour excess sauce on the ribs and sprinkle with salt. Bake for about an hour, turning every 20 minutes. *Variations:* Substitute 2 kg chicken for pork.

## Dornier Jambalaya

1 chicken  
½ kg rice, washed  
3 green peppers  
2 cups diced onions  
carrots  
flour  
several cloves of garlic  
seasoning salt  
cayenne pepper  
oil

Boil the chicken with some seasoning salt and a few veggies to give the left over broth a good taste. When the chicken is cooked, drain and reserve the liquid. Set the chicken aside to cool, then remove the meat from the bone. While the chicken is cooling, fry the veggies down in a pot with seasoning salt and 2 Tbs oil, about 30 minutes. Add your deboned chicken meat to the mixture along with ¼ cup flour and cook for about 10 minutes. Add the remaining liquid from boiling the chicken to the mixture along with the rice. Cover and cook for 1 hour without removing the lid. If using a charcoal jiko, add coals on top of the lid.

## Beer Butt Chicken

1 chicken  
1 can of beer  
salt and pepper to taste

Place a freshly butchered chicken firmly on the rim of an opened beer can. Rub the skin in salt and pepper before covering the skin with tin foil. Place the chicken, supported by the open beer can, directly over the coals and let it cook for about an hour, until the meat is done. Make sure the tin foil is closed completely to ensure the chicken doesn't dry out.

## Chicken Tikka Masala

1 chicken  
1 cup plain yogurt  
1 tsp cumin seeds  
1 tsp coriander powder  
1 tsp chili powder  
3 cloves garlic, minced  
1 tsp salt  
1 tsp garam masala  
2 Tbs lemon juice  
2 Tbs cilantro, chopped  
vegetable oil  
1 Tbs tomato paste  
1 big green pepper, sliced or diced  
3 fresh red chillies, minced

Cut all meat off the bone and into small pieces. Mix all yogurt, cumin seeds, coriander powder, chili powder, garlic, salt, garam masala, lemon juice, and cilantro in a bowl with the chicken. Let it marinate for at least an hour, or even overnight if possible. Heat oil in a frying pan or karai, then add the tomato paste. Add the meat a bit at a time, including the marinade. Cook until done, about 10 minutes, stirring frequently. Add green pepper and chillies and stir until they are heated. Serve over rice. *Variations:* Make nyama tikka masala by substituting 1 pound beef, goat, or lamb for the chicken. Cut into small cubes or strips. It may take longer to cook than the chicken.

## Cumin Chicken

1 chicken, cut in parts  
2 cups yogurt  
1 Tbs minced ginger root  
1 Tbs minced garlic  
1 Tbs oil  
2 onions, chopped  
1 large green pepper, chopped  
2 tsp ground cumin  
2 Tbs cilantro, chopped  
1 tsp salt  
1 Tbs chili powder  
cayenne or red pepper, to taste

Combine yogurt, ginger, and garlic. Put the chicken in the yogurt mix and let sit for several hours to marinate. Try to keep the mixture cool. Heat oil in a frying pan and sauté onions until translucent and soft. Add the green pepper and cumin and fry for a few more minutes. Add the chicken and yogurt mix, chili powder, and cilantro. Cover and simmer, stirring occasionally, until the chicken is thoroughly cooked, about 30 to 40 minutes. Serve over rice.

## Basic Daga

4 - 5 onions, sliced  
6 tomatoes, diced  
2 small handfuls daga  
4 cloves Tanzanian garlic, crushed  
and chopped  
1 tsp salt  
1 tsp pepper  
1 tsp cilantro (optional)  
3 Tbs oil

To make a sauce, first heat 2 Tbs oil in a medium sufuria and fry all but one of the onions and all of the garlic. Cook until the onions are soft and translucent. Add the salt, pepper, and cilantro. Set one tomato aside and add the rest to the pan, and simmer to cook down about 15 to 20 minutes. Next, decapitate the daga and wash them in 2 or 3 changes of water, then boil them for a minute. Remove from the water by lifting them out so you can leave all the sand in the pot. (Alternatively, you can buy the fancier "Zanzibar" daga which are sold in small packages.) Fry the remaining onion and tomato in a sufuria with the remaining 1 Tbs of oil. After 2 to 3 minutes throw in the daga. Cook until hot and add salt to taste. Serve over rice, pouring the sauce on top, or with ugali.

## Basic Fish

fresh fish  
lemon juice  
salt  
oil

Fillet and wash the fish. To fillet the fish, start at the tail and cut towards the head, staying as close to the skeleton as possible. Filleting a fish takes some practice to minimize waste. If you don't mind picking the bones out as you eat you can just behead and gut the fish. Pour lemon juice over the flesh and skin then rub in salt. Leave to marinate. Heat a little oil in a pan and place fish in it. Cook both sides until brown and the flesh drops away from the skin.

## Fish Mornay

fresh fish  
1 onion, chopped  
1 Tbs butter  
1 Tbs flour  
1 cup milk  
cheese or herbs (optional)

Fillet and wash the fish (or don't and eat it Tanzanian style). Put in a sufuria with the onions and cover with milk. Season as desired and simmer, covered, for 15 to 20 minutes or until the fish begins to flake away from the skin. Remove the fish. In a separate pan, melt the butter and stir in the flour to make a roux. Gradually add the milk in which the fish was cooked until you get a thin sauce. Simmer, stirring continuously to prevent burning, until the sauce thickens. Pour over the cooked fish.

## Bombay Style Fish

2 cloves garlic, crushed  
2 small green chilies, seeded and finely chopped  
½ tsp ground turmeric  
½ tsp ground cloves  
½ tsp ground cinnamon  
½ tsp ground cayenne pepper  
1 Tbs tamarind paste  
2/3 cup oil  
1 kg fish fillets, skinned  
1 ¼ cups coconut milk  
2 Tbs chopped cilantro leaves

Mix together the garlic, chili, spices, tamarind, and ½ cup of the oil. Place the fish fillets in a shallow dish and spoon the marinade over them. Turn the fish over, cover, and let sit in a cool place for 30 minutes. Heat the remaining oil in a large sufuria or frying pan and fry the fish in batches. Cook for 1 minute on each side. Return all the fish to the pan, then reduce heat to low and add any remaining marinade along with the coconut milk. Season with salt and gently cook for 3 to 5 minutes or until the fish is cooked through and flakes easily. If the sauce is too runny, lift out the fish, simmer the sauce for a few minutes until it is the desired consistency, then pour it over the fish. Garnish with cilantro.

## Pangani Fish

2 kg whole fish (red snapper or tilapia)  
1 lemon or 3 Tbs white wine  
2 cups bread, cut into ¼" cubes  
1 onion, chopped  
1 egg, beaten  
1 tsp rosemary  
3 Tbs butter  
¼ tsp black pepper  
salt to taste

To make the stuffing, sauté the onion in 1 Tbs hot butter until soft. Add the bread, herbs, salt, and pepper, and mix well. Remove from heat and add the egg, mixing well. Grease a sufuria large enough to hold two layers of fillets or the whole fish. If you are using fillets, place one layer in the bottom of the pan. Cover the fillet with a layer of the stuffing mixture, then top with the remaining fillet. If you are not using fillets, simply stuff the body cavity with the stuffing and place in the pan. Baste the fish several times with lemon juice or wine and 2 Tbs butter while baking in your jiko oven. When done, the fish should appear flaky when broken with a fork.

## Cajun Prawns with Salsa

1 ¼ kg large raw prawns  
½ bunch mchicha, washed  
4 spring onions, chopped  
lemon wedges to garnish

### *Cajun spice mix:*

1 Tbs garlic powder  
1 Tbs onion powder  
2 tsp dried thyme  
2 tsp ground white pepper  
2 tsp black pepper  
1 ½ tsp cayenne pepper  
½ tsp dried oregano

### *Tomato salsa:*

4 tomatoes, seeded and chopped  
1 small cucumber, peeled and chopped  
2 Tbs finely diced red onion  
2 Tbs chopped cilantro leaves  
1 Tbs chopped parsley  
1 clove garlic, crushed  
2 Tbs olive oil  
1 Tbs lime juice

Combine all the ingredients for the Cajun spice mix. To make the tomato salsa, combine the tomato, cucumber, onion, cilantro, and parsley in a bowl. Mix the garlic, oil, and lime juice together in a separate bowl and season well. Add to the vegetable and herb bowl and toss together. Peel and de-vein the prawns, leaving the tails intact. Brush the prawns with the butter and sprinkle generously with the spice mix. Cook on a hot grill, turning once, for 2 to 3 minutes on each side or until a crust forms and the prawns are pink and cooked through. Lay some mchicha on serving plates, then spoon salsa over the leaves. Arrange the prawns on top and sprinkle with some chopped spring onion. Serve with lemon wedges on the side.

## Steamed Whole Fish with Chili, Garlic, and Lime

1 - 1 ½ kg white snapper, cleaned  
1 lime, sliced  
red chilies, diced, to garnish  
cilantro leaves, to garnish  
lime wedges, to garnish  
2 tsp tamarind concentrate  
5 long red chilies, seeded and chopped  
6 large cloves garlic, roughly chopped  
6 cilantro roots and stalks  
2 onions, chopped  
1 ½ Tbs oil  
2 ½ Tbs lime juice  
¾ cup shaved palm sugar or brown sugar  
3 Tbs fish sauce

Rinse the fish and pat dry with a clean towel. Cut two diagonal slashes through the thickest part of the fish on both sides to ensure even cooking. Place the lime slices in the fish cavity, cover with plastic wrap and cool until ready to use. To make the sauce, combine the tamarind with 3 Tbs water. Blend the chili, garlic, cilantro, and onions in a blender (if you've got one) or twanga with a mortar and pestle until smooth, adding water if needed. Heat the oil in a sufuria. Add the paste and cook over medium heat for 5 minutes or until fragrant. Stir in the tamarind, lime juice, and sugar. Reduce the heat and simmer for 10 minutes or until thick. Add the fish sauce. Place the fish on a wire rack and cover. Place over a wok-like frying pan of simmer water, ensuring the base doesn't touch the water. Cook for about 6 minutes per 1 kg or until the fish flakes easily with a fork when tested. Pour the sauce over the fish and garnish with the chili, cilantro, and lime wedges. Serve with rice.

