

Cookery Book



THE TANZANIAN WAY

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INTRODUCTION

Summer 1995

Karibu

I would first of all like to thank all those who wrote to Anna with the recipes and quickly remind all those with good intentions to send more as the recipes can be added at a later date.

So, thanks go to VSOs in Bukoba, Babati, Moshi, Morogoro, Dar, Marangu....

This book's objective is to make life (and what is life without food!) a little more interesting in the kitchen and on the table. Of course, there are many variations and a lot of the time it is enjoyable to just experiment with what you have in the cupboard. I would like to remind you that there are many easy recipes in the Baby Belling Cook Book and, don't forget, the Pressure Cooker Cook Book. Also, it is always handy to know other people with cook books to borrow!

The recipes on the whole have been tried and tested and given the OK before getting in the book. The recipes which are scrummy and impressive I have coded as BHC -British High Commission. I thought it would be useful to know which ones may help you to influence and enable you to ask for funds!

What I would like to suggest is that whenever you are in the big cities, hunt out the herbs and spices shops and also the wazungu shops. Here you can top up on the essentials for interesting cooking. You can also ask visitors to bring in those difficult to get hold of herbs and spices and, of course, there is always the post!

Also why not grown your own plants and vegetables. It is very easy here. I'm sure somebody can send some seeds over for you.

I find Marmite is a must and if you use it sparingly it can last a long time.

Anyway, these are just a few little hints, it is up to you now. Happy Eating!

Cathy White

Huruma NTC 1993

HANDY HINTS

ABBREVIATIONS

Tsp	-	Teaspoon
Dsp	-	Dessertspoon
Tbsp	-	Tablespoon
Oz	-	Ounce
Fl oz	-	Fluid ounce
Lb	-	Pound
G	-	Gramme
Kg	-	Kilogramme
Pt	-	Pint (600 mls)
KC	-	Use kerosene cooker
BBO	-	Use Baby Belling
BHC	-	For those who need to ask for money from the British High Commission. In other words - scrummy and impressive.

OVEN TEMPERATURE GUIDE

Very Cool	110 - 130 deg C
Cool	130 - 150 deg C
Warm	170 deg C
Moderate	180 deg C
Fairly Hot	190 - 200 deg C
Hot	200 deg C
Very Hot	220 -240 deg C

HANDY MEASURES

1 oz flour	=	3 level tbsp	=	1/3 tea cup
1 oz sugar	=	2 level tbsp		
1 oz cocoa	=	3 level tbsp	=	1/3 tea cup
1 oz corn flour	=	2 level tbsp		
1 oz jam	=	1 level tbsp		
1 oz dried fruit	=	2 level tbsp		
1 oz rice	=	2 level tbsp		
2 oz hard margarine	=	1" of block		2 oz soft
margarine	=	1/3 tea cup		
100 g beans	=	approx 1 tea cup		
1 pt water or milk	=	20 fluid ounces		

CONVERSIONS

1 dessertspoon	=	2 teaspoons		
1 tablespoon	=	2 dessertspoons		
1 tea cup	=	approx 1/4 pint	=	5 fluid ounces
1 mug	=	approx 1/2 pint	=	10 fluid ounces
16 ounces	=	1 lb		
100 grammes	=	1 kilogram		
1 kilo	=	2.2 pounds		

Pinch - as much as you can keep between thumb and first two fingers.

SPICES

ENGLISH

Ginger
Turmeric
Cumin
Coriander
Cardamom
Pepper
Red chilli/pepper
Peppercorns
Garlic
Black mustard seeds
Cinnamon (tree/bark)
Curry Powder
Nutmeg
Fennel
Yeast

KISWAHILI

Tangawizi
Manjano
Bizani nyembamba
Gilgilani
Iliki
Pili pili manga
Pili pili haho (Paprika)
Punje ya pili pili
Kitunguu saurau
Rai kihind
Mdalasini
Bizari
Kungumanga - basibasi
Shamani
Hamira

This is just a little information but I'm sure you can remember your lessons!

COCONUT MILK

Grate the meat of one large coconut. Place the grated coconut in a bowl lined with a clean (!) tea towel. Pour boiling water over the coconut. Leave to soak. When cool lift the coconut out by using the tea towel. Wring out the coconut milk thoroughly.

ROASTING PEANUTS

This can be done in two ways. With electricity - wash nuts and place on the grill tray, still slightly damp. Sprinkle with a little salt if desired.

