

At One with Food:

# RECIPES FOR AFRICAN AND CARIBBEAN CUISINE



DEMAND  
AFRICA



At One with Food:  
**Recipes for African and Caribbean Cuisine**

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THOSE WHO ARE AT ONE REGARDING  
FOOD ARE AT ONE IN LIFE. ~Malawian Proverb

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From Morocco to South Africa, Senegal to Ethiopia, Jamaica to Barbados, there's an array of sweet, savory, and spicy flavors that are ingredients in Africa's rich and textured history. With shows like *Africa on a Plate* and *Minjiba Entertains*, Demand Africa showcases some of the best and most well-known culinary dishes Africa and the African Diaspora have to offer.

Whether you're a seasoned chef or a first-timer, these accessible recipes will open the gateway to Africa. Experience the breadth of African food in your own kitchen by making these authentic dishes from across the continent.

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# APPETIZERS & SIDES





# EGUSI SOUP

NIGERIA

EGUSI IS A SOUP THICKENED WITH GROUND MELON SEEDS AND CONTAINS LEAFY AND OTHER VEGETABLES. IT IS ONE OF THE MOST POPULAR SOUPS PREPARED BY MOST TRIBES IN NIGERIA WITH CONSIDERABLE VARIATION AND OFTEN EATEN WITH DISHES LIKE POUNDED YAMS. PREPARE IT WITH GOAT, BEEF, FISH, OR SHELLFISH!

**1 cup of blended onions** (about 3- 5) **and fresh chilies, to taste**

**4 cups of egusi** (melon seeds), **ground or milled**

**½ - 1 cup palm oil**

**2 teaspoons fresh Une** (Iru, locust beans)

**Salt, to taste**

**Ground crayfish, to taste**

**7 - 8 cups of stock**

**Cooked Meat & fish, quantity and variety to personal preference**

**2 cups cut pumpkin leaves**

**1 cup waterleaf, cut**

**3 tablespoons bitter leaf, washed**

## EGUSI PASTE:

1. Prepare the egusi paste:
2. Blend egusi seeds and onion mixture. Set aside.

## MAKE THE SOUP

1. In a large pot, heat the palm oil on medium for a minute and then add the Une.
2. Slowly add the stock and set on low heat to simmer.
3. Scoop teaspoon size balls of the egusi paste mixture into the stock. Be sure to keep ball shape.
4. Leave to simmer for 20 - 30 minutes so the balls cook through.
5. Add the meat and fish and other bits which you'd like to use.
6. Add cut-up pumpkin leaves.
7. Add the waterleaf.
8. Stir and put a lid on the pot and allow cook for 7-10 minutes, till the leaves wilt.
9. Add the bitter leaf. Leave the lid off while the cooking finishes for another 5 - 10 minutes.
10. Stir, check seasoning and adjust accordingly.



# JERK SHRIMP

JAMAICAN

A POPULAR QUICK AND SIMPLE APPETIZER RECIPE THAT IS VERSATILE AND PERFECT FOR EVENTS OR SIT DOWN DINNERS. SERVE AS FINGER FOOD WITH OR WITHOUT COCKTAIL SAUCE OR SALSA, OVER GREENS OR WITH RICE.

1 pound extra-large shrimp, tail on, deveined and cleaned

1 tablespoon coconut oil

1 tablespoon lemon juice

½ cup shallots, chopped

1 tablespoon allspice berries, coarsely ground

1 tablespoon coarsely ground pepper

1 teaspoon dried thyme, crumbled

1 teaspoon freshly grated nutmeg

1 teaspoon salt

½ cup soy sauce

1 tablespoon vegetable oil

1 medium onion, coarsely chopped

3 medium scallions, chopped

2 Scotch bonnet chilies, chopped

2 garlic cloves, chopped

1 tablespoon five-spice powder

1. In a food processor, combine the onion, scallions, chilies, garlic, five-spice powder, allspice, pepper, thyme, nutmeg and salt; process to a coarse paste.
2. While the food processor is on, add the soy sauce and oil steadily.
3. Peel shrimp, leaving tails on; devein and clean in a bath of vinegar or lemon with water.
4. Drain and dry with paper towel. Place in a large bowl. Sprinkle jerk seasoning over shrimp and mix well. Let marinate for about 5 minutes.
5. Heat tablespoon of coconut oil in a large skillet over medium heat. Add shrimp and cook while stirring occasionally. Remove the shrimp from heat and set aside.
6. Add shallots and lemon juice to skillet. Cook for about 3 - 5 minutes while stirring.
7. Add shrimp back to skillet. Stir to incorporate with shallots mixture. Cook for 1 - 2 minutes longer and serve immediately.



# JOLLOF RICE

WEST AFRICA

JOLLOF RICE IS A ONE-POT RICE DISH POPULAR IN MANY WESTERN AFRICA COUNTRIES. DESPITE SEVERAL REGIONAL VARIATIONS (AS WELL AS A CULTURALLY SENSITIVE DEBATE BETWEEN GHANAIS AND NIGERIANS OVER THE DISH'S ORIGINS), THE POPULARITY OF JOLLOF RICE HAS SPREAD TO BECOME THE BEST KNOWN AFRICAN DISH OUTSIDE THE CONTINENT. IT'S WIDELY ACCEPTED AS THE FOREFATHER OF THE LOUISIANAN DISH JAMBALAYA. SERVE WITH FISH, CHICKEN, BEEF, EGGS OR TURKEY.

**2 medium tomatoes, roughly chopped**  
(about 5 ounces each)

**½ medium Scotch bonnet pepper**  
(or use a habanero pepper), stem removed

**½ medium onion, roughly chopped**

**3 small red bell peppers, roughly chopped**  
(about 5 ounces each)

**½ cup vegetable oil**

**1 ½ teaspoons salt**

**1 teaspoon curry powder**

**1 ½ teaspoons hot ground chili pepper, such as African dried chili or cayenne**

**1 ½ teaspoons garlic powder**

**1 tablespoon plus 1 heaping teaspoon onion powder**

**2 bay leaves**

**½ teaspoon ground ginger**

**1 tablespoon dried thyme**

**2 ½ cups medium-grain rice**

**Water** (as needed)

1. Combine tomatoes, scotch bonnet pepper and onions and purée in a blender.
2. Pour half of the purée into a bowl and set aside for later.
3. Add the bell peppers to the remaining mixture in the blender and blend until smooth.
4. Add to the blender mixture that was set aside and blend all together.
5. Heat vegetable oil in a large pot over medium heat.
6. Add blended mixture along with the salt, curry powder, ground chili pepper, garlic powder, onion powder, bay leaves, ginger and thyme to oil. Bring mixture to a boil.
7. Stir in the rice until well mixed, then reduce the heat to low.
8. Cover pot and let cook until rice is al dente, about 45 minutes.
9. After 25-30 minutes, check; if rice is too saucy, remove the lid to cook off the excess sauce. If too dry, add 1 to 2 cups water and stir.