## Fish with Cream Sauce

2 saltwater fish  
4 - 8 Tbs butter  
1 Tbs flour  
8 - 10 cloves Tanzanian garlic  
2 - 4 cups milk  
salt and pepper to taste  
parsley, dill, basil, tarragon, oregano, paprika, thyme, and other spices as desired (optional)

Fillet the fish and get extra meat from the carcass. Set aside. In a frying pan, melt enough butter to cover the bottom of the pan. When the butter is hot add the peeled, whole garlic cloves and sauté until brown. Mash with a fork and add the fish meat. Cook over medium heat until done. While cooking, add a small amount of salt, pepper, tarragon, and dill to fish. Once done, remove fish and add desired amount of milk. Add any other spices and boil with milk. Crumble fish and return to sauce. Adjust spices as needed. To thicken, mix flour with 1 cup milk and a little water and then add to the sauce. Add, cook, add, cook, etc., until desired consistency. Serve over pasta. *Note:* Thyme, oregano, and dill can be strong. Start with less than you think you need, then slowly add more.

Lots of pepper is good and paprika adds a nice color to the sauce. *Cook with your eyes, nose, and mouth!*

## Creamy Prawn Curry

½ kg prawns  
1 ½ Tbs lemon juice  
3 Tbs oil  
½ onion, finely chopped  
½ tsp ground turmeric  
2" piece cinnamon stick  
4 cloves  
7 cardamom pods  
5 bay leaves  
¾" piece ginger, grated  
3 cloves garlic, chopped  
1 tsp chili powder  
2/3 cup coconut milk  
salt to taste

Peel and de-vein the prawns, leaving the tails intact. Put them in a bowl, add the lemon juice, then toss together and leave for 5 minutes. Rinse the prawns and pat dry with a clean towel. Heat the oil in a frying pan and fry the onion until lightly browned. Add the turmeric, cinnamon, cloves, cardamom, bay leaves, ginger, and garlic and fry for about 1 minute. Add the chili powder, coconut milk, and salt, and slowly bring to a boil. Reduce heat and simmer for 2 minutes. Add the prawns, return to a boil, then reduce the heat again and simmer for 5 minutes or until the prawns are cooked through and the sauce is thick. Do not overcook the prawns or they will become rubbery.

# Snacks

Once you pop, you can't stop! Spend a day making a bunch of snacks to store for a rainy day.

## Pumpkin Seeds

pumpkin seeds  
salt  
oil

Wash the seeds in water and dry them. Add oil to a pan and fry for 5 minutes or until brown. Alternatively, bake the seeds until done. Sprinkle with a little salt.

## Popcorn

½ cup popcorn kernels  
2 Tbs oil  
seasonings to taste, such as salt and melted butter, dill, turmeric and paprika, chili and lime, salt and table vinegar, cinnamon and sugar... whatever you can imagine

Heat oil in a large sufuria, add popcorn, and cover. You can also use a smaller sufuria, flipping another one over and placing on top to cover. Just make sure there is enough room for the kernels once they pop. Cook, shaking the pan every 10 to 20 seconds. When the kernels just begin to pop shake the sufuria continuously until there is no more popping. Add sugar instead of salt to make kettle corn.

## Wheat Thins

3 cups flour (half whole wheat, half white)  
½ tsp salt  
½ cup oil  
¾ cup water

Mix all ingredients and knead like bread for 5 minutes. Roll out thin on a clean surface. Cut into desired shape (stars! hearts! Christmas trees! dradles! your state!) and sprinkle with salt. Bake in your jiko oven.

## Sweet Potato etc. Chips

sweet potatoes (or Irish potatoes, cooking bananas, cassava...)  
oil  
salt  
curry, chili powder, or your favorite spice combination

Peel and cut sweet potatoes (or Irish potatoes, cooking bananas, cassava...) into thin rounds. For the frying method, heat oil and fry until crispy or until sputtering slows down. (Before you fry a chip, drop in a small piece to test the temperature of the oil. Don't put anything in the oil before it's ready or it will absorb too much oil and become soggy.) Add salt and spices while hot. If you want to bake the chips, mix a little oil with salt and spices, then pour over raw chips to coat. Bake in a jiko until crispy.

## Caramelized Nuts

½ cup sugar  
2 Tbs balsamic vinegar (or any vinegar)  
1 ½ cups nuts  
oil

Combine sugar and vinegar in a small sufuria. Stir over medium heat until sugar dissolves, about 3 minutes. Take off heat and add nuts; toss to coat. Put back on heat and cover. Cook until nuts are deep brown and syrup thickens and coats nuts, stirring occasionally, about 10 minutes. Cool completely. Break nuts apart. This dish may be made 2 days ahead and stored in an airtight container.

## Salted Nuts

1 cup raw nuts (peanuts, cashews...)  
¼ cup water  
½ tsp salt or more as needed

Bring all ingredients to a boil and cook until water evaporates. Continue cooking nuts dry over low heat. Alternatively, dissolve salt in water and set aside. Put nuts in a sufuria so they're about 1 to 2 inches deep. Over medium-low heat, cook covered, removing the lid often to let steam escape. Stir or shake often. When no more condensation forms on the lid, pour the salt water over the nuts and stir briskly and continuously until all the water has evaporated and the nuts have a visible white salt residue on them. *Variation:* Add 1 tsp curry powder to the salt water for curried nuts.

## Sweet and Spicy Nuts

½ cup sugar  
½ tsp cinnamon  
½ tsp cloves  
½ tsp nutmeg  
2 egg whites  
½ kg nuts

Mix sugar and spices in a large bowl. Add egg whites and mix until blended. Add nuts and toss until nuts are evenly coated. Place on heat and cover with lid. Cook until coating is crunchy, about 20 minutes. Yields 5 cups.

## Fritos

ugali  
oil for deep frying  
salt

Cook ugali normally. While it's still moist, roll out thin. This is easiest between two pieces of wax paper. Deep fry in oil, drain, and add salt. So tasty.

## Granola Bars

2 cups oatmeal  
½ cup sugar  
2 Tbs honey  
½ cup flour  
½ cup butter, room temperature  
1 tsp vanilla extract or 1 packet  
vanilla powder  
dash of salt  
½ tsp cinnamon

Mix all ingredients except cinnamon. Press into a greased baking pan or sufuria. Sprinkle top with cinnamon and bake about 20 minutes in a jiko oven. Let cool 10 minutes, then remove from pan. Cut into squares. Yields about 12 bars and makes a great snack for hiking. *Variations:* Try mixing in ½ cup raisins or other dried and chopped fruits, chocolate pieces or chips, ½ cup peanut butter, or ½ cup nuts or seeds. Try adding 8 oz melted chocolate on top instead of cinnamon.

## Beer Batter for Vegetables, Cheese, and Fruit

vegetables, cut into ½" slices  
1 cup flour  
1 egg  
1 Tbs melted butter  
1 tsp salt  
½ cup beer  
oil, for frying  
*Sauce (optional):*  
1 cup yogurt  
1 Tbs mustard  
juice of 1 lemon or lime  
1 tsp sugar  
salt, to taste

To make the batter, combine the flour, egg, butter, salt, and beer. Beat until smooth. Let stand, covered, for 4 hours before using. Dip the vegetables into the batter and fry in hot oil until golden brown. Drain on newspaper. To make the sauce, combine all the sauce ingredients and mix well. Serve as a dip. *Variations:* Try vegetables such as onions (cut into rings), carrots, cauliflower, eggplant, peppers, zucchini, etc. Also try cubes of cheese or chunks of fruit such as bananas, pineapple, apples, etc.

## Tempura Batter for Vegetables

¾ cup flour  
1 egg yolk  
2/3 cup cold water  
dash of salt  
oil for deep frying

Beat the egg yolk into water. When the mixture is smooth, slowly add flour and salt and mix well. Drip vegetables and deep fry. Tastes great with sweet potatoes! Serve with a side of sweet soy sauce. (For sweet soy sauce, heat some sugar in soy sauce until it dissolves, then add fresh ginger and green onions.)



## Sambusas (Samosas)

chapati dough

*Vegetable Filling:*

2 large potatoes, boiled

½ cup peas, boiled

1 onion, chopped

1 green pepper, chopped (optional)

2 carrots, chopped (optional)

1 tsp salt

1 tsp garam masala or curry powder

1 clove garlic, minced

½" piece ginger, grated

cilantro, chopped

pilipili, to taste

1 Tbs margarine

*Meat Filling:*

¼ kg minced meat

1 small onion, chopped

1 tsp garam masala or curry powder

1 clove garlic, minced

½" piece ginger, grated

pinch salt

pinch cloves

pinch dry mustard

coriander, ground

pilipili to taste

1 Tbs margarine

Make some chapati dough, the Tanzanian variation, and set it aside for at least half an hour while you prepare one of the fillings. Knead the dough briefly. Take a lime-sized lump of dough and roll it into a circle (the thinner the better). Heat the circle briefly in a frying pan but don't cook it too much. Cut each circle into quarters, roll into a cone, fill with filling, and pinch closed to make a triangle. Use a flour and water paste to seal. Try to seal the tips so that oil doesn't get inside the sambusa. Deep fry or pan fry. Serve with Tamarind chutney (see recipe on page 69).

*Vegetable filling:* Fry onions, garlic, ginger, and green peppers together until onions are soft and translucent. Add carrots and potatoes. Fry for 5 minutes, then add peas. Add masala and salt to taste, and mix well. Let cool before stuffing sambusa.

*Meat filling:* Fry onions until translucent. Add all other ingredients and fry until meat is done. If using tough meat, oil the minced meat first.