Cook at 150 -180 deg, stirring frequently. Check that they don't burn. With Jiko - wash nuts and place in sufuria. Stir continually whilst cooking. Add salty water, if desired.

QUICHES

Without an oven. Lightly grease the pressure cooker and line with pastry. Cook at a very low temperature.

GROWING BEAN SPROUTS

Buy some mung beans - the small green ones! Soak in water overnight until the skins start to split. Spread beans over a moist layer of cottonwool or tissue, Keep moist but not soaking. Put, in a dark place, Harvest in about three days.

SETTING POINT

This is a term used when making jam. Setting point is reached when a drop of hot jam placed on a cold saucer forms a skin.

PREPARING PULSES

- 1 Washing - swirl in a bowl of cold water. Rinse and sieve
- 2 Soaking - most pulses benefit from this - it cuts down the cooking time and makes the beans more digestive. Either cold soak (4-6 hours or overnight) OR put in a pan, cover with cold water, bring to the boil and boil for 2/3 minutes. Take off the heat and leave to soak for 45-60 minutes.
- 3 Rinse in a large sieve under cold water
- 4 Cooking - add flavouring but NOT SALT. Add lemon juice, stock or tomatoes after cooking.

KIDNEY BEANS

Boil vigorously for 10 minutes before lowering the heat and cooking as directed. This is done to remove the poisons from the beans.

RICE

As well as checking for stones before cooking, rinse the rice thoroughly until the rice water is clean and not milky. This helps to remove the starch.

CASTER SUGAR

If you need caster sugar but only have ordinary sugar, place the sugar in a plastic bag, cover with a tea towel and then bash it. This is very good therapy if you are stressed!

USING A BABY BELLING

Always remember to preheat the oven so that when the food is put in it, it is already at the correct temperature.

BROWN BREAD

Wholemeal flour can be found in markets or wazungu shops in the larger towns. It is called unga wa atta.

It is best used mixed with white flour. For best results use 1 cup of brown flour to two cups of white.

Wheat grains can also be bought and milled into flour, or coarse grains. Coarse grain can be added to the above mixture to achieve a granary bread.

CHICKEN STOCK

Don't throw away your chicken bones, boil them, along with a bay leaf and an onion, for 1-2 hours. This liquid can be used instead of water to improve the flavour of dishes.

GARAM MASALA

Garam masala is a spicy mixture used to flavour many dishes. It can be made by combining spices readily available in most markets:-

1 tbsp cardamom seeds, 2 inch stick cinnamon, 1 tsp black cumin seeds, 1 tsp coriander seeds, 1 tsp whole cloves, 1 tsp peppercorns, 1/4 an average sized nutmeg.

Put all the ingredients in a pounder and pound! Once a fine powder is formed the garam masala can be stored in an airtight container and used in a wide variety of recipes.

I have heard recently that garam masala is practically the same as pilau.

- * When peeling garlic - to make life easier first crush with side of knife and then peel.
- * When making breadcrumbs mixture with fat and flour - use tips of fingers and your hands should be cold.
- * Use the toasting rack when you need to upturn the cakes.
- * When making cakes - if possible get some greaseproof paper. Grease the cake tin, cut a circle one inch bigger than the tin, snip about an inch into the paper all around the circumference. Grease the paper and place in tin. This should help those who have battered their sufurias in the past. If unable to find greaseproof paper, search out somebody who gets 'The Guardian' newspaper. It is very thin and I found it is just as effective!
- * When using flour - always sieve it first, otherwise you might have a protein addition (insects) to the dish
- * Peeling tomatoes - score the skin of the tomatoes. Place in boiling water for a few minutes, then place in cold water. The skin then starts to peel off unaided.

Earthenware pottery filled with water can be used like a fridge. Food stored in sealed cartons will keep cool by the evaporation of water through the porous jar.

A Jiko Bora will cut down fuel consumption if cooking with charcoal.

When preparing bananas put some cooking oil on the knife and on your hands before you start peeling. This helps to stop your hands becoming a sticky mess.

HOMEMADE PASTA

Ingredients: 100 grams flour
1 egg
Oil and salt

Sieve the flour and break the egg into a well in the middle. Mix well, adding sufficient water to make a thick smooth batter. Boil a pan of water with a drop of oil in it.

Holding the bowl of batter over the boiling water, pour the batter very slowly, cutting off macaroni sized pieces with the back of a knife. Cook until soft and swollen, about 1-2 minutes. Serve with a sauce.

PAPAI (*Carica papaya*)

Papai are an extremely versatile fruit. Here are some suggestions on what to do with them, as well as hints on growing them yourself.