# PILAU RICE

TANZANIA

LIKE MUCH OF AFRICA, ZANZIBAR IS HOME TO A COMPLEXLY DIVERSIFIED QUILT OF CULTURE AND FOOD. PILAU RICE IS A POPULAR SPICY RICE DISH INFORMED BY THE COUNTRY'S RICH INDIAN INSPIRATIONS. MAKE PILAU RICE TO ACCOMPANY CURRIED MEATS OR WITH YOUR FAVORITE SAVORY VEGETABLE DISHES.

**1 ½ tablespoon. pilau masala** (½ teaspoon cumin seeds, ½ teaspoon whole black peppercorns, 1 tablespoon whole cloves- not to be confused with garlic, ¼ teaspoon ground cinnamon, ¼ teaspoon ground cardamom)

**2 to 3 cups Chicken broth** (boiling) (Vegetable broth for Vegetarian recipe)

**½ cup Coconut milk** (canned)

**Salt**

**1 cup Basmati rice**

**2 tablespoon olive oil**

**¼ cup Onions**

**1 tablespoon Crushed garlic**

**1 tablespoon Crushed fresh ginger**

1. In a big pot, heat oil on medium heat.
2. Add rice and onions. Stir until the translucent color of rice starts to turn white.
3. Add garlic, ginger, and pilau masala. Keep stirring until the garlic is cooked.
4. In a separate bowl, mix the coconut milk with ½ cup of chicken broth.
5. Add the coconut mixture to the rice.
6. Cover the pot and turn heat to the lowest settings. Adding chicken broth ½ cup at a time to the rice until it is cooked.



# CHAPATI

EAST AFRICA

A POPULAR UNLEAVENED PAN FRIED FLAT BREAD FOUND IN COUNTRIES LIKE TANZANIA, UGANDA, MOZAMBIQUE, KENYA AND BURUNDI. UNLIKE THE INDIAN CHAPATI THIS VARIATION IS MADE WITH ALL-PURPOSE FLOUR. SERVE WITH STEWS, VEGETABLES AND MEATS.

**5 cups all-purpose flour** (not self-rising)  
**2 cups warm water**  
**1 ½ teaspoon Salt**

**½ cup Canola/Vegetable oil** (heated then cool down)  
You will not use all of it.  
**2 cups Extra flour for kneading**

1. In a large mixing bowl, measure 5 cups of flour.
2. In another bowl, mix salt, 3 tablespoons of oil, and 1 ½ cup of water, stir until the salt dissolves.
3. Pour mixture in the flour bowl. Mix well; and add the remaining water until dough becomes soft.
4. Knead the dough for 10 - 15 minutes; add flour if needed.
5. Divide in 11 to 15 equal parts (make a ball like shape), arrange them on a flat surface, and then cover with plastic wrap or a white clean cloth.
6. Remove ball and place on flat surface sprinkled lightly with flour. Dust rolling pin with flour to keep it from sticking. With a rolling pin, roll the dough thinner than ¼ centimeters (it's okay if it's not perfectly round).
7. Brush oil on top.
8. On the side facing you, make one centimeter fold, then roll forward with both two hands.
9. Make four. You will roll the rest as you are cooking.
10. Heat a non-stick pan on medium heat (use a round pancake pan). After it is heated, sprinkle a few drops of water on it. If the drops dry right away, the pan is ready.
11. Place the chapati you have just rolled on a heated pan. After about a minute, check the bottom of the chapati, if it is golden brown, and the top is translucent, flip it over.
12. Brush a little bit of oil on the top of the chapati, then check to see if the bottom is cooked and is golden brown.
13. If yes, flip the chapati over again, now brush the oil on the second side of the chapati, and turn it over again.
14. After about 30 seconds remove the chapati from the pan and put it on a plate and cover with a foil paper.



# CURRY POTATOES

UGANDA

CURRY POTATOES ARE A POPULAR AND EASY TO MAKE UGANDAN SIDE DISH. SERVE IT HOT WITH GRILLED CHICKEN OR A MEAT STEW. THE SPICINESS OF THIS DISH A PERFECT CONTRAST TO A SWEETER MARINADE.

**2 lbs. red potatoes, washed, cut into 1 inch cubes, and parboiled in salted water till almost, but not quite tender** (Boil water, add potatoes, cook about 4 minutes, drain, rinse with cold water)

**4 tablespoons vegetable oil**

**1 medium onion, chopped**

**1 large clove garlic, minced**

**½ teaspoon ground turmeric**

**1½ cups of water**

**½ teaspoon ground cayenne**

**¼ teaspoon ground cinnamon**

**½ teaspoon ground coriander**

**1 tablespoon tomato paste**

**2 teaspoons lemon juice**

**4 tablespoons fresh parsley, minced**

**Salt to taste**

1. Heat oil in large skillet over medium heat.
2. Add onions and sauté for 6 – 8 minutes.
3. Add garlic and cook 30 seconds.
4. Add the turmeric, cayenne, cinnamon and coriander and stir well. Add the tomato paste and lemon juice and stir again to combine everything.
5. Add the potatoes and about ¼ teaspoon of salt and stir again.
6. Add 1½ cups of water.
7. Cook, uncovered, for about 10 minutes or until the potatoes are fully tender and the juices in the pan are thickened and coating the potatoes.
8. Add the parsley near the end of cooking time and stir well. Serve hot.



# MOFONGO

PUERTO RICO

A TRADITIONAL AFRO-PUERTO RICAN DISH WITH FRIED GREEN PLANTAINS AND PORK CHICHARRÓN. MOFONGO GOES WELL WITH CHICKEN OR FISH BROTH, DROPPED IN SOUPS, OR SERVED DIRECTLY IN A MORTAR.