## Brown Bear Poop

4 cups oatmeal

1 cup sugar

½ cup butter or Blueband

½ cup cocoa

4 Tbs Nido + ¼ cup water

¼ tsp salt

½ cup peanut butter

1 tsp vanilla

Mix the sugar, butter, cocoa, Nido, and water, and salt together and bring to a rolling boil for 1 minute then remove from heat. Add the peanut butter, oatmeal, and vanilla, and mix well. Spread out onto a clean surface (wax paper if you have it) and allow to cool. Shape it into a lump or crumble it and throw it into a plastic bag, then toss it in your backpack on your next hiking adventure. This is an easy and energy-packed snack perfect for taking hiking, plus it'll keep for a few weeks. If you plan on eating it within a few days, you can substitute fresh milk for the Nido mix. Take some bear shit on your next climb up Hanang, Meru, or Kili, and you'll be able to run up the mountain!

## Pickles

cucumbers

vinegar

salt

dill

Cut cucumbers to desired size and let them sit in brine (a mixture of salt and water) overnight. The next morning, pour off salty water and rinse with cold water. Pour boiling water over the cucumbers, drain, and pack into a container or sterilized jar. Prepare a mixture of vinegar and spices, enough to fill the jar, and bring it to a boil. Pour the mixture over cucumbers. Eat within a few days.

## Sweet Dill Pickles

cucumbers  
vinegar  
salt  
sugar  
water  
dill  
garlic  
mustard seed

Make a brine of vinegar, salt, sugar, and water, using equal parts vinegar and water, and twice as much sugar as salt. Bring to a boil. Add spices. Place cucumbers in a sterilized jar and pour in the hot brine, being careful not to crack the jar. Eat within a few days.

## Bread and Butter Pickles

5 cucumbers  
onion  
salt and pepper  
3 cups water  
4 cloves garlic  
1 cup sugar  
pili-pili kali  
1 cup vinegar  
4 sprigs dill weed  
2 tsp turmeric

Wash cucumbers and slice into ¼ inch thick rounds. Place in a heated and sterilized jar with pili-pili kali and fresh dill weed. Set a large pot over medium heat and boil vinegar, sugar, water, garlic, and pickling spices. Pour the hot brine mixture over the cucumbers in the jar. Allow to cool to room temperature before refrigerating. Leave overnight and serve the next day.

## Pickled Eggs

eggs  
vinegar  
black pepper  
allspice  
ginger  
garlics

Hard boil eggs then immediately place in cool water. Remove the shells and put into a jar. Bring the vinegar and spices to a boil, then pour the hot mixture into the jar. Let the eggs soak up the flavor for a couple weeks before eating.

## No-Mess PB&J

peanut butter  
jelly or jam (try homemade!)  
bread

Spread the peanut butter thin over one slice of bread as normal. On the second slice, spread a more generous layer just around the edges to ensure the jelly doesn't seep out. Spread your favorite jelly in the middle, put the two pieces together, and enjoy!

# Desserts

Baking ain't easy on a jiko oven but with a little guidance and lots of practice you'll be the next Bibi or Bwana Betty Crocker.

## Rice Pudding

3 cups milk  
1 cup rice, washed  
½ cup sugar  
½ cup raisins  
1 tsp ground cardamom  
1 tsp ground cinnamon

Bring the milk to a boil. Add the rice, cover, and let simmer over very low heat until cooked, about 30 minutes. Add the sugar, raisins, cardamom, and cinnamon (plus any other desired spices) and cook for a few more minutes, uncovered, until the sugar dissolves and the mixture thickens. Serve hot or chill and serve cold. Serves 2 to 4.

## Chocolate Pudding

4 - 7 tsp cocoa (less is more)  
4 - 7 Tbs sugar (as you like it)  
2 cups milk, boiled  
3 Tbs cornstarch (corn flour or custard powder)  
1 tsp vanilla

Dissolve the cornstarch in ¼ cup of the milk. In a double-boiler (see page 18 for instructions) heat the cocoa, sugar, milk, and cornstarch mixture, stirring constantly. In 5 to 10 minutes the mixture will thicken. Remove from heat and let cool, then mix in vanilla.

## Custard Surprise

1 package biskuti  
1 chocolate bar  
2 - 3 bananas, sliced  
2 cups milk  
3 Tbs custard powder  
3 Tbs sugar

Line 4 small bowls with one layer of biskuti. Top biskuti with sliced bananas and a few pieces of chocolate. Set aside. To make the custard, measure ¼ cup of milk and mix with custard powder to dissolve. Set aside. Put the rest of the milk into a sufuria with the sugar and heat to boiling. Add the custard-milk mixture to the boiling milk while stirring. The consistency should feel like custard immediately. Stir and cook a few seconds more then remove from heat. Pour custard into the bowls. Cool and serve. Top with remaining banana slices and chocolate pieces.

## Bread Pudding

½ cup milk, scalded  
1 cup coarse bread crumbs  
3 Tbs sugar  
¼ tsp salt  
1 tsp cinnamon  
1 tsp nutmeg  
1 medium egg, beaten  
1 tsp vanilla  
1/8 cup raisins

Stoke the charcoal jiko. Mix all ingredients together then place in a greased sufuria. Bake until done. This will keep until the next day.

## Chocolate Fudge Cake

1 ½ cups flour  
1 cup sugar  
¾ cup cocoa  
1 tsp baking powder  
¾ tsp salt  
1 cup milk or sour milk  
6 Tbs butter  
2 small eggs  
¾ tsp vanilla

Stoke the charcoal jiko. Cream the sugar and butter together. Add the eggs, vanilla, and milk, and mix well. In a separate bowl, combine the flour, sugar, cocoa, baking powder, and salt, and mix well. Add the dry mixture to the wet mixture and mix. Pour batter into a greased and floured sufuria and bake until a toothpick comes out clean.

## Vegan Chocolate Cake

1 ½ cups flour  
1 cup sugar  
½ cup cocoa powder  
1 tsp baking soda  
½ tsp salt  
1 Tbs vinegar  
1/3 cup vegetable oil  
1 tsp vanilla  
1 cup water or cold coffee

Stoke the charcoal jiko to preheat. Whisk all ingredients together in a sufuria until smooth. Pour into a greased and floured sufuria, and bake until a toothpick comes out clean. This is a great recipe even for those of you who aren't vegans but might have troubles coming across eggs or milk in your village

## Chocolate Bunt Cake

1 chocolate bar or 3 Tbs cocoa  
½ cup butter  
1 ½ cups sugar  
2 eggs  
2 tsp vanilla  
dash of salt  
1 ½ tsp baking powder  
2 cups white flour  
1 cup cold water

Melt the chocolate bar in a double boiler. Cream the butter and sugar. Mix these ingredients well. Add the eggs and vanilla, beating the mixture until it is smooth. Add the chocolate and mix well. In a separate bowl, mix the flour, baking soda, and salt. Add the dry mixture to the wet mixture and mix well. The batter should be very stiff at this point. Add one cup of cold water (as cold as possible) and beat the entire mixture for several minutes until it is very smooth. Pour into a bunt pan and bake until a toothpick comes out clean. *Notes:* To make a bunt pan, use an 8.5" sufuria and place a 100 g tin filled with rocks in the center. Be sure to grease the walls and the sufuria and the walls of the tin so the cake doesn't stick. This cake rises quite a bit but falls easily; be careful not to open the lid of your jiko too much while it bakes.

## Pineapple Upside-Down Cake

2 - 3 Tbs butter or Kimbo  
½ cup sugar  
1 egg  
1 cup white flour  
¼ tsp salt  
2 tsp baking powder  
1/3 cup milk  
½ tsp vanilla  
*Topping:*  
½ cup brown sugar  
2 Tbs butter or Blueband  
1 small pineapple, sliced

Cream the butter. Blend in the sugar and egg and mix well. Add the flour, salt, baking powder, milk, and vanilla. Blend the mixture for several minutes until smooth. The batter will be thicker than normal cake batter. To make the topping, mix the brown sugar and butter together until smooth. Then, grease a medium-sized sufuria and spread the topping mixture into the sufuria first. Arrange the pineapple slices on top, then pour the batter over everything and bake until the cake is golden brown and firm. Before removing from the pan, let the cake cool about 10 minutes, then invert the cake onto a serving plate and cool thoroughly.

## Moist Yellow Cake

2 ¼ cups flour  
1 ½ cups sugar  
3 ½ tsp baking powder  
1 tsp salt  
1 ¼ cups milk  
½ cup butter or Kimbo  
1 tsp vanilla  
4 eggs

Stoke your charcoal jiko. Cream together butter and sugar for about 5 minutes. Add eggs one at a time, beating after each egg is added. Slowly add flour, baking powder, salt, and milk alternately, beginning and ending with flour. Add vanilla. Pour the cake into a greased and floured sufuria. Hold the sufuria about 3 inches above a flat surface and carefully drop it onto the surface a few times to release any air bubbles. This will help you to have a more level cake. Bake until a toothpick comes out clean.

## Bucket O' Chocolate Cake

1 cup white flour  
½ cup sugar  
2 Tbs cocoa  
2 tsp baking powder  
½ tsp salt  
½ cup milk  
2 Tbs oil  
1 tsp vanilla

### *Topping:*

¾ cup sugar  
¼ cup cocoa  
1 ½ cups boiling water

Mix together the flour, sugar, cocoa, baking powder, and salt. In a separate bowl combine milk, oil, and vanilla, and mix well. Pour into greased medium-sized sufuria. To make the topping, mix all topping ingredients together. Slowly pour the topping over the base. Bake for about 30 minutes. The topping will be like pudding. Super delicious!

## Cheesecake

1 ½ lbs ricotta cheese  
2 Tbs citrus rind  
2 - 3 eggs  
1 cup sugar  
1 ½ tsp vanilla  
*Biskuti crust:*  
1 packet biskuti  
1 cup cornflour  
real butter or Kimbo (not Blueband!)