1. Eat raw with lemon or lime juice squeezed over it.
2. Unripe papai can be chopped up, boiled in salt water and served as a vegetable.
3. Nearly ripe papai can be chopped up and added to a green salad with, for example, French Dressing.
4. They can be made into papai jam (see recipe in Jams & Preserves section)
5. They can be substituted for pineapples in wine (see Drinks chapter)
6. Chopped papai added to curry sauce just before serving is delicious.
7. Sandwich tough meat in papai overnight to tenderise, or rub with the leaves or juice.
8. If you should stand on a sea urchin, place your foot in a papai, this will soften the skin and allow removal of the spines.
9. The seeds can *apparently* be used as a prophylaxis against malaria and for treating stomach upsets although Doctor Janosi hasn't approved this yet!!
10. Also supposedly can be used as a prophylaxis against worms.
11. Hollowed out skins make super halloween lanterns!
12. Crushed papaya seeds and mashed banana make a sticky but effective facial scrub.

Interested in growing your own papai? Its easy. They grow quickly from seed, bearing fruit in about nine months, if started at the beginning of the rains. They are best grown in situ but can be transplanted if all but the smallest leaves are removed. This will set them back about a month.

If you have too many male trees, those bearing small white flowers instead of fruit, they can be given a sex change! Simply cut off the whole of the tree just below the leaves. This will shock the tree into producing fruit.

To ripen, cut the fruit from the tree so that a small amount of the flesh is visible. It will then ripen over the next day or two. This also improves the flavour, making the fruit very sweet.

PASTRY

SHORTCRUST PASTRY

8 oz plain flour
4 oz margerine
Pinch of salt
Cold water

- 1 Sieve flour and salt into a mixing bowl
- 2 Rub in fat
- 3 Mix to a stiff dough with cold water
- 4 Turn out onto a lightly floured board and kneed lightly
- 5 Use as required

FLAN PASTRY

12 oz plain flour
8 oz margerine
2 oz caster sugar
1 egg
Pinch of salt

- 1 Sieve flour, sugar and salt together
- 2 Make a well in the centre, add egg and margerine
- 3 Knead mixture together until a soft dough is formed

When making quiches or tarts, first cook the pastry case 'blind', i.e cook without the filling. Place some dried peas or beans in the case to stop it from shrinking. Cook at 200 deg C for approx 15 minutes.

SOUPS

Have plenty of stock prepared!

CREAMY ONION SOUP

Serves 4

KC

Ingredients: 2 Medium onions
1 Small potato
1 oz/25g Butter or margarine
1 pt/568 ml Milk
1/2 pint /300 ml Vegetable Stock
Bay leaf, Salt and pepper

Peel and chop onion and potato. Melt the fat and lightly fry the onions until transparent. Add remaining ingredients and bring to the boil. Reduce the heat, cover and simmer for 25 minutes. Remove the bay leaf. Allow to cool.

If you have the patience you can mash the soup through a large sieve, reheat and serve.

FRESH TOMATO SOUP

Serves 4- 6

** A favourite

Ingredients: 1 Medium onion
1 Small potato
1 lb/450g tomatoes
2 oz/50g Butter or margarine
2 Cloves garlic
Bay leaf
2 tbsp/30 mls Tomato paste/puree
3/4 pt/450 mls Vegetable stock
3/4 pt milk
Salt and pepper

Peel and chop the onion and potato. Peel and quarter the tomatoes. Melt fat and fry onions until transparent. Add potato, tomatoes, garlic, bay leaf, tomato paste and stock. Cover and simmer for 20 minutes. Remove from heat and add milk. Remove bay leaf, sieve and reheat.

CARROT AND CORIANDER SOUP

Ingredients: 1 Onion
1 Clove Garlic
2 pints stock or water
1 lb Carrots, peeled and grated or sliced thinly
1 Large potato, peeled and grated or sliced thinly
2 tsps Coriander

Place all ingredients in a pressure cooker, bring to high pressure for 5 minutes. Mash to a smooth consistency. NB: The potato is used to thicken the soup.

PUMPKIN AND MCHICHA SOUP

Serves 6

Ingredients: 1 Medium sized onion
1 oz/25g Butter or margarine
1 lb/450g Pumpkin
8 oz/225g Mchicha
2 Medium sized tomatoes
3 pt/1.8 It Vegetable stock
Salt and pepper

Finely chop the onion. Melt fat and fry onion until transparent. Dice pumpkin, finely shred mchicha and peel and chop tomatoes. Add remaining ingredients, including vegetables, to the pan. Bring to boil, cover and simmer for 20 minutes. Add seasoning to taste.