**4 Green plantains, peeled and cut into rounds on the diagonal**

**3 tablespoons of Olive oil**

**3 to 5 cloves of minced Garlic**

**1 Cup of Pork cracklings (chicharrones)**

**Salt - to taste**

1. Soak the plantain pieces in a bowl of salted water for 15 to 30 minutes.
2. Drain well and pat dry.
3. Heat the oil in a sauté pan or skillet over medium heat.
4. Working in batches, sauté the plantain slices until they are cooked through but not yet browned, 10 to 12 minutes.
5. Add the plantains, garlic and a little bit of olive oil to a large mortar or bowl and mash with a pestle or potato masher until fairly smooth. (Alternatively, pulse with a food processor.)
6. Stir in the pork cracklings and salt to taste.
7. Using moistened hands, form into 3-inch balls or mound on a plate and serve warm.



# ATAKILT WAT

ETHIOPIA

A SIMPLE, EASY-TO-MAKE, AND INEXPENSIVE HEALTHY VEGAN DISH BURSTING WITH FLAVOR. MADE FROM CABBAGE, CARROTS, AND POTATO, ATAKILT WAT HAS A FLAVOR PROFILE ALL ITS OWN. SERVE WITH OTHER ETHIOPIAN DISHES, RICE, AND INJERA FLATBREAD!

1 head green cabbage

1 onion

5 potatoes

3 carrots

1 tablespoon turmeric

1 tablespoon curry powder

1 teaspoon cumin

½ cup olive oil

salt and pepper

½ cup water

1. Cut out the core of the cabbage and chop into pieces-however you prefer them, set aside.
2. Slice onion, set aside.
3. Slice carrots, set aside.
4. Peel and cube potatoes and set aside.
5. In a large pot heat the oil (medium to high).
6. Add the onions and carrots. Sauté for five minutes.
7. Add spices (cumin, turmeric, curry) and stir for 1 minute.
8. Add water which will settle in the bottom of the pan to keep things from burning.
9. Add potatoes, and cabbage and stir.
10. Add more seasoning if you wish or salt and pepper.
11. Reduce heat to low-med, cover with a tight lid, and let it cook down for 25 minute or until potatoes and cabbage is tender which will depend on how large you chop potatoes.
12. Remove from heat and let it cool down. Taste and adjust salt and pepper as desired.



# LENTIL SAMBUSA

ETHIOPIA

THIN, FLAKY DOUGH STUFFED WITH LENTILS AND ETHIOPIAN SPICES. THIS HAND-HELD APPETIZER, AKIN TO SAMOSAS, IS A SAVORY, MOUTH-WATERING SNACK OR APPETIZER.

**1 ½ cups Beluga lentil soaked overnight** (Available Whole Foods)  
**1 ½ cups Puy lentils**  
**4 finely diced Jalapenos**  
**1 onion finely diced**  
**3 cloves finely diced Garlic**  
**1 cup finely chopped Cilantro**  
**1 teaspoon Cardamom Seeds: Crushed coarsely**

**½ teaspoon Cinnamon**  
**Salt to taste**  
**1 teaspoon Black Pepper**

**FOR FRYING:**  
**About 10 Spring Roll Sheets**  
**olive oil for frying**

1. Soak the lentils overnight.
2. Boil lentils the next morning until tender: About 20 minutes.
3. Heat Olive oil and sauté the onion, garlic, jalapeno until translucent, about 5 minutes.
4. Add spices, sauté: 2 minutes.
5. Add the boiled and drained lentils and cook for about 10 minutes.
6. Taste and adjust seasoning.
7. Take off stove and let it cool.
8. Add cilantro leaves.
9. Heat oven to 400 degrees and have ready a non-stick baking sheet.
10. Take a spring roll sheet and generously dampen the edge by dipping your fingers in the dish of water and spreading the water around the perimeter.
11. Mound one heaping teaspoon of filling on the spring roll sheet.
12. Close the sheet so that it's now a triangle. Pinch the edge tightly and set on the baking sheet.
13. Repeat until you run out of filling.
14. Brush the sambusas liberally on all sides with olive oil.
15. Bake until golden brown, about 6-10 minutes, then flip and brown on the other side for just about 2-3 minutes.
16. These are great served warm or at room temperature.



# MAIN DISHES



# MOIN MOIN

NIGERIA

MOIN MOIN IS A POPULAR NIGERIAN STEAMED BEAN PUDDING MADE FROM A MIXTURE OF WASHED AND PEELED BLACK-EYED PEAS, ONIONS AND GROUND PEPPERS. A PROTEIN RICH STAPLE OFTEN SERVED AT PARTIES, DINNERS AND OTHER SPECIAL OCCASIONS ACCOMPANIED WITH JOLLOF RICE, FRIED PLANTAINS AND CUSTARD.

**1 ½ cups black eyed beans**  
**½ Medium onion** (chopped)  
**1 chopped red bell pepper**  
**1-2 Scotch bonnet pepper**  
**2 boiled and de-shelled eggs sliced**  
**2 Raw eggs**

**1 tablespoon ground crayfish**  
**3 tablespoons palm oil**  
**3 tablespoons melted butter (optional)**  
**1 bouillon cube** (Maggi)  
**Salt** (to taste)  
**1 cup of water**

1. Pre-soak the beans in warm water (preferably overnight)
2. Peel the beans by putting them into a food processor along with 2 cups warm water.
3. Run food processor for 3 minutes and check to make sure most of the beans are split. If not, run food processor for another couple minutes.
4. Transfer the beans to large bowl with water and stir bowl using your hand.
5. Pour the water through a sieve, collecting loose skins and repeat this process until all the separated skins are removed from the beans.
6. Combine beans, red bell pepper, onion and 1 cup water in a blender, blend until you have a very smooth mixture.
7. Pour the mixture into a large bowl. Crack 2 raw eggs into the mixture. Set aside.
8. Dissolve salt, palm oil, crayfish and bouillon cube in 2 tablespoons of boiling water, set aside to cool. Once cooled, add to mixture.
9. With a spatula or electric mixer, mix the mixture thoroughly to incorporate air into the mixture and fluff the resulting moin moin for about 10 minutes. Taste and adjust for seasoning.
10. Add 4 cups water to a large pot, set on high heat and bring to a boil.
11. Oil a loaf pan, pour half of the mixture into the loaf pan, add in the sliced boiled eggs. Pour in the rest of the mixture. Cover the loaf pan tightly with some aluminum foil.
12. Place the mixture filled loaf pan in the pot of water (it shouldn't be covered in water), place a tight lid over the pot and reduce the heat to medium. Steam for 45-60 minutes
13. Remove from heat and set aside to cool.