For the cheese, make 2 ½ liters of milk worth of ricotta cheese recipe. Don't add too much acid or the curds will be too hard. Add finely diced rind of lemon, orange, or lime to the cheese. Beat in the eggs. Beat in the sugar and vanilla. Set aside while making the crust to allow the sugar to dissolve. Pound the biskuti into small pieces, add the flour (or another package of biskuti) and butter. Press the mixture into the bottom of a sufuria and about ½ inch or more up the side. It should be about ¼ inch thick. Bake for a few minutes while stirring the cheese mixture, then remove and add the cheesecake batter. Bake until a toothpick or fork comes out clean.

## Moosewood's Pound Cake & Variations

1 cup butter or Blueband  
1 ¼ cups sugar  
3 eggs  
½ cup milk  
1 tsp vanilla  
½ Tbs baking powder  
2 cups flour

Cream the butter and sugar until light and fluffy. Add eggs one at a time, beating well after adding each egg. Add vanilla. In a separate bowl, combine baking powder and flour. Add dry mixture alternately with milk, beginning and ending with dry. Mix well after each addition. Mix thoroughly just enough to blend, without excess beating. Pour into a greased and floured sufuria. Bake until toothpick comes out clean. *Variations:* For a lemon pound cake, replace vanilla with lemon extract and fresh grated rind of one whole lemon. For a mocha swirl pound cake, replace the milk with ½ cup strong coffee (double strength). After the batter is mixed, remove 1/3 and mix with one ounce of melted unsweetened chocolate (use a double boiler to melt). Spread the remaining batter into a greased and floured sufuria and spoon clumps of chocolate batter on top. Using a knife, swirl the dark and light together with a gentle folding motion until they mingle in marbled form. To make a little less pound cake and a little more cake-like, reduce both the butter and sugar by about ¼ cup.

## Carrot Cake

2 cups flour  
2 cups sugar  
2 tsp baking powder  
1 tsp salt  
1 tsp cinnamon  
3 cups shredded carrots  
1 cup cooking oil  
4 eggs

Stoke the charcoal jiko. Combine the flour, sugar, baking powder, salt, and cinnamon. Add the carrot, oil, and eggs, and mix well. Beat for 2 to 3 minutes. Pour into a greased and floured sufuria and bake until a toothpick comes out clean. Top with Nan's Simple but Delicious Frosting.

## Johnny Cake

1 cup cornmeal  
1 cup white flour  
¼ cup sugar  
4 tsp baking powder  
½ tsp salt  
1 cup milk  
1 egg  
¼ cup butter

Mix the cornmeal, flour, sugar, baking powder, and salt in a bowl. Add the rest of the ingredients and mix until smooth. Pour into a greased sufuria and bake until the cake is firm.

## Coconut Butter Cake

½ cup butter or Blueband  
½ cup sugar  
1 egg, beaten  
1 cup flour  
1 tsp baking powder  
¼ tsp salt

### *Topping:*

1 cup freshly grated coconut  
3 Tbs butter or Blueband  
5 Tbs brown sugar

Cream together the butter and sugar. Beat in the eggs. In a separate bowl, combine the flour, salt, and baking powder, then fold the dry mixture into the wet mixture. Spread into a greased sufuria and bake until a toothpick comes out clean. Let cool. To make the topping, melt the butter or Blueband and mix in the coconut and brown sugar. Spread over hot base. Place under grill for 3 to 4 minutes or until brown.

## Nan's Simple but Delicious Frosting

2 cups icing sugar  
½ cup butter or Kimbo  
3 ½ - 4 Tbs milk, boiled  
dash of salt  
½ tsp vanilla or other flavoring  
such as mint, coffee, caramel,  
lemon, butter...

Beat all ingredients for five minutes or until frothy. Use as a topping for any cake you want!

## Fudge Frosting

½ cup butter  
½ cup milk  
½ tsp salt  
½ cup cocoa  
2 cups sugar  
1 tsp vanilla

Put all ingredients except vanilla in a pan and stir over low heat until the sugar is dissolved. Bring to a full rolling boil and boil for about 1 ½ minutes. Remove from heat and beat immediately. When almost creamy, add vanilla and continue to beat until creamy.

## Super Thick and Creamy Frosting

½ cup butter  
1 - 1 ½ cups powdered sugar  
1 tsp vanilla  
½ cup milk  
½ cup cocoa

Place all ingredients but the milk in a bowl and cream together until mixed thoroughly. Add milk, a little at a time, until the frosting is the desired consistency. If you accidentally add too much milk and the frosting is too thin, add more dry ingredients and whip until it is thick and creamy.

## Sugar Cookies

1 ½ cups butter or Blueband (try  
½ Blueband + ½ Kimbo)  
2 cups sugar  
4 eggs  
1 tsp vanilla  
5 cups flour  
2 tsp baking powder  
1 tsp salt

Cream together butter and sugar until smooth. Beat in eggs and vanilla. Stir in the flour, baking powder, and salt. Roll into balls and place cookies onto an ungreased surface or baking sheet. Bake until lightly brown. Makes 5 dozen.

## Gingersnaps

2/3 cup vegetable oil  
1 cup sugar  
1 egg, beaten  
½ cup honey or molasses  
2 cups flour, sifted  
2 tsp baking soda  
1 tsp cinnamon  
1 tsp powdered ginger  
½ tsp salt

Combine all ingredients in a large mixing bowl. Place batter by the teaspoonful onto an ungreased surface or baking sheet. Bake until cookies are flattened and slightly crusted. Makes 2 ½ dozen.

## Cinnamon Spice Cookies

1 ¼ cups flour  
¼ tsp baking soda  
1/8 tsp salt  
¾ cup sugar  
½ cup butter or Kimbo  
1 egg  
1 tsp vanilla  
*Topping:*  
1 ½ Tbs sugar  
½ Tbs cinnamon

Cream the butter then gradually add the sugar, beating until light. Add the egg and vanilla. Mix the flour, salt, and baking soda together. Add both mixtures and blend well. Combine sugar and cinnamon on a workspace. Take a small piece of dough, form a ball, and roll it in the cinnamon sugar mixture. Place the balls on an ungreased surface and bake until lightly browned. Makes 1 ½ dozen.

## Chocolate Coconut Cookies

14 oz can sweetened condensed milk  
3 oz unsweetened chocolate  
2 cups shredded coconut  
1 cup pieces of nuts  
1 tsp vanilla  
dash of salt

Heat the sweetened condensed milk and the chocolate together in a double boiler until the chocolate has melted. Remove from the heat and stir in the remaining ingredients. Arrange by teaspoonfuls onto a greased surface or baking sheet and bake, taking care not to burn the bottoms. Makes 2 ½ dozen.



## Coffee and Spice Cookies

½ cup butter or Blueband  
1 egg  
1 cup sugar  
¼ cup cold coffee  
1 ¾ cups flour  
½ tsp baking soda  
½ tsp salt  
½ tsp nutmeg  
½ tsp cinnamon

Cream together butter and sugar. Add eggs. Stir in coffee. Mix the remaining dry ingredients together, then add the dry mixture to the wet mixture and mix well. Drop teaspoons onto an ungreased sufuria or baking sheet and bake until done.

## Oatmeal Cookies

1 ½ cups flour  
½ tsp baking soda  
1 tsp cinnamon  
½ tsp salt  
1 egg, lightly beaten  
1 cup sugar  
½ cup melted butter or Kimbo  
¼ cup milk, boiled  
1 ¾ cups uncooked oatmeal  
½ cup raisins (optional)  
½ cup chopped nuts (optional)  
1 Tbs molasses (optional)

Mix flour, baking powder, cinnamon, and salt together. Stir in the remaining ingredients. Arrange by teaspoonfuls on a greased sufuria or baking sheet and bake until the edges are browned. Makes 3 dozen cookies.

## Peanut Butter Cookies

½ cup butter, Blueband, or Kimbo  
½ tsp vanilla  
½ cup sugar  
½ cup brown sugar  
1 egg, beaten  
½ cup peanut butter  
1 ½ cups flour  
¼ tsp salt  
1 tsp baking soda

Cream the butter, vanilla, and sugars. Add the eggs and beat well. Stir in the peanut butter. Mix together the flour, salt, and baking soda. Add the dry mixture to the wet mixture and combine thoroughly. Form into tiny balls with the palm of your hands and place on a sufuria or baking sheet. Press each cookie twice with the back of a form to make a crisscross design. Bake until firm. Makes 32 small cookies.

## Chocolate Chip Cookies

2 ½ cups flour  
1 cup brown sugar  
½ cup white sugar  
1 cup butter or Blueband  
2 eggs  
½ tsp baking soda  
¼ tsp salt  
2 tsp vanilla  
2 cups chocolate chips or 300 g  
Cadbury chocolate bar, broken up

Cream the butter and sugar until smooth. Add eggs and vanilla and mix well. In a separate bowl, mix together flour, baking soda, and salt. Slowly add the dry mix to the wet mix and when combined well, stir in the chocolate. Bake until lightly browned. Makes 3 dozen cookies. *Variations:* Add nuts when adding the chocolate pieces. Instead of chocolate chips or a chocolate bar, make a fudge recipe and use fudge crumbles as chips.

## Chocolate No-Bake Oaties

3 ½ cups oatmeal (quick oats)  
2 cups sugar  
½ cup butter or Blueband  
¼ cup cocoa  
½ cup milk  
¼ tsp salt  
½ cup peanut butter  
1 tsp vanilla

Mix the sugar, butter, cocoa, milk, and salt together and bring to a rolling boil for 1 minute then remove from heat. Add the peanut butter, oatmeal, and vanilla, and mix well. Drop spoonfuls of batter onto wax paper if you have it and allow to cool. Makes 2 dozen cookies.