CHUNKY BEAN SOUP

Serves 6

KC

Ingredients: 8 oz/225g Dried beans
1 Large onion
1 Medium sized carrot
1 oz/25 g Butter or margarine
1 1/2 pts/900 mls Water
2 Cloves garlic - crushed
2 Vegetable stock cubes
2 tbsp/30 mls Tomato paste
1 tsp/5ml Yeast extract
Salt and pepper Chopped parsley (optional)

Wash the beans well and soak overnight in water. Peel and chop onion, peel and dice carrot. Melt fat and fry the onion until transparent. Put the drained beans into the water with the remaining ingredients, except the parsley. Simmer for one hour, or until the beans are soft. Add seasoning according to taste. Sprinkle with parsley before serving.

MCHICHA SOUP

KC

Melt 4 tbsp margarine. In it fry 2 medium potatoes (peeled and diced), 1 medium onion (peeled and chopped) and 2/3 bunches of chopped mchicha. Season with salt and pepper, cover and fry the vegetables over a very low heat for 15 minutes. Add 4 cups of chicken stock or water and 1 cup of milk.

Bring to boil, cover and simmer for about 20 minutes. Drain the mixture, keeping the liquid. Mash before adding to the fluid. Reheat.

Try using finely shredded pumpkin leaves.

PEA SOUP WITH DUMPLINGS

Ingredients: 2 oz /50g Margarine
1 Onion
1 lb Peas
1 pf/600 mls Stock
1/2 pt Stock
1/2 pt Milk Sugar
Salt and pepper

Dumplings: 2 oz/50 g Margarine
1 Large onion
1 Egg
4 oz Breadcrumbs
2 oz Flour
2 tsp Baking Powder
Herbs

Peel, chop and fry onion in the margarine, in the pressure cooker. Add the peas and stock and bring to high pressure for 10 minutes. Reduce pressure and add milk, sugar and seasoning.

To make the dumplings - peel, chop and fry onion in the margarine. Mix with the rest of the ingredients, including the beaten egg. Make into 8 balls. Add to the soup and simmer for 20/25 minutes until the soup is thick and creamy and the dumplings have risen to the top and look cooked.

When making soups you can be experimental with whatever is in your kitchen. Just go for it and then let us know!

VEGETARIAN

PIZZA

KC/BBO Amazingly Easy!!

Ingredients:	Base	<u>Topping</u>
	1 cup Flour	4-6 Tomatoes
	1 Pinch yeast	2-4 Onions
	1 tbsp Oil	Green peppers
	Salt	1 tbsp Sugar
	1/3 to 1/2 cup Warm water	Herbs
		Grated Cheese

Mix the yeast with the lukewarm water and a teaspoonful of sugar. Leave for 10 minutes until yeast is creamy. Add it to the flour, salt and oil and knead to a dough. Flatten into an oiled sufuria and leave to rise. Cook over a low heat in a pressure cooker with the lid on but NOT the weight for about 10-15 minutes until the pizza base is brown. Turn over and cook the other side.

Alternatively - roll dough out onto a sufuria and allow to rise. Place under the grill until light brown. Turn over (This can be tricky!)

Topping: Saute (fry) onions, add skinned and chopped tomatoes, sliced peppers, sugar and herbs. Cook until the mixture thickens. Spoon onto cooked base and add the cheese. Grill until the cheese is sizzling.

**** For a larger pizza use 3 cups of flour, 1 tsp yeast and a cup of lukewarm water. Add a few more tomatoes and onions.**

SCONE BASE PIZZA

Ingredients:	8 oz Flour
	4 tsp Baking Powder
	1/2 tsp Salt
	1/4 pt Milk
	1 oz Blue Band + 2 oz Grated Cheese
	or 2 oz Blue Band + 1 tsp Mixed Herbs

Sieve together flour, baking powder and salt. Add Blue Band and grated cheese/mixed herbs. Stir in sufficient milk to make a soft dough. Knead lightly and press into a tin tray which has been greased with Blue Band.

Sauce:	2 tbs Oil
	2 Medium onions, fried and chopped
	4 Cloves Garlic
	200 gram tin Tomato Puree
	Pinch Oregano or Basil
	Salt and Pepper

Topping: Cheese, Olives, Peppers, Chilies (Anything you've got)
Sardines, Bacon etc (for non-vegetarians!)