# LENTIL SALAD

MOROCCO

A DISTANT COUSIN OF TABBOULEH, THIS COLD LENTIL SALAD IS A HEALTHY VEGAN OPTION LOADED WITH PROTEIN POWERED LENTILS AND AMAZING SPICES. SERVE CHILLED FOR DINNER PARTIES, POTLUCKS, OR ENJOY ALONE.

<b>1 ¼ cups green lentils</b>	<b>1 teaspoon dried mint</b>
<b>1 small onion, sliced in half</b>	<b>1 teaspoon ground cumin</b>
<b>3 whole cloves</b>	<b>½ teaspoon ground coriander</b>
<b>5 cups water</b>	<b>½ teaspoon salt</b>
<b>¼ cup fresh lemon juice</b>	<b>½ teaspoon minced garlic</b>
<b>2 teaspoons olive oil</b>	<b>½ cup chopped roasted red pepper (about ½ pepper)</b>

1. Pick over lentils to remove any stones and rinse well.
2. Stick cloves into the onion half.
3. In a large saucepan combine lentils, ½ onion and cloves.
4. Bring to a boil over medium heat.
5. Reduce the heat to low and simmer, uncovered, until the lentils are tender, about 20 minutes.
6. Discard onion with cloves.
7. Drain lentils and let cool slightly.
8. In a bowl, combine lemon juice, olive oil, mint, cumin, coriander, salt and garlic.
9. Add lentils and toss to mix.
10. Finely chop the remaining onion half and add to the lentils along with the roasted peppers.
11. Chill at least 30 minutes to allow flavors to blend.
12. Serve at room temperature or chilled.



# MAFÉ

## SENEGAL

A TRADITIONAL SPICY STEW MADE WITH A TOMATO-PEANUT BUTTER SAUCE. THE STEW CAN BE MADE FROM BEEF, LAMB, OR CHICKEN WITH VARIATIONS COMMON THROUGHOUT WESTERN AFRICA. SERVE WITH RICE OR COUSCOUS.

**½ cup peanut butter**

**2 cups stock** (your choice, preferably unsalted)

**2 tablespoons canola oil**

**1 cup chopped onion**

**4 garlic cloves, minced**

**2 lbs. beef stew meat, trimmed and cut into 1 and**

**½ inch cubes**

**salt and pepper**

**2 cups tomatoes, peeled and diced** (or one 14 and ½ oz. can of diced tomatoes with liquid)

**1 sprig thyme**

**1 bay leaf**

**1 cup green bell pepper, peeled, seeded and chopped**

**1 cayenne pepper, seeded and chopped**

**1 cup carrot, peeled and chopped**

1. Whisk together peanut butter and stock and reserve.
2. Season the meat with salt and pepper.
3. Heat the oil in a large saucepan over medium heat.
4. Brown the meat well on all sides; do not crowd the meat; sauté in batches if necessary.
5. Remove meat and keep warm.
6. Add the onion, garlic, peppers, and carrots to the saucepan and sauté until the onions are translucent.
7. Add the peanut butter and stock mixture.
8. Return the reserved meat (and any juices) to the saucepan. Add tomatoes and their liquid, the thyme and bay leaf.
9. Stir well and bring to a boil. Reduce heat to low and simmer, stirring often, for about 1 hour or until the meat is tender.
10. Taste for seasoning.
11. Remove the thyme sprig and the bay leaf and discard.
12. Serve hot over rice.



# CURRY GOAT

JAMAICA

A POPULAR PARTY DISH, THE JAMAICAN VERSION OF CURRY GOAT IS TYPICALLY MORE MILD THAN OTHER VARIATIONS. IT IS ALMOST ALWAYS SERVED WITH RICE AND FRIED PLANTAINS ARE OFTEN SERVED AS AN ACCOMPANIMENT.

**2 lb. (including bones) of goat meat - cut in to cubes**  
(lamb may be used as a substitute)

**2 tablespoon curry powder**

**2 diced onions**

**2 scallions** (or spring onions)

**½ teaspoon sal**

**½ teaspoon pepper**

**2 hot chillies** (Scotch bonnet works great)

**1 tablespoon fresh grated ginger**

**6 cloves of minced garlic**

**2 sprigs of fresh thyme**

**1 tablespoon butter**

**½ lb. diced carrots**

**½ lb. diced potato**

**½ Cup water**

1. Combine the curry powder, onions, scallion, salt, pepper, chillies, ginger, thyme and half a cup of water in a blender. Add more water if the ingredients do not mix well.
2. Rub the mixture in to the cubes of meat, let marinade in the fridge overnight.
3. Scrape the marinade off the meat and save for later.
4. Add the meat and butter to a frying pan and brown gently.
5. Place the meat in a saucepan and add the potatoes, carrots and saved marinade then add enough water to cover the meat.
6. Bring to a boil then let simmer until the meat is tender (this should take 1 - 1½ hrs.).



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# WAAKYE

GHANA

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A VERY POPULAR GHANAIAN DISH THOUGHT TO HAVE ORIGINATED FROM THE NORTHERN PARTS OF GHANA. WAAKYE IS COMMONLY EATEN FOR BREAKFAST OR LUNCH AND SERVED WITH STEW, SPAGHETTI, STEWED WELE, AND VEGETABLE SALAD OR FRIED PLANTAINS.

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**2 cups of rice**

**1 cup red beans or black-eyed peas or any kind of beans peas**

**4 dry sorghum leaves or 1 teaspoon of baking soda**

**Salt to taste**

**10 cups of water**

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1. Wash and soak beans in water for 3-4 hours.
2. Drain the beans and place them in a large pot of water.
3. Let the beans boil for about 45mins.
4. Wash the sorghum leaves.
5. Cut the leaves 3 to 4 inches, toss them into the boiling beans and allow them to cook together.
6. If the sorghum leaves are unavailable, add a teaspoon of baking soda to give the waakye its characteristic color.
7. Remove the sorghum leaves from the beans after 5 mins.
8. Wash the rice and add to the beans in the pot, along with more water.
9. Allow the mixture to cook for 15-20mins (or until the beans are tender and the rice is cooked and all liquid has been totally absorbed).
10. Be sure that the mixture does not burn and keep stirring while it cooks.
11. Season with salt.
12. Serve with pepper sauce, stew, boiled egg, or fish, chicken, beef and vegetable.