## Lemon Bars

*Crust:*

1 cup white flour  
2 Tbs icing sugar  
4 Tbs butter

*Filling:*

2 medium eggs, slightly beaten  
¼ cup sugar  
2 Tbs white flour  
½ tsp baking powder  
2 tsp lemon juice

*Glaze:*

½ cup icing sugar  
1 - 2 Tbs lemon juice

First, make the crust by combining all crust ingredients and press the mixture into the bottom of a lightly greased sufuria. Bake until lightly browned. As the crust is baking, make the filling by combining the eggs, sugar, white flour, and baking powder. Mix well, then add the lemon juice and stir. Pour the filling over the warm crust and bake until lightly browned. After the filling cools, mix together the glaze ingredients, then drizzle over the cooled filling.

## Mango Bars

*Crust:*

½ cup butter or Blueband  
1 cup flour  
¼ cup sugar

*Filling:*

2 cups mashed mangoes  
⅓ cup sugar  
⅓ cup water (2 Tbs + 2 tsp)  
2 Tbs lemon juice  
1 ½ Tbs cornflour

*Topping:*

1 cup oatmeal  
¼ cup sugar  
2 cups flour  
¼ cup butter or Blueband

Make the crust by cutting the butter into the flour and sugar until well-blended. Pat the mixture into a greased sufuria and bake for about 10 minutes, until lightly browned. To make the filling, cook mangoes, sugar, water, and lemon juice in a saucepan until the fruit is soft and the sugar dissolved. Mix cornflour with a little water, then add to the fruit mixture and continue cooking until the mixture is clear. Pour the filling over the crust. Combine all topping ingredients, cutting the butter into the dry ingredients, then sprinkle evenly over the filling. Bake until lightly browned.

## Oatmeal Date Bars

1 cup white flour  
1 ½ cup quick cooking oats  
¼ tsp nutmeg  
½ tsp cinnamon  
¼ - 1/3 cup sugar (brown is best)  
½ cup butter, melted  
¼ kg dates with pits, chopped  
(less if pitted)  
1 orange or lemon  
cinnamon, nutmeg or other sweet  
spice  
sugar, if desired

Mix the flour, oats, nutmeg, cinnamon, sugar, and butter (the first six ingredients) and press about 2/3 of the mixture into a greased sufuria. It should be enough to cover the bottom of the plate and extend part way up the sides. You will use the remainder of the crust later. To prepare the filling, chop the pitted dates and boil in water for approximately 30 minutes with the spices and grated orange or lemon peel and juice. (Barely cover the dates and peel with water and then cook until all water is gone, over a low heat). Place the date mixture on the crust after cooking. Cover with the remaining crust, sealing the edges as best as you can. Bake until the crust is brown.

## Basic Brownies

9 Tbs butter or Blueband  
9 Tbs cocoa  
1 ½ cups sugar  
2 eggs  
¼ tsp salt  
¾ cup flour  
1 ½ tsp vanilla extract

Melt the butter. Remove from heat and stir in the remaining ingredients. Combine well. Spread in the pan and bake until dry on top and almost firm to the touch. Don't over bake -- brownies should be moist and chewy. Let cook and remove from pan. Add coconut, caramel, chocolate chips or fudge crumbles, peanut butter... the varieties are endless! Makes 16 brownies.

## Chewy Peanut Butter Brownies

½ cup peanut butter  
4 Tbs butter or Blueband  
1 cup brown sugar  
1 tsp vanilla  
2 eggs  
2/3 cup flour  
1 tsp baking powder  
¼ tsp salt  
½ cup chopped salted peanuts

Mix butter and peanut butter. Add brown sugar and vanilla. Mix in the eggs. In a separate bowl, combine flour, baking powder, and salt. Add the dry mix to the wet mix and beat until smooth and well-mixed. Stir in the peanuts. Spread into a greased sufuria and bake until a toothpick comes out barely clean.

## Butterscotch Brownies

¼ cup butter or Blueband  
1 cup brown sugar  
1 egg  
1 tsp vanilla  
½ cup flour  
1 tsp baking powder  
1 tsp salt  
¾ cup coconut (optional)

Melt the butter in a saucepan, then stir in brown sugar and sugar until dissolved. Let cool slightly then beat in egg and vanilla. (Make sure the mixture is cool enough that it won't start cooking the egg.) In a separate bowl combine flour, baking powder, and salt, then add the dry mixture to the wet mixture. Mix well, then add in coconut and mix some more. Bake in a greased sufuria until done.

## Fudge Brownies

5 oz unsweetened chocolate  
1 cup butter or Blueband  
1  $\frac{3}{4}$  cups brown sugar  
5 eggs  
1  $\frac{1}{2}$  tsp vanilla extract  
1 cup flour (or  $\frac{3}{4}$  cup for fudgier)

Cream the butter and sugar. Add the eggs, one at a time, beating well after each. Stir in vanilla. Drizzle in the melted chocolate while mixing. Beat well and stir in flour. Spread the batter into a greased sufuria and bake until a toothpick comes out clean. *Variations:* Add chopped walnuts, grated orange rind, cinnamon, banana chunks, strong black coffee, or semisweet chocolate chips to the batter after adding the flour.

## Peanut Butter Fudge

1 cup peanut butter  
1 cup corn syrup  
1  $\frac{1}{4}$  cups powdered milk  
1  $\frac{1}{4}$  cups icing sugar

Mix all ingredients and knead. Form into balls and let harden. If using golden syrup, thin  $\frac{3}{4}$  cup with  $\frac{1}{4}$  cup warm water.

## Quick Fudge

4 Tbs cocoa  
1 - 1  $\frac{1}{2}$  cups icing sugar  
2 Tbs butter  
1 - 2 Tbs milk, boiled  
 $\frac{1}{2}$  cup toasted coconut (optional)  
 $\frac{1}{2}$  cup roasted nuts (optional)  
1 tsp vanilla (optional)

Melt the butter in a sufuria. Combine the sugar and cocoa then add the milk and mix well. Cook the mixture over very low heat until it thickens some. Add coconut, nuts, and vanilla, if desired. Pour the mixture onto a greased plate and let it harden. Cut into small pieces. This recipe also works well as chocolate chips.

## Chocolate Peanut Clusters

10 Tbs sugar  
8 Tbs cocoa  
3 Tbs butter or Blueband  
1 can sweetened condensed milk  
2 cups unsalted roasted peanuts

Melt the sugar, cocoa, and butter over low heat until the sugar is as melted as possible. Slowly pour in the sweetened condensed milk and stir constantly to avoid scorching. The mixture should be fairly thick. Add the peanuts and stir. Spoon onto a dry surface and allow to cool.

## Peanut Brittle

1 cup sugar  
 $\frac{1}{2}$  cup golden syrup  
 $\frac{1}{2}$  cup water  
 $\frac{1}{2}$  Tbs butter  
 $\frac{3}{4}$  peanuts, roasted and salted  
 $\frac{1}{2}$  tsp baking powder

In a sufuria combine the sugar, syrup, butter, and water. Cook until the mixture comes to a rolling boil. Add peanuts and cook until mixture turns to a golden brown color, stirring constantly. Remove from heat and stir in baking powder. Return to a low heat and cook until the mixture turns a dark golden brown color. Pour the mixture into a buttered pan and allow to harden.

## Toffee Crunch

$\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cup butter or Blueband  
1  $\frac{1}{2}$  Tbs water  
1 Tbs golden syrup  
 $\frac{1}{2}$  cup almonds or cashews

Combine sugar, butter, water, and syrup. Cook over medium or low heat, stirring occasionally to hard crack stage, about 30 minutes. Stir in nuts and pour mixture onto a large greased sufuria and spread to  $\frac{1}{4}$  inch thickness. Let cool, cut, and serve.

## Old Fashioned Caramels

½ cup butter or Blueband  
1 cup brown sugar, firmly packed  
½ cup golden syrup  
½ can condensed milk  
1 tsp vanilla

In a sufuria melt the butter, then add sugar and mix well. Stir in the syrup. Cook until well blended and the sugar dissolved. Add milk. Cook over medium heat, stirring constantly, until the mixture reaches soft ball stage, about 20 to 30 minutes. Pour the mix into a greased sufuria, both bottom and sides. Allow to cool, cut, and serve.

## Fruit Crisp

5 cups peeled and sliced fruits  
juice of 1 lemon  
1 Tbs sugar (optional)  
*Oat crisp topping:*  
½ cup flour  
½ cup oats  
¾ cup sugar  
1/3 cup butter or Blueband

Spread the fruit on the bottom of a greased sufuria. Add lemon juice and stir gently. If the fruit is tart (i.e. berries and apples) add 1 Tbs of sugar and stir gently. If the fruit is sweet, you can probably do without additional sugar. Combine topping ingredients with your fingers until crumbly and the butter is about the size of peas, then spread over the fruit. Bake until the top is lightly browned. Serves 6.

## Banana Fritters

1 ripe, sweet banana  
1 egg  
1 Tbs sugar  
3 Tbs flour  
½ tsp baking powder  
oil, for frying

Mix sugar, flour, and baking powder. In a separate bowl mash the banana and beat in the egg. Add the dry mixture to the wet mixture and stir until smooth. Heat the oil in a pan. Drop spoonfuls of the mixture into the hot oil and fry until golden. Drain and sprinkle with sugar. Serves 2.

## Sticky Rice with Mangoes and Coconut Milk

½ - 1 cup rice, washed  
½ cup coconut milk  
1 cup condensed milk  
1 - 2 mangoes  
salt or salt to taste

Cook rice without salt or oil. Divide into 2 bowls. Cut up mangoes and add on top of rice. In a saucepan, heat condensed milk, coconut milk, and salt (to make it savory) or sugar (to make it sweet) to taste and stir until well-mixed. Drizzle on top of mangoes and rice. Serves 2.

## Banana with Dark Chocolate Honey Sauce

2 Tbs chopped dark chocolate  
1 tsp honey  
1 tsp butter or Blueband  
dash of salt  
1 tsp chopped nuts (optional)  
1 banana cut into 1" chunks

Melt the chocolate together with the honey, butter, and salt, stirring frequently. Serve sauce and nuts in bowls for dipping along with banana chunks.