/contd

Heat oil. Add onions and garlic and cook until soft. Stir in tomato puree, herbs and seasonings. Cook for 1 minute. Spread sauce over pizza base, right up to the edge. Add topping of your choice. Cook in a preheated oven at 220 deg C for 20/25 minutes until golden and bubbling.

VEGETABLE FLAN

BBO or KC

Ingredients: 8 oz Flour, 4 oz Margarine
Cold water, Pinch of salt
Any vegetables you have
2-3 Eggs
Cheese, if you have any

Mix together flour and salt, rub in fat to make a breadcrumb mixture. Add water, slowly, and mix until you have a stiffish/soft dough. Roll out to 1/2 cm thickness.

Bake the empty flan case (in a greased, ovenproof dish) at 230 deg C for 5 minutes. Fill the case with whatever vegetables you have prepared - eg chopped tomatoes, chopped pepper, lightly cooked mchicha. Sprinkle with cheese, if you have any. Pour over 2-3 beaten eggs. Cook in preheated oven at 200 deg C for 30 minutes.

VEGETARIAN CHILLI

Serves 2/3

KC

Ingredients: 1 Large onion, sliced
3 Cloves garlic
2 Potatoes, peeled and sliced
3 Chillies, chopped
1/2 lb Tomatoes, skinned and chopped

Simmer all the above ingredients until tender. Add 1 lb cooked spinach, 1/2 lb, cooked weight of red kidney beans and a small tin of tomato puree. Simmer for 20 minutes and serve with rice.

RATATOUILLE

BBO

Ingredients: 1 tbsp Oil
1 Chopped Onion
2 (loves garlic, crushed
1 Medium aubergine, diced
1 Cucumber, peeled and chopped
2 Peppers, deseeded and sliced
1 1/2 Tomatoes, peeled and sliced
Salt, pepper and herbs

Heat oil and fry onion lightly for a few minutes. Add garlic, aubergine, cucumber and pepper. Cook for 10 minutes, stirring occasionally. Add tomatoes and herbs. Cover and cook over a low heat for 45 minutes or until vegetables are soft.

Alternatively place all prepared vegetables in a dish, cover and cook in the oven on a low/medium heat, 180 deg C, for approx 2 hours, until vegetables are soft, stirring occasionally.

TAMALE PIE

KC or BBO

Can be cooked in a pressure cooker

Filling: Cooked beans, tomatoes, onions, garlic and any other vegetables available. Chilli powder/sauce

Cook to make a thick sauce to fill 1/2 - 2/3 of the dish.

Topping: 1 tbsp Plain flour
8 tbsp Maize flour
2 tsp Baking powder
1 Egg Salt
100 ml of milk (1/2 tea cup)

Mix the flours, baking powder and salt together. Beat the milk and egg together and add to the dry mixture to make a batter. Pour over the bean mix. If you have any cheese, this can be sprinkled on top of the batter.

Place trivet in the pressure cooker and put dish on top. Put the pressure cooker lid on, without a weight. Cook on a low heat for 30 minutes.

**** The topping is very filling and I suggest the more sauce you make, the better.**

NUT LOAF/BURGERS

KC or BBO

Ingredients: Chopped garlic
2 Onions - peeled and chopped
2 Grated carrots
2 Green peppers
Salt and pepper
Herbs
Marmite/Soy Sauce
2 Cups peanuts
1 1/2 cups breadcrumbs
1 Egg

Fry onion and garlic until soft. Add carrots and pepper and fry for a further 5 minutes. Season.

Shell, roast and crush peanuts. Mix together with the breadcrumbs. Add to cooked vegetables and bind together with the beaten egg. You can then either press into the bottom of a greased sufuria/loaf tin or shape into burgers. Bake for 30/40 minutes at 180 deg C or fry in shallow fat. Serve with tomato sauce.

**** You can substitute the nuts for cooked mashed beans.**

MEXICAN BRAN BURGERS WITH GUACAMOLE

Serves 2-3

KC

Ingredients: 1/2 Ripe avocado
2 Tomatoes, skinned and seeded | Roughly chop all the
Guacamole: 4 Small onions | vegetables and mix
1 Green chilli | together with the juice
3 tbsp Lemon juice | and oil.
1 tbsp Olive Oil

Beanburgers 2 Beef tomatoes, skinned and chopped
Red kidney beans, cooked and chopped
1 Onion, peeled and chopped
1 tsp mixed herbs, fresh or dried
2 tsp Sweet chilli sauce
1 Beaten egg
2 tbsp Oil

Mix together beans, onion, herbs, chilli sauce, egg and seasoning. Lightly flour and shape into burgers. Fry for 3 minutes on each side. Serve with tomato and lettuce, mchicha or cabbage.