# SUYA

## NIGERIA

A SPICY SHISH KEBAB POPULAR IN WEST AFRICA. TRADITIONALLY PREPARED BY THE HAUSA PEOPLE OF NORTHERN CAMEROON, NIGERIA, NIGER, AND SOME PARTS OF SUDAN. SUYA HAS BECOME A NIGERIAN NATIONAL DISH AND IS WIDELY AVAILABLE AS STREET FOOD.

1 tablespoon garlic powder  
1 tablespoon onion powder  
1 tablespoon white pepper  
2 pounds of sirloin steak  
¼ cup roasted almonds/peanuts  
½ -1 tablespoon cayenne

1½ teaspoon smoked paprika  
½ - 1 tablespoon hot ground pepper or cayenne pepper (optional)  
1 tablespoon chicken Bouillon  
2 tablespoons of vegetable oil to drizzle on the meat  
Salt

1. Soak the skewers for at least 20 minutes totally submerged in water before using it to prevent burns.
2. Heat the oven to 450°F. Lightly spray or oil baking sheet or roasting pan to prevent the suya from sticking to the pan.
3. In a medium bowl, mix garlic powder, onion powder, smoked paprika, white pepper, cayenne pepper, hot ground pepper and bouillon/maggi. Place mixture on a plate, Set aside.
4. Peel roasted peanuts, then grind in a coffee grinder with skin on, until finely crushed. Do not grind the peanuts into paste. Add the ground peanuts into spice mixture.
5. Pat the steaks dry with a paper towel. You want to have a completely dry steak before cooking. Slice the steak into a diagonal medium thin shape.
6. Thread the steaks onto the skewers about 4 per skewer. Making sure the skewer is fully covered with slices of meat.
7. Rub the steak skewer with spice mixture; on both sides. Line a roasting or baking sheet with foil paper. Place skewers on cookie sheet, then place on the roasting pan or baking sheet.
8. Drizzle with oil and bake on for about 12-15 minutes.
9. Optional -Towards the last 3 minutes of baking switch from baking to broiler setting. To get a nice crisp brown on the outside.



# PERI PERI CHICKEN

SOUTH AFRICA

A SPICY DISH POPULAR IN SOUTH AFRICA AS WELL AS PORTUGAL. PERI PERI (OR PIRI PIRI) IS THE NAMED AFTER A CHILI AND THE SAUCE CONTAINING IT. SERVE WITH A VARIETY OF SIDE DISHES INCLUDING RICE, SPICY POTATOES AND SALAD.

Juice of two lemons	1 teaspoon cayenne pepper
1 tablespoon white vinegar	1 tablespoon chili powder
¼ cup extra virgin olive oil	1 tablespoon paprika
½ yellow onion, roughly chopped	1 teaspoon ground oregano
1 ½ teaspoon minced garlic	½ teaspoon ground ginger
1 teaspoon salt	2 pounds boneless, skinless chicken breasts
½ teaspoon ground black pepper	

1. In a large bowl, whisk together everything except for the chicken, making a marinade.
2. Add the chicken and toss with tongs to coat in the marinade.
3. Cover with plastic wrap and refrigerate overnight, or at least three hours.
4. When ready to cook, preheat your oven to 350 degrees Fahrenheit.
5. Heat an oven-safe skillet over medium-high heat until very hot.
6. Use tongs to transfer the chicken breasts out of the bowl and into the hot skillet, reserving the marinade.
7. Let cook for two or three minutes per side, until nice and browned.
8. Pour the reserved marinade into the skillet and spoon the sauce onto the chicken.
9. Turn off the stove, and use oven mitts to transfer the skillet to the pre-heated oven.
10. Let cook in oven for 15-20 minutes (depending on thickness of chicken breasts), or until cooked through.



## BRAISED LAMB SHANK

MOROCCO

MELT-IN-YOUR-MOUTH MORROCCAN STYLE BRAISED LAMB SHANKS TAKE YOU STRAIGHT TO NORTHERN AFRICA. BOTH SLIGHTLY SWEET AND SURELY SPICY, YOU'LL FALL IN LOVE WITH THE AROMATIC FLAVORS WOVEN INTO EACH BITE! SERVE ON BASMATI RICE OR COUSCOUS.

**¼ cup extra-virgin olive oil**  
**4 meaty lamb shanks** (about 1 ¼ pounds each)  
**Salt and freshly ground pepper**  
**1 large onion, finely chopped**  
**2 carrots, finely chopped**  
**2 large garlic cloves, minced**  
**1 teaspoon ground cumin**  
**½ teaspoon ground coriander**  
**½ teaspoon ground cinnamon**  
**¼ teaspoon ground allspice**  
**¼ teaspoon freshly grated nutmeg**  
**2 tablespoons tomato paste**  
**1 teaspoon harissa or another chili paste**

**1 cup dry red wine**  
**One 28-ounce can whole peeled tomatoes, drained and coarsely chopped**  
**2 cups chicken stock or canned low-sodium broth**  
**¼ cup slivered almonds, chopped**  
**2 tablespoons finely chopped mint**  
**2 tablespoons chopped cilantro**  
**2 tablespoons unsalted butter**  
**1 large shallot, minced**  
**One 10-ounce box instant couscous**  
**1 cup water**  
**¼ cup dried currants**

1. Preheat the oven to 325 degrees Fahrenheit.
2. In a large enameled cast-iron casserole, heat 2 tablespoons of the oil.
3. Season the shanks with salt and pepper.
4. Add the shanks to the casserole, 2 at a time, and cook over moderately high heat until browned all over, about 12 minutes.
5. Transfer to a plate and wipe out the casserole.
6. Heat the remaining 2 tablespoons of oil in the casserole.
7. Add the onion, carrots and garlic and cook over moderate heat, stirring about 5 minutes until lightly browned.