## Pie Crust

1 cup white flour  
1 ½ Tbs sugar  
5 ½ Tbs butter or Kimbo  
½ large lemon or lime, juiced  
(about 1 Tbs juice)  
5 Tbs water

Mix the flour and sugar then cut in the butter. Mix in the lemon or lime juice. Add the water, mixing constantly with your fingers, until it all just sticks together and is not at all wet. Let the dough sit at least 10 minutes then knead together for approximately 10 seconds. Place on a lightly floured board and roll out thin. Once rolled out, try not to handle the crust more than necessary as the heat from your hands will affect the crust. Makes 1 pie crust. Double the recipe to make a pie top crust, as well.

## Cobbler Topping

2 cups flour  
1 Tbs baking powder  
½ tsp salt  
¾ cup milk  
½ cup sugar  
1/3 cup + 2 Tbs butter

Combine flour, baking powder, salt, and sugar. Cut in 1/3 cup butter until mixture is crumbly. Add milk and stir briefly just to mix, then turn onto a floured board and knead gently and briefly. Place on the top of an uncooked pie. Brush slightly with 2 Tbs butter. Bake until filling is bubbly and topping is browned.

## Pie and Cobbler

The following recipe is for pies and cobblers; make your desired crust and choose your filling from the 5 recipes below. Mix all filling ingredients and let stand 10 minutes. Pour into an unbaked pie shell. To make a pie, cover with a pie crust, pinch the sides together to seal the crusts, and using a knife cut four little slits in the top crust to ventilate. If making a cobbler, omit the top crust and instead sprinkle cobbler topping on top. Bake until the crust or topping is golden brown. *Note on pumpkin filling:* Try baking the pumpkin first by poking holes in it with a fork and putting in a jiko oven. Once it begins to soften, cut it in half and clean out the seeds. Then cover each half with foil and continue baking it until it is soft enough to scoop out with a spoon. Alternatively, cut the pumpkin into chunks, remove the seeds, and boil for about 30 minutes, drain and let the chunks cool, then cut off the skin and mash the flesh.

### Apple Filling

4 apples, cut and cored  
½ cup sugar  
2 Tbs corn flour  
1 Tbs butter or Blueband  
½ or 1 lemon, juiced  
cinnamon and nutmeg

### Mango Filling

4 unripe mangoes, chopped  
1 cup sugar  
3 Tbs corn flour  
1 Tbs butter or Blueband  
2 tsp orange or lemon rind, grated  
cinnamon and nutmeg

### Papaya Filling

2 unripe papayas, chopped  
1 cup sugar  
3 Tbs corn flour  
1 Tbs butter or Blueband  
2 tsp orange or lemon rind, grated  
cinnamon and nutmeg

### Pineapple Filling

1 unripe pineapple, chopped  
1 cup sugar  
3 Tbs corn flour  
1 Tbs butter or Blueband  
2 tsp orange or lemon rind, grated  
cinnamon and nutmeg

### Pumpkin Filling

2 eggs, beaten  
½ cup sugar  
2 cups mashed pumpkin  
1 can evaporated milk  
1 tsp cinnamon  
½ tsp nutmeg  
½ tsp cloves  
½ tsp salt

# Beverages & Party Drinks

A few concoctions to shake up that next weekend on Zanzibar or Matema Beach, or for when you're just feeling bored at home...

## Legit Chai

1 - 2" grated or sliced ginger  
5 cardamom pods, crushed  
1 cinnamon stick  
5 - 10 clove buds  
black pepper, fennel, anise seed  
or star anise, nutmeg, or any  
other optional spices

Add the spices to a pot of cold water. Heat until boiling. If you want caffeine, add tea leaves to the boiling water. Add milk and sugar, strain, and serve.  
*Notes:* You can twanga together a big batch of all the ingredients (except for the ginger) with a mortar and pestle, and store it for a rainy day. Other herbs that make a great tea, alone or mixed: lemongrass, lemongrass and ginger, hibiscus, rosella, mint (it grows wild... go on an adventure and find it!), cardamom and milk...

## Lemonade

lemons  
sugar  
water  
mint (optional)  
drinking water

Roll the lemons on a hard surface, applying lots of pressure with your hands to get the juices moving. Cut the lemons in half and squeeze the juice out into a cup. If you don't like pulp squeeze the lemons over a tea strainer. Add sugar to taste, about a spoonful or two per lemon, then add enough drinking water to make it taste delicious. Garnish with lemon slices and mint. *Variations:* Make limeade by using limes instead of lemons, and adding a bit more sugar.

## Cinnamon and Honey Remedy

1" piece of cinnamon stick  
spoonful of honey  
hot water

Steep the cinnamon stick in a tea cup's worth of hot water for about 5 minutes. Add honey and remove the cinnamon stick. This ratio is for one serving, so make more as you like. The combination of cinnamon and honey has many health benefits and can help tummy aches, headaches, indigestion, and a plethora of other ailments.

## Kahlua

3 cups sugar  
¾ cup instant coffee  
1 Tbs vanilla extract  
3 cups drinking water  
1 large bottle Konyagi

In a sufuria, bring sugar and water to a boil. Add instant coffee and bring to a boil again. Remove from heat and cool, then add vanilla. When cooled completely, add Konyagi. Store it in a cool place to let all the flavors mix like a good slow-cooked chili. With a 2 parts Kahlua to 2 parts milk and 1 part Konyagi, it makes a great White Russian...

## Sangria

1 cup orange juice  
¼ cup juice of lemon  
1 bottle dry red wine  
¼ cup sugar  
orange and lemon slices

Combine all ingredients in a bucket and stir until the sugar is dissolved. Chill if you can. Will keep until the next day. Serves 6 to 8.

## Brandon's Bloody Mary

pickle juice  
worcestershire sauce  
tomato paste  
garlic  
whatever seasoning you fancy  
Tobasco (optional)  
fennel (optional)  
vodka

Make the tomato base by heating tomato paste with water, crushed garlic, seasoning, salt, pepper, and fennel in a sufuria. Mix 2 parts tomato base with 1 part pickle juice, 1 part worcestershire, and 1 part vodka. Add Tobasco sauce to give it a kick. Season and garnish as desired.



## **African Sunset**

2 parts vodka  
1 part brandy  
2 parts mango juice  
splash of coconut cream

Mix vodka, brandy, and mango juice in a fancy looking glass, then top with coconut cream. Sip on your favorite beach in Tanzania, or have a beach day in your courtyard!

## **Sharo Baro Man**

2 parts vodka  
2 parts orange soda  
splash of gin  
splash of coconut cream

Mix vodka, orange soda, and gin, and top with a splash of coconut cream. Tastes like an orangesicle!

## **Eggnog Version 1**

8 cups whole milk  
12 egg yolks  
1 ½ cups sugar  
1 Tbs chai masala spice  
½ tsp vanilla extract  
2 cups rum or 3 Tbs rum extract

Boil the milk with the vanilla extract. In a separate bowl, combine egg yolks and sugar and whip until stiff and fluffy, like meringue. (It may take a while by hand but this step is very important so don't give up.) Pour the yolk mixture into the milk and simmer (don't boil!) for 3 minutes. Add the chai spices and rum and take off the heat; let sit for at least 10 minutes to cook the chai spices into the drink. Any additional simmering after this point will lower the alcohol content.

## **Eggnog Version 2**

2 cups milk  
4 egg yolks, beaten  
1/3 cup sugar  
1 cup cream  
4 Tbs brandy  
½ tsp vanilla  
nutmeg, for garnish

In a large sufuria combining the milk, egg yolks, and sugar. Cover and stir over low heat until the mixture coats a metal spoon. Remove from heat. Place the sufuria in a basin or larger sufuria of as-cold-as-possible water and stir for 2 minutes. Stir in whipping cream, brandy, and vanilla. Cover and keep immersed in a basin of cold water to chill for 2 to 4 hours. Pour into glasses and sprinkle with nutmeg on top. Serves 2 to 3.

# Kitchen Staples

'Cause in Peace Corps we always gotta do everything the hard way...

## **Butter**

Boil a large quantity of milk. Let it cool and sit for 8 to 12 hours or until the cream rises to the top. Skim the cream off the top and place in a tightly sealable container. (The milk can be used for other things.) Shake the container vigorously for 15+ minutes until a hard solid has formed which is surrounded by buttermilk. Remove the solid butter and use the liquid buttermilk for other things. Salt the butter to taste as it will keep longer.

## **Cheese and Buttermilk**

Boil fresh cow milk. Put the hot milk in a thermos and close tightly. Wait 2 to 3 days, allowing it to curdle. Pour out the "cheese" and strain. Save the strained liquid and use as buttermilk.

## **Feta Cheese**

Boil fresh milk (use goat milk if possible). Put the hot milk in a thermos and close tightly. Wait 2 to 3 days, allowing it to curdle. Pour out the "cheese" and strain. Put the block of cheese into a container with 1 Tbs salt and ½ liter drinking water. Let soak overnight and use the next day. Keep stored in the brine and it can last a bit longer. Serve on salads and pizza.

## **Ricotta Cheese**

Bring fresh milk to a boil, reduce the heat and add a small amount of either vinegar or lemon juice. If it doesn't begin to curdle in a minute, add more acid. (If you happen to add too much acid, neutralize it by adding baking soda [not baking powder!].) Once the milk has separated into curds and whey, remove the curds from the heat. Strain through a clean cloth and squeeze out the excess whey. For best results, use a double boiler. Bring the milk up to a hot temperature so little bubbles form around the edges, but don't let it boil completely. If it does boil, let it cool just a little before adding the acid. Citric acid (unga wa limau) may also be dissolved slightly in water before added to the milk. Crumble or chop the cheese and use in fillings for pasta and lasagna.