If preferred, fill a greased roasting tray and cook until crispy brown under the grill. Cut into pieces. Tastes Good.

BUKOBA BANANAS

Serves 4

KC

**** This recipe has been tried and tastes very good.**

Ingredients: 6-8 Plantains
2 Medium onions
4/5 Tomatoes
4 Cloves of garlic
1 tsp Cinnamon (optional)
1 1/2 Cups beans, peas or lentils
1 tsp Curry powder
1 tbsp Sugar
Salt and pepper

Cook beans until soft. Peel bananas and cut in 1/2" pieces. Add to beans and cook until soft. Peel and chop onions and tomatoes into small pieces, Mash cinnamon, pepper and garlic in a mortar. Fry the spices and garlic in hot oil. Add onions and cook until soft. Add tomatoes and fry for a further 5 minutes. Add curry, salt and sugar. Add this mixture to bananas and beans and stir well. Continue cooking for a further 10-15 minutes until the consistency is that of a medium thick sauce. If sauce is too dry then add a little oil.

Note: The bananas may also be prepared as above, omitting the beans, and served with grilled or baked fish, or, they may be mashed with a little milk or water. Cooked beans can then be added to the mashed banana or served separately as a side dish.

Other spices may be substituted or added according to preference eg cardamom. Mchicha can also be added.

SWEDE. TURNIP AND POTATO CAKES

KC

Ingredients: 1 lb Potatoes, peeled and sliced
1 lb Mixed turnip, swede (carrots or pumpkin)
1 oz/25 g Margarine
1 Medium size eggs, beaten
4 tbsp Chopped fresh rosemary
3 tbs Vegetable Oil

Put vegetables in a pan of salted, boiling water. Cover tightly and cook for 12/15 minutes until tender. Drain and return to pan. Add the margarine and seasoning and mash together. Leave to cool. Stir in eggs and rosemary. Shape into 8 cakes. Heat oil in a heavy based pan until hot! Fry cakes for 10 minutes, over a medium heat, turning once. Serve hot with meat.

MUNG BEAN SHEPHERD'S PIE

BBO

Ingredients: 1 Cup soaked mung beans
4/6 Tomatoes
4 Onions
6 Well cooked potatoes

Cook beans until tender. Fry together with the onions and tomatoes and then mix with the beans. Put in a shallow dish. Mash potatoes, adding a little milk, margarine and pepper. Spoon over bean mixture. Place in oven with grill ON until the potato turns brown.

NB: Mung beans, tomatoes and onion is tasty with boiled sweet potatoes. You can also add chopped ginger.

- * Do not peel sweet potatoes before cooking.
- * Sweet potatoes and mung beans can be cooked together for the same amount of time.

SAVOURY NUT CAKES

K C

Ingredients: 5 Potatoes
2-3 oz's Peanuts
1 Egg
Leaves from bean plants
Salt and pepper
Favourite herbs, garlic, peppers, onions etc.

Cook potatoes, leaves and herbs etc together. Roast nuts (or cook in a sufuria for a few minutes), skin and crush. Mash the potato mixture, stir in the nuts and egg.

Shape into cakes 1/2" deep. Coat nut cakes with flour and fry in a little hot fat until brown on each side. Eat with fried eggs.

STUFFED PEPPERS

KC

Ingredients: 4 Green peppers
1 Cup rice
1 Onion
Other vegetables to taste eg tomatoes, carrots, potatoes
Peanuts
Stock
Seasoning

Cook rice in vegetable or chicken stock, adding fried vegetables, nuts, spices etc. Carefully remove stalks from each pepper. Fill peppers with the rice mixture. Place on the trivet in the pressure cooker (standing up) along with 1/2 pint of boiling water. Bring to pressure for 6 minutes. Reduce pressure quickly. Alternatively you can cut the peppers lengthways and fill.

STUFFED CABBAGE LEAVES

Serves 4

BBO **Very tasty**

Ingredients: Medium size cabbage leaves
3 oz Rice
1 Onion
2 tbsp Oil Mint
3 Skinned and chopped tomatoes
Large pinch salt
1 oz Peanuts
Vegetable stock cube dissolved in 1/4 pint water

Steam cabbage leaves for 