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8. Add the cumin, coriander, cinnamon, allspice and nutmeg and cook, stirring until lightly toasted, about 1 minute.
9. Add the tomato paste and harissa and cook over moderately high heat, stirring, until lightly browned, about 2 minutes.
10. Stir in the wine and boil until reduced to a thick syrup, about 4 minutes.
11. Add the tomatoes and 1 cup of the chicken stock to the casserole. Season with salt and pepper and bring to a boil.
12. Nestle the lamb shanks in the liquid.
13. Cover tightly and braise in the oven for about 3 hours, basting occasionally, until the meat is almost falling off the bone.
14. Transfer the shanks to a platter and cover with foil. Leave the oven on.
15. Spread the almonds in a pie pan in an even layer and toast for about 10 minutes, or until golden.
16. Strain the sauce into a bowl, pressing on the vegetables; skim any fat.
17. Return the sauce to the casserole and boil over high heat until reduced to 1 cup, about 10 minutes.
18. Return the vegetables and lamb to the sauce and keep warm.
19. In a small bowl, mix the mint with the cilantro and almonds and season lightly with salt and pepper.
20. Melt the butter in a medium saucepan.
21. Add the shallot and cook over moderately high heat until softened, about 2 minutes.
22. Stir in the couscous and cook until lightly browned, 2 to 3 minutes.
23. Add the remaining 1 cup of chicken stock, the water and  $\frac{1}{4}$  teaspoon of salt and bring to a boil.
24. Remove from the heat and add the currants.
25. Cover and let stand for 10 minutes.
26. Fluff with a fork and stir in half of the herb-almond mixture.
27. Mound the couscous in the center of a large platter.
28. Arrange the lamb shanks around the couscous and spoon the sauce on top.
29. Sprinkle with the remaining herb-almond mixture and serve.



# KEY WATT BEEF STEW

ETHIOPIA

A HEARTY, BOLD AND SPICY STEW UTILIZING A BERBERE SPICE BLEND THAT YOU CAN PURCHASE AT A RETAILER (OR USE OUR INSTRUCTIONS TO MAKE YOUR OWN). KEY WAT IS EASILY PREPARED IN A SLOW-COOKER (CROCK-POT). SERVE WITH INJERA (ETHIOPIAN CREPE) AND RICE.

#### BERBERE SEASONING:

- ½ teaspoon ground cumin
- 1 teaspoon ground fenugreek
- ¼ teaspoon ground nutmeg
- ½ teaspoon black pepper
- ¼ teaspoon turmeric
- 4 tablespoon hot pepper flakes
- 2 tablespoon paprika
- 1 teaspoon ginger powder
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- ¼ teaspoon ground allspice
- ¼ teaspoon cardamom
- ½ teaspoon ground cloves
- 1 teaspoon ground coriander
- ½ teaspoon ground cinnamon

#### STEWED BEEF:

- 1 lb. stew beef, cut into 1 inch cubes
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 tablespoon olive oil, separated
- 1 small onion, diced
- 2 teaspoon minced garlic
- 1 tablespoon berbere (less if you're sensitive to spice)
- 2 tablespoon tomato paste
- ½ teaspoon sugar
- 2 cups beef stock (or 2 cups water and a beef bullion)

#### BERBERE SEASONING:

Combine all ingredients. Store in an airtight container.

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# KEY WATT BEEF STEW

ETHIOPIA

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## STEWED BEEF:

1. Heat 1 tablespoon olive oil in a large Dutch oven over medium-high heat.
2. Season the beef with the salt and pepper.
3. Brown the beef in batches in the Dutch oven, removing to a plate to catch its juices.
- 4 Without cleaning the Dutch oven, add the remaining tablespoon of olive oil.
5. Reduce the heat to medium-low. Add the onions and cook until golden brown, about 15 minutes.
6. Add the garlic and cook for another minute.
7. Add the tomato paste, berbere seasoning, and sugar to the onions and garlic.
8. Cook until a thick paste forms, about 3 minutes. Add the beef stock and beef and bring it to a boil.
9. Reduce the heat to medium-low to simmer.
10. Simmer the beef for at least an hour, up to two.
11. Remove the beef from the cooking liquid and shred it by pulling the chunks apart with two forks.
12. Add the beef back to the stock mixture and simmer for another 15 minutes.



# JERK CHICKEN

JAMAICA

PERHAPS THE MOST FAMOUS ELEMENT OF CARIBBEAN CUISINE, JERK IS A STYLE OF PREPARING FOOD NATIVE TO JAMAICA IN WHICH THE MEAT IS DRY-RUBBED OR WET MARINATED WITH A VERY HOT SPICE MIXTURE CALLED JAMAICAN JERK SPICE. JERK COOKING AND SEASONING HAS FOLLOWED THE CARIBBEAN DIASPORA THROUGHOUT THE WORLD. SERVE WITH BLACK BEANS, RICE AND FRIED PLANTAINS.

1 tablespoon allspice berries, coarsely ground  
1 tablespoon coarsely ground pepper  
1 teaspoon dried thyme, crumbled  
1 teaspoon freshly grated nutmeg  
1 teaspoon salt  
½ cup soy sauce  
1 tablespoon vegetable oil

Two 3 ½ - 4 pound chicken, legs and thighs  
1 medium onion, coarsely chopped  
3 medium scallions, chopped  
2 Scotch bonnet chillies, chopped  
2 garlic cloves, chopped  
1 tablespoon five-spice powder

1. In a food processor, combine the onion, scallions, chillies, garlic, five-spice powder, allspice, pepper, thyme, nutmeg and salt; process to a coarse paste.
2. While the food processor is on, add the soy sauce and oil steadily.
3. Pour the marinade into a large, shallow dish, add the chicken and turn to coat. Cover and refrigerate overnight.
4. Bring the chicken to room temperature before proceeding.
5. Light a grill. Grill the chicken over a medium-hot fire, turning occasionally, until well browned and cooked through, 35 to 40 minutes.
6. Transfer the chicken to a platter and serve.

TIP: For a smokier flavor, cover the grill while cooking.



