

# AFRICAN RECIPES

## Pepper Soup

*Pepper Soup* is popular in many countries of Western Africa. It is usually made with goat meat, but can also be made with other types of meat.

### What you need:

- two pounds of goat meat, lamb or stewing beef cut into cubes
- one or two roughly chopped onions
- two or three sliced (mild) chillis
- peppersoup seasoning\*
- four cups of meat broth or stock
- half a cup of prawns or shrimp
- one small bunch of chopped fresh mint leaves
- a few chopped spinach leaves
- seasoning to taste

### How to make it:

- *In a deep saucepan, combine the meat, onions, chilli peppers, and a cup of water. Bring to the boil for twenty to thirty minutes, until the meat is cooked, adding water to keep the saucepan from becoming dry.*
- *Add the peppersoup seasoning and the broth or stock and simmer over a low heat for ten to twenty minutes.*
- *Add the prawns/shrimp, mint leaves, and spinach. Season and simmer ready for serving.*

*\*You can make your own pepper seasoning mix from allspice, anise pepper, cloves, coriander seeds, cumin seeds, dried ginger, fennel seeds, and tamarind pulp.*

## Kashata

*Kashata* is a popular sweet snack from East Africa. They are usually made with grated coconut and peanuts over a fire or stove. You can leave out the peanuts if you have concerns about allergies.

### What you need:

- two cups of sugar (*preferably Fairtrade!*)
- two cups moistened, grated coconut
- two cups of roasted peanuts\*, briefly heated in a lightly oiled frying pan
- half a teaspoon of ground cinnamon and/or cardamon
- a pinch of salt
- half a cup of wheat flour\*

### How to make it:

- *In a hot frying pan, melt the sugar until it begins to brown.*
- *Quickly reduce the heat and add the other ingredients, stirring well.*
- *Stir for one minute, mixing all the ingredients well.*
- *Place the mixture onto a lightly greased tray.*
- *Leave for five minutes.*
- *Cut into shapes while still warm.*
- *Leave to cool and then serve!*

*\*these ingredients are optional.*

## Mandazi

*Mandazi* are a type of fried bread from East Africa that are similar to doughnuts. They are eaten as a snack or as an accompaniment to meals.

### What you need:

- two cups of warm water
- two teaspoons of baking powder
- four cups of flour
- half a cup of sugar (Fairtrade!)
- quarter of a teaspoon of spice (cardamom, cinnamon, allspice, ginger)
- two tablespoons of butter
- quarter of a cup of warm milk
- one lightly beaten egg
- a pinch of salt
- oil for deep frying

### How to make it:

- *Combine the flour, baking powder, sugar, and spice in a mixing bowl.*
- *Mix the water, butter, milk, and egg together. Gradually add this mixture to the flour and knead into dough.*
- *Knead for fifteen minutes until an elastic dough is made.*
- *Leave the dough for several minutes.*
- *Divide the dough into biscuit-sized pieces and press the pieces into circles a couple of centimetres thick.*
- *Heat a few cups of vegetable oil to 300F in a deep sided frying pan.*
- *Fry the dough in the hot oil, leaving space for them to float and turn a few times, until they are golden brown.*
- *Place on paper towels to drain.*

## Cardamom Tea

In East Africa this hot tea with added cardamom is quite a popular thirst quencher.

### What you need:

- cold water (three to six cups)
- three or four teaspoons of tea (plain black tea – Fairtrade!)
- ground cardamom
- sugar or honey (Fairtrade!)
- milk

### How to make it:

- *Heat the water nearly to boiling in a saucepan.*
- *Pour water into a teapot and add tea leaves. Strain as normal.*
- *Pour into cups and add a little cardamom to each cup.*
- *Add sugar, honey, and warm milk to taste.*

## East African Pea Soup

A soup made when peas are being harvested. This is a filling meal, but relies on access to several spices, which are mainly found close to cities and large towns

### What you need:

- two chopped onions
- two tsp crushed garlic
- one tsp grated fresh ginger
- one tbsp garam masala
- half tsp ground black pepper
- one tsp coriander
- one tsp cumin
- a quarter tsp cardamom
- one tsp turmeric
- two chopped tomatoes
- one diced sweet potato
- three cups water
- three cups of peas

### How to make it:

- *Heat the onions and garlic in a saucepan for 5 minutes.*
- *Mix in the ginger and spices and cook for a few minutes*
- *Add the tomatoes and sweet potato.*
- *Add one and a half cups of water.*  
*Bring the soup to boil then reduce heat and cover, let simmer for 5 minutes.*
- *Add the peas and simmer for 10 minutes.*
- *Reduce the heat and add the remaining one and a half cups of water.*

## Coconut and bean soup

In Tanzania, *Coconut and Bean Soup* is eaten as an accompaniment to a main dish or used as a meatless main course by adding more beans and rice.

### What you need:

- half a cup of finely chopped onions
- half a cup of finely chopped green peppers
- one tsp of curry powder
- a quarter of a tsp of pepper
- three tbsp of butter
- one cup of diced fresh tomatoes
- two and a half cups of red kidney beans
- two cups of coconut milk
- three cups of water
- half a cup of cooked rice (Fairtrade!)

### How to make it:

- *Gently fry the onions and peppers with the curry powder and pepper in butter until soft but not brown.*
- *Add the tomato and simmer for a few minutes.*
- *Add the rinsed kidney beans, coconut and water and gently simmer for fifteen minutes.*
- *Add the cooked rice and stir in.*
- *Garnish with shredded coconut.*