## **Paneer**

Bring the milk to a boil. Reduce the heat and add the lemon juice. Remove from heat and allow the milk to separate into a clear, pale yellow liquid and thick, white whey (curds). If coagulation doesn't begin after a minute, add a few drops more lemon juice. Complete separation may take up to 30 minutes. Pour everything through a small clean filter cloth (a kangha will do). Discard the liquid whey and tie the cloth over the paneer. Flatten the paneer to a thickness of ½-inch, then place on a tray and let it rest in a tilted position. Weigh it down with something. The pressure will drain out the moisture and the tilted position will channel the liquid away from the paneer. Leave to drain overnight. The following day, cut into cubes.

## **Cottage Cheese**

Mix ½ cup powdered milk with 1 Tbs vinegar and 2 cups drinking water. Let stand 15 minutes. Heat slowly until curds form. Strain through a cloth. Add salt, pepper, and any desired seasonings.

## **Sweetened Condensed Milk**

Heat ½ cup warm water with ¾ cup sugar until the sugar dissolves. Remove from heat and add 1 cup + 2 Tbs milk powder. Stir and let stand for 5 minutes.

## **Whipped Cream**

Boil fresh milk and let sit for 8 to 12 hours or until the cream rises to the top. Skim off the cream and place in a tightly sealable jar. Shake the jar vigorously until the cream becomes thick and fluffy; you can also beat it vigorously in a bowl with a fork. Shake it too much and you'll get butter. Use the leftover milk as usual.

## Sour Cream

This will probably take several days to accumulate and sour. It's extremely important to use clean utensils and containers for this! Boil a large amount of fresh milk. Let it stand for 8 to 12 hours, long enough for the cream to rise to the top. After the cream has risen take a clean spoon and skim the cream from the top of the milk. Put this cream in a clean, tightly sealable container (like an old peanut butter container) and let it sit for a few days. You can use the remaining milk as normal. If you can't get a large quantity of milk on one day, it may be best to repeat this process for several days in order to make a decent amount of sour cream. Each day, add the new cream to the container. After 2 to 4 days the cream will have soured. When you have enough, seal the container and shake vigorously for 15+ minutes until a solid has formed. Drain the excess liquid and use the solid as sour cream.

## Yogurt

All utensils must be absolutely clean for this! Bring 5 cups fresh milk (or 2 cups Nido + 5 cups water) just to a boil and then let cool until you can stick your finger in it for 10 seconds. Add ¼ cup yogurt and stir. Pour into a well-sealed container and wrap with a towel. Keep warm overnight. The yogurt must be maintained at a constant temperature of 90 to 120°F while incubating and it must be left undisturbed throughout the incubation period. Note: We're still working out how to get the yogurt culture without having to keep real yogurt (if that's even possible!), so if you have input please share it with the editors!

## Yogurt Cheese

Line a colander with a clean kangha or 3 to 4 thicknesses of cheesecloth that has been dipped in cold water and wrung dry. Spoon in 3 cups homemade yogurt and close by twisting the ends of the cloth together. Place the colander over a sufuria to catch the strained liquid. Let drain at room temperature for 24 hours or until the remains are the consistency of cream cheese.

## Peanut Milk

Roasted peanuts at the market are usually salted so be sure to ask before buying. You can roast your own peanuts by heating them in a sufuria over low or medium heat. After roasting, crush peanuts by putting them in a paper bag or Ziploc and using a rolling pin, Nalgene, hammer, or whatever you've got. Put 1 part crushed peanuts in a saucepan with 2 parts water. Bring to a boil and continue boiling for up to 10 minutes. Remove from heat. Strain mixture through a kangha, bandana, or tea strainer. Return the strained liquid to the pan and add sugar to taste, about ½ part. Serve warm as a dessert, or omit the sugar and make a soup. *Note:* You can add milk to make the recipe creamier, but the peanuts do a fine job on their own.

## Soy Milk

Soak 8 oz of soy beans in plenty of water for 2 days, changing the water twice per day. Liquidize beans with a blender if you can or mash with a fork or mortar and pestle. Pour the mixture through a kangha or a sieve lined with muslin, squeezing through as much liquid as possible. If desired, add a vanilla pod. Heat the liquid to boiling then remove the vanilla pod. Add oil and sugar or honey to taste. Liquidize again and strain through muslin. Use for making tofu or store in a refrigerator. If you can't keep it cool, use it within a day. If you plan on using the soy milk for tofu, omit the vanilla and sugar or honey.

## Tofu

Bring ½ liter of soy milk to a boil. Dissolve ½ tsp of Epsom salts in 4 Tbs hot water and add the mixture to the soy milk. (See your local chemist for the Epsom salts.) Leave for 5 minutes to curdle. Line a sieve with a piece of muslin. Pour the mixture through, separating the curds from the liquid. Fold muslin over the top of the sieve and place a weight on top. Leave for one hour to drain further, discarding the liquid. Remove curds, which are now tofu, and store in a bowl of water in the refrigerator. If you have no refrigerator, eat immediately.

## Coconut Milk & Cream

Open a coconut by hitting it repeatedly with a blunt object, or throw it down on the floor. Shred the coconut with an mbuzi. Pour hot water, as much as needed, over the shredded coconut. Add cold water or let it cool until you can handle the shredded coconut. Squeeze the coconut with your hands a few times. Strain, wringing milk out of the shreds. You may add more hot water to the coconut and repeat the process for a second straining. To make coconut cream, boil the coconut milk until it has reduced by about half.

## Ghee (Clarified Butter)

This is a great way to preserve butter because it doesn't require refrigeration. It a common ingredient in Indian cooking. Heat unsalted butter over medium heat to evaporate the moisture. When it is clear (i.e. when you can see the bottom of the sufuria) remove from heat and strain through a tea strainer, cheesecloth, or kangha. Keeps without refrigeration if stored in an airtight container.

## Icing Sugar

Blend 1 cup coarse sugar and 1 Tbs cornflour (cornstarch) in a blender, coffee grinder, or mash with a mortar and pestle until fine. (This is actually a much healthier sugar to use even back in Marekani as coarse sugar is less refined and therefore healthier... though it is still sugar.)

## Brown Sugar

Combine 2 cups sugar and 1 to 2 Tbs treacle or molasses and mix well. Store in a tightly sealed container. Use 2 Tbs molasses for darker sugar. Grated jaggery sold in cones at the market called sukari ngumu can also be used as a brown sugar substitute.

## Real Vanilla Extract

Cut vanilla beans into quarters and split each section lengthwise. Divide beans evenly among several small bottles with tight screwtop lids. For each bean add 2 Tbs rum. You can also use Konyagi, but the better tasting the alcohol, the better tasting your vanilla will be. Screw lids on tightly and shake well every few days. Allow to mellow 4 weeks. Filter extract through a cloth or coffee filter and store in a clean, tightly sealed bottle.

## Croutons / Bread Crumbs

Croutons: Melt 2 Tbs butter in a pan. Fry 1 cup of bread cubes until all sides are brown. Bread crumbs: Toast bread until dry. Crumble with your hands or if you have a blender, put bread in and blend, but not too finely. Add any spices to bread crumbs or just use plain.

## Peanut Butter

Sort, roast, and skin the peanuts. Put them through a meat grinder a little at a time the first run through. Add salt and sugar if desired and run them through again, this time keeping the grinder full. Taste and add more salt or sugar if necessary. Run through the grinder one or two more times. When finished, adding oil makes the peanut butter thinner and more spreadable.

## Marshmallows

2 cups sugar  
3 Tbs unflavored gelatin  
dash salt  
1 cup water  
1 tsp vanilla  
cornstarch  
powdered sugar

Combine sugar, gelatin, and salt in a saucepan. Stir in water and heat until sugar dissolves. Bring just to boiling, then remove from heat and cool slightly, about 5 minutes. Stir in vanilla. Beat vigorously for 10 minutes until it resembles marshmallow creme. Pour the mixture into a pan and cool. With scissors or a sharp knife dipped in hot water, cut into small squares. Roll in a mixture of equal parts cornstarch and powdered sugar.

## Mayonnaise

1 egg yolk  
1 Tbs vinegar  
¾ cup oil  
1 Tbs spice(s) of choice  
salt to taste

Separate the egg yolk and place it in a bowl. Make sure the bowl is on a surface over which you can whisk the bowl without it moving and without holding it with your free hand, cause you won't have one. Add the vinegar and spices (dried mustard will make it taste like normal mayonnaise, but try curry powder, garlic powder, hot sauce, etc.) and mix thoroughly. While quickly whisking with a fork, add oil drop by drop. Whisk until mayonnaise thickens, then add more

oil quickly until the mixture is thick and creamy. Warning: this is straight up fresh mayonnaise and should be consumed the same day unless you happen to live the safe life and have a refrigerator.

## Chocolate Syrup

2 cups sugar  
2/3 cup cocoa  
¼ cup flour  
¼ tsp salt  
2 cups warm water  
2 Tbs butter  
1 tsp vanilla

Mix sugar, cocoa, flour, and salt in a saucepan and add water and butter. Bring just to a boil then lower heat and cook about 8 minutes, stirring often. Cool and stir in vanilla. Add more water if the syrup is too thick.

## Saltines & Water Biscuits

4 cups flour  
½ tsp baking soda  
1 tsp cream of tartar  
½ cup fat (butter or Kimbo)  
1 cup water  
1 egg white  
salt or sesame seeds

Combine flour, baking soda, and tartar. Cut in fat. Add water until the mixture is the consistency of chapati dough. Roll out flat. Cut into desired shape, brush with egg white, and sprinkle salt and or sesame seeds on top. Bake on high heat until brown at the edges. Omit the egg and add a bit more water to make water biscuits. Crumble into soups and chili.

## Curry Powder

2 parts coriander seeds  
½ - ¾ part cumin seeds  
½ - ¾ part turmeric powder  
¼ - ½ part fenugreek seeds  
¼ - ½ part mustard seeds  
hot chili powder, to taste

Combine all ingredients and twanga together with a mortar and pestle. Store in a sealed container or Ziploc until ready to use. When you use your curry powder, twanga it with fresh ginger and garlic to make a paste. Fry in a bit of hot oil for 2 to 3 minutes before adding to your dish. It's important to add it near the end of the cooking process as the oils and the flavor are very volatile and will cook off if added too soon.

## Garam Masala

10 cardamom pods  
1 oz cinnamon stick  
6 cloves  
6 - 8 whole black peppercorns

Combine all ingredients and twanga together with a mortar and pestle. Store in a sealed container or a Ziploc until ready to use.

# Home, Health, & Beauty

Make yourself and your home beautiful.

## **Pesticide Vegetable Wash**

Unfortunately, pesticide use isn't much regulated in Tanzania and some of the fresh, local veggies you eat may have been grown with a good dousing of chemicals. A good vinegar soak can remove some of that residue.

Combine 1 part vinegar with 3 parts water and soak your veggies just a couple of minutes. Soak them too long and any water-soluble vitamins will become diluted. A good idea is to get a spray bottle at an Agro-Vet store and put your vinegar soak in that so you can just spray it on.

## **Play Dough**

Bring 1 cup water, ½ cup salt, 1 Tbs oil, and food coloring to a boil. Remove from heat and stir in 1 cup flour and 2 tsp cream of tartar. (You can add spices or herbs such as cinnamon or rosemary to make it smell nice!) Mix well. Knead while hot, using rubber gloves to protect your delicate mzungu hands, then let cool. Store in an airtight container.

## **Dog Food**

Mix 1 part protein such as meat, daga, dairy, and eggs with 2 parts vegetables and grains. Do not feed your pet chocolate, any candy containing the sweetener Xylitol, grapes and raisins, macadamia nuts and walnuts, moldy foods, mushrooms, mustard seeds, yeasty dough, coffee and coffee grounds, tea, and of course alcohol. For more information, please see the ASPCA's Animal Poison Control Center web site.

## **Porcelain Choo Cleaner**

Sprinkle some baking soda on your choo, then pour a little bit of vinegar or spray it on with a spray bottle. (Don't get too close!) Watch the reaction and wait a few minutes before wiping off.

## **Sufuria Char Wash**

Combine 1 part vinegar with 1 part water and soak those sufurias covered in char or in stuck-on food. Let it soak overnight and all that yucky stuff will come off with a little elbow grease.

## **Potpourri**

Mix your favorite herbs and spices to make a nice-smelling combo. Place in bowls around your house, or sew little sachet bags to fill.

## **Baking Soda Deodorizer**

Baking soda works great to remove odors from bottles, kitty litter boxes, and choos. You can even mix it with water and use it to brush your teeth!

## **Laundry Supplement**

Adding about ¼ cup vinegar to laundry acts as a fabric softener and helps prevent bleeding. (Salt prevents bleeding, too.) Add 1 cup of vinegar to your last rinse to help remove the last traces of that super kali detergent.

## **Cockroach Repellent**

Combine 500 g boric acid powder (which you can find near the medicines in a supermarket), 1 chopped onion, and 2 tsp sugar with enough milk and flour to make the consistency of play dough. Stick behind drawers and inside cupboards. Lasts 6 months.

## **Ant Repellent**

Sprinkle paprika, flour, chili powder, dried mint, cucumber slices, or lemon juice and peel around the areas where ants like to enter.



## **Mouse Trap**

Place dry rice grains wherever your critters like to hide, and place a small bowl of water nearby. If all goes well the mice should eat the rice then drink the water, causing the rice to expand and then fatal bloating in the stomach.

## **Oily Skin Mask**

Mash half an avocado and add 1 tsp lemon juice and 1 egg white. Apply to skin and wait 20 minutes, then rinse. It's usually best to apply masks to damp skin to prevent evaporation of moisture.

## **Avocado Dry Skin Mask**

Mash half an avocado and add ¼ cup honey. Apply to skin and place cucumber slices over the eyes. Wait 20 minutes then rinse off. Great for dry weather.

## **Pumpkin Pulp and Honey Hydration Mask**

Mix ¼ cup mashed pumpkin pulp and 1 Tbs honey until smooth. Apply to clean, damp skin and leave on for 20 minutes. Rinse with water and pat dry. A great way to use pumpkin leftovers when making a pumpkin pie!

## **Smooth Hand Scrub**

Combine ¼ mashed avocado with 1 tsp lemon juice, 1 egg white, and 2 Tbs oatmeal. Apply to hands and wait 20 minutes, then rinse. Great for softening hands after washing clothes or spending a day in the garden!

## **Acne Medication**

Combine 10 parts rubbing alcohol with 1 part sulfur (available from the traditional medicine seller in many markets). Apply to acne.

## **Honey Leg Wax**

Combine ¼ cup honey and 1 cup sugar in a sufuria and mix well. Squeeze in the juice of ½ a lemon and mix again. Heat 2 to 5 minutes over hot coals, then remove from heat and let cool a bit. Cut a cotton kangha into strips about 2 ½ inches long and 1 inch wide. Spread 2 inch sections of wax on your leg, apply the strip over it, smooth it out well, and wait about 30 seconds. When the wax has dried on your leg, pull your skin taut and quickly lift the strip off against the direction of hair growth. When finished, with your whole leg, rinse the remaining wax off with water and soap and apply lotion or a large batch of Avocado dry Skin Mask.

## **Sugar Leg Wax**

In a sufuria, mix 2 cups sugar with ¼ cup water and ¼ cup lemon juice. Heat over very hot coals about 2 minutes, stirring, then remove from heat and let cool a minute. Place the sufuria back onto the coals to heat again for another minute or two. Remove the sufuria from the heat and stir. Let cool until the wax is sticky like a hard taffy. Smooth onto your leg in 2 inch sections, apply strips of a cut up kangha, and let sit for about 30 seconds before pulling the strip. If you get the consistency just right you may be able to just peel the wax off without using cotton strips.

## Kimbo Soap

This is a good mama's group project, or just a fun project to kill some time on those slow days at site. This recipe makes a little more than one bar, but making multiple batches at once works just fine. Currently, the PCVs doing income-generating projects with this are having trouble actually making any income. Kimbo, you may quickly learn, is quite expensive. If you figure something out, please share with others, including the editors of the cookbook! To make the soap, you will need:

- 1 cup Kimbo
- 5 tsp caustic soda (a.k.a. Lye or Sodium Hydroxide)
- ½ cup water (rain water if you can -- the cleaner, the better)
- perfume oil

**WARNING!** Caustic soda is nasty stuff and highly corrosive! **DO NOT** use an aluminum sufuria to mix your soap. The caustic soda will eat it. Try a plastic or enamel bowl. **DO NOT** add water to the caustic soda, as it can splash and get soda into your eyes. **ALWAYS** add caustic soda to the water. Also, the reaction of the soda and water produces **HEAT**, so beware!

To make the soap, add the caustic soda to the water and let cool to room temperature. This might take an hour. Meanwhile, melt the Kimbo and let cool to room temperature. Pour the caustic soda and water mixture into the Kimbo, stirring in one direction with a wooden spoon. Keep stirring for 30 minutes to 1 hour. The mixture will start to turn white and thicken. Once the spoon "traces," or can draw a line which doesn't go away, pour the soap into a wax paper or polythene lined mold. Plastic yogurt bottles with the tops cut off work well, as will any smooth plastic bottle. Cover the top of the mold with plastic to prevent soda ash crystals from forming on the top of the soap. Let soap sit for 48 hours. Remove from the mold and cut into desired width. If you used a plastic bottle you might have to cut the bottom off to remove the soap. Let the soap cure for 2 to 3 weeks; the longer, the better. And then rub-a-dub-dub bust them suds!

Variations:

- For color, you can add a small piece of crayon (they are non-toxic) -- food coloring doesn't work
- For smell, add a little essential oil
- For more suds, replace some of the Kimbo with up to ½ cup coconut oil
- For beauty bars, add oats and cinnamon, avocado oil, etc. Get creative.
- For health, add aloe, twanga-ed mwarobaini (neem) leaves, or talk to some mamas to see what they use on burns and such.

For supplies contact Tahery Supplies in Dar es Salaam (Jusef: 0754592622). About 1 liter of caustic soda will cost something like 5,000/= . They also sell rubber gloves, eye goggles (both strongly recommended), scents, batik supplies for other mamas group projects, and various other chemicals. The shop is located on Kiungani St. (Gerezani) in Kirakoo.

Remember caustic soda is **DANGEROUS**. Remember that scene in Fight Club where Brad Pitt gives Edward Norton the chemical burn in the soap lab? Yeah, that's what you're messin' with. If you spill the caustic soda on skin you should immediately wash it off with vinegar (the more expensive option) or a mixture of citric acid (unga wa ndimu), about mia mbili's worth found in your local soko, and a liter of water. This will save your skin and maybe a little face. Enjoy!

## NOTES

## NOTES

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## NOTES

# HOW TO MAKE THE BEST EGGS EVER

## YOU WILL NEED:



1 HARD-BOILED  
EGG, DE-SHELLED



1 PENCIL, PEN, OR OTHER  
RIGID LONG SKINNY OBJECT

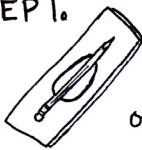


2 RUBBER BANDS



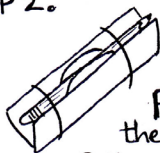
A PIECE OF PAPER  
FOLDED IN THIRDSIES

### STEP 1.



Place the pencil on top  
of the egg (lengthwise) on  
top of the paper.

### STEP 2.



Gently but firmly  
press the pencil into  
the egg & fold up the sides  
of the paper like a hot dog bun  
to compress the egg. Secure with  
rubberbands or just hold it.

### STEP 3.

... Wait a minute...

### STEP 4.



Remove your  
funny-shaped egg.

### STEP 5.



cut two halves!

## NOTES



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