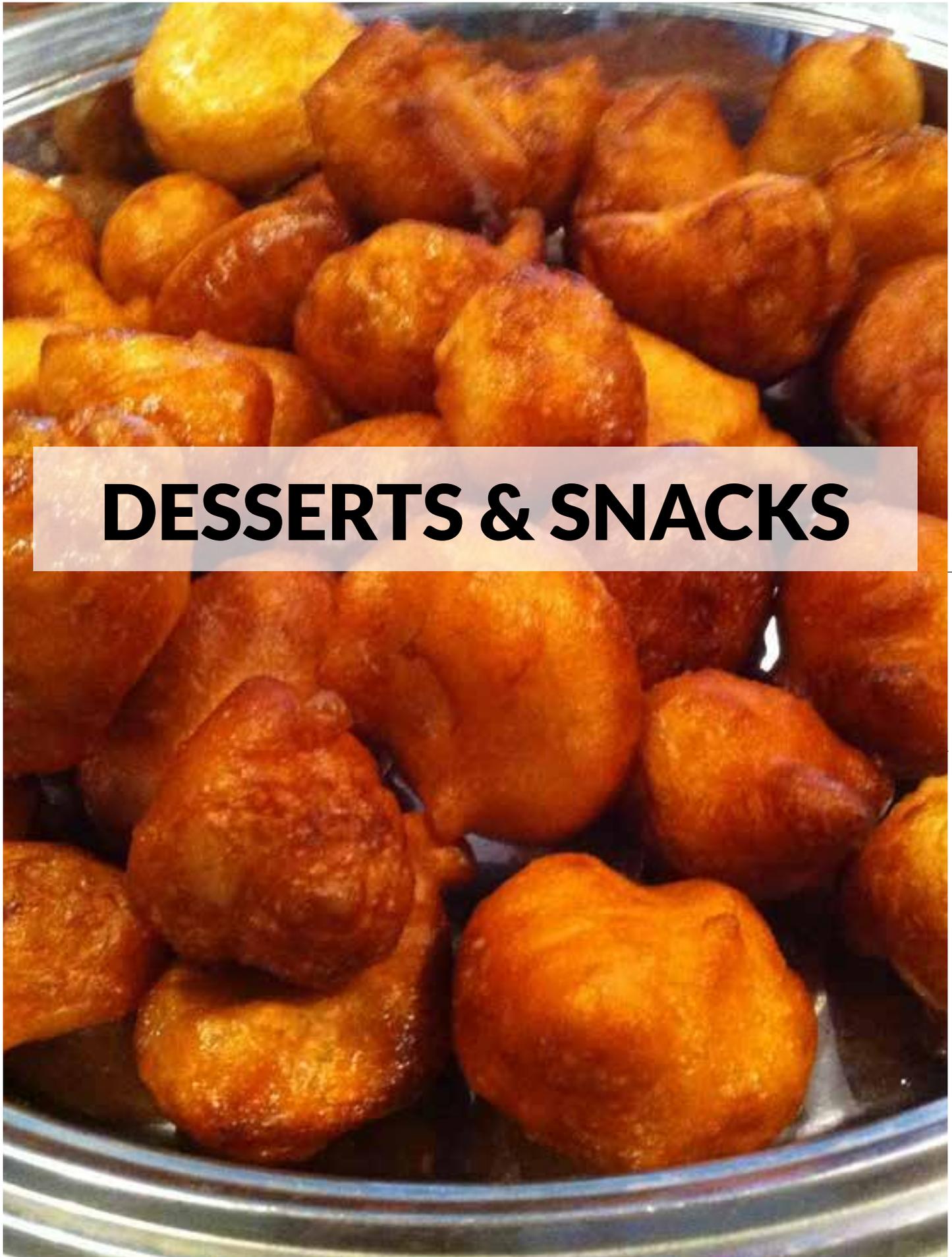
# CHERMOULA FISH

MOROCCO

IN MOROCCO, CHERMOULA IS AN HERB SAUCE THAT IS TRADITIONALLY USED AS A MARINADE WITH FISH. SERVE WITH ROASTED CAULIFLOWER, COUSCOUS, WARM BREAD OR RICE.

3 tablespoons olive oil	4 cod fillets or any type of meaty and flaky white fish fillets
4 garlic cloves, finely chopped	4 medium sized carrots, peeled and grated
1 bunch coriander, finely chopped	2 large potatoes, peeled, grated and drained to remove excess moisture
2 tablespoons lemon juice	3 bell peppers, seeded and chopped (any color)
2 teaspoons paprika	1 large preserved lemon
1 teaspoons ground cumin	1 cup cherry tomatoes
1 teaspoon salt	Preheat oven to (400 F)
Pinch cayenne pepper, or more to taste (optional)	
Generous pinch saffron (optional)	

1. Mix olive oil, garlic cloves, coriander, lemon juice, paprika, ground cumin, salt, cayenne pepper, and saffron together until smooth (feel free to use a food processor for this).
2. Cover the fish fillets with  $\frac{1}{2}$  cup of chermoula and place in the fridge to marinate.
3. Heat a large deep skillet over medium heat and add the carrots, potatoes and the remaining chermoula.
4. Stir and cover with a lid.
5. Leave to cook for 25 to 30 min, until the potatoes and the carrots are soft and cooked. Stir occasionally.
6. Meanwhile, remove the flesh from the preserved lemon, and finely chop it.
7. Divide the potatoes and carrot mixture into 4 equal parts and place each portion on a baking sheet. Each portion will make a small nest for the fish fillets.
8. Place one marinated fish fillet on top of each potatoes and carrots nest.
9. Top the fish with chopped bell peppers and preserved lemon and decorate with cherry tomatoes.
10. Drizzle some extra olive oil (optional) and cover the baking sheet with foil.
11. Place in the oven and bake for 12 to 17 min depending on the thickness of your fish fillets.
12. Serve warm with bread or brown rice.



# DESSERTS & SNACKS



# RUM CAKE

JAMAICA

A DESSERT CAKE WHICH CONTAINS RUM, AND TRADITIONALLY SERVED DURING HOLIDAY SEASONS.

1 lb. raisins, ground or chopped	½ teaspoon mixed spice for baking
1 lb. prunes, ground or chopped	½ teaspoon salt
1 lb. currants, ground or chopped	3 teaspoon baking powder
1 teaspoon grated or ground nutmeg	3 cups baking flour
Red Label Wine (or other red cooking wine)	1 cup breadcrumbs
Wray and Nephew Overproof Rum (or other white rum)	Finely grated rind of 1 lime (or small lemon)
8 ounces butter	12 eggs
2 cups sugar	2 teaspoon rose water
3 tablespoon browning	½ cup sherry or blackberry brandy
1 teaspoon cinnamon	2 teaspoon vanilla

\* At least a day (longer if possible) in advance, place fruit in a large jar. Pour wine and rum over fruit, so that it is completely covered. Cover jar and leave fruit to soak.

1. Sift together cinnamon, mixed spice, salt, baking powder, and flour.
2. Add breadcrumbs and lime rind, and mix in well.
3. Cream butter and sugar in a very large mixing bowl. Add browning.
4. Add 4 cups of soaked fruit to cream mixture, stirring in with a large wooden spoon.
5. Beat eggs until light and frothy (10 to 15 minutes). Add rose water, sherry and vanilla.
6. Add egg mixture to butter mixture, fold in well.
7. Fold soaked fruit into this mixture.
8. Gradually fold in flour mixture.
9. Spoon Test: Test to see if the wooden spoon can stand upright in middle of the mixture. If not, add some more flour until the mixture can support the spoon.
10. Grease baking pans and line with grease paper. Grease and flour lined pans.
11. Place a pan of water in the bottom of the oven to ensure cakes do not dry out.
12. Pour mixture into tins and bake for 2 hours in a slow oven, 300F.



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# KELEWELE

GHANA

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KELEWELE IS A POPULAR GHANAIAN FOOD MADE OF FRIED PLANTAINS SEASONED WITH SPICES. IT IS OFTEN SERVED AS A DISH WITH RICE AND STEW OR ALONE AS A VEGETARIAN DESSERT OR SNACK.

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4-6 plantains, ripe but not past ripe, peeled and cut into bite-sized cubes

1-2 teaspoon Cayenne pepper or ½ teaspoon of red-pepper

½ teaspoon peeled grated fresh gingerroot

1 teaspoon salt

2 tablespoons water

Palm oil or vegetable oil to fry

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1. Grate and mix ginger root, pepper, and salt in water.
2. Toss plantain and spice mixture together in a bowl.
3. Using a deep skillet, heat oil (it needs to be deep enough to allow plantains to float) to 350 degrees. Fry plantains, turning once, until golden brown on both sides.)
4. Drain plantains on paper towels and keep in warmed oven until all the plantains are fried.

**TIP:** Don't fry them all at once; they should not touch each other while frying.



# PUFF PUFF

NIGERIA

A TRADITIONAL NIGERIAN DELICACY LIKE A DEEP-FRIED DOUGHNUT. A “MUST HAVE” SNACK WHEN PREPARING FOOD FOR PARTIES THAT CAN BE SERVED AS AN APPETIZER OR DESSERT WITH ANY MAIN COURSE.

2 cups warm water

2½ teaspoons active dry yeast (1 packet)

3½ cups flour

½ - ¾ cup sugar

½ tablespoon salt

Oil for deep frying

1. Mix salt, sugar, water, and yeast. Set aside for 5 minutes.
2. Add flour and mix.
3. Let the mixture rise for approximately 1-2 hours.
4. In a large, sauce pan pour vegetable oil into a pot, until it is at least 3 inches (or about 5 centimeters) high (too little will result in flatter balls), and place on low heat.
5. Test to make sure the oil is hot enough by putting a 'drop' of batter into the oil. If it is not hot enough, the batter will stay at the bottom of the pot rather than rising to the top.
6. When the oil is hot enough, use a spoon to dish up the batter, and another spoon or spatula to drop it in the oil, sort of in the shape of a ball.
7. Fry for a few minutes until the bottom side is golden brown.
8. Turn the ball over and fry for a few more minutes until the other side is golden brown.
9. Use a large spoon to take it out of the oil. Place them on napkins right away to soak up some of the excess oil.
10. If desired, you can roll the finished product in table sugar or powdered sugar to make it sweeter



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# FESTIVAL DUMPLINGS

JAMAICA

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A SWEET FRIED MAIZE COMFORT FOOD. A STREET FOOD TRADITIONALLY EATEN ALONG WITH ESCOVITCH FISH OR OTHER JERK MEATS ON THE BEACH.

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3 tablespoons sugar

1 teaspoon baking powder

1 teaspoon vanilla

About 3 cups of veg oil for frying.

1 ½ cups flour

3 tablespoons cornmeal

½ cup water

½ teaspoon salt

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1. In a large bowl sift in the flour and baking powder, then add the cornmeal, sugar and salt. Whisk to mix the ingredients.
2. Pour in the vanilla and start adding the water a little at a time as you whisk everything around. (As it starts to take the shape of dough, you will need to get your hands in there and start kneading. If you find that the ½ cup of water was not enough, use a little more. The idea is to work it for 5-7 minutes, until you have a well-formed dough ball that's firm dough and slightly sticky. Cover with plastic wrap or a tea towel and allow the dough to rest for about ½ hr.)
3. Dust a work surface with flour and divide the dough ball into 8 equal parts.
4. Using your hands, form each piece into a cigar shape 4-6 inches long or into a ball about one inch thick. Try not to make them too thick (they will increase in size as they fry.)
5. Heat the vegetable oil on medium and then gently add the shaped dough into the pan.
6. Allow to cook for about 2-3 minutes before you flip them over. (In total, you'll probably need between 5-6 minutes for each to be fully cooked.)
7. Use a paper towel to drain off the excess oil after they're cooked.



# MANDAZI

TANZANIA

A.K.A. AN AFRICAN DOUGHNUT WITH A SWEET TASTE THAT CAN BE DIFFERENTIATED WITH THE ADDITION OF VARIED INGREDIENTS. MANDAZI ARE FREQUENTLY MADE IN TRIANGULAR SHAPES AND WITH THE ABSENCE OF FROSTING AND GLAZE, ARE TYPICALLY LESS SWEET THAN UNITED STATES STYLE DOUGHNUTS. MANDAZI CAN BE EATEN WITH ALMOST ANY FOOD OR DIPS OR SIMPLY AS A SNACK!

1 egg, beaten	2 tablespoon. butter, melted
½ cup sugar	2 cups white flour
½ cup milk	2 teaspoon. baking powder

1. Bring all ingredients to room temperature before mixing them together.
2. Mix all the ingredients together, adding more flour if necessary. The dough should be soft, but not sticky.
3. Roll the dough on a lightly floured board until it is about ¼ inch thick.
4. Cut into triangles and fry in hot oil. Fry until both sides are golden brown.
5. Remove mandazi from oil and drain on paper towels or newspaper.

**TIP:** Mandazi are best served warm.

#### VARIATIONS:

- \* Sprinkle some powdered sugar over the hot mandazi.
- \* Put some white sugar into a bag, add a couple mandazi, and shake the bag to cover the mandazi with sugar.
- \* Add about a ½ teaspoon of cinnamon, ginger, all-spice, or cardamom to the dough or a combination of these spices to total a ½ teaspoon.
- \* Use a circular donut cutter to make mandazi in the shape of traditional donuts.
- \* Substitute pineapple, orange, or lemon juice for the milk.
- \* Add some shredded coconut to the dough.
- \* Add ground peanuts or ground almonds to the dough.
- \* You may substitute 1 teaspoon dry yeast for the 2 teaspoons baking powder. You will want to allow the mandazi to rise before cutting shapes and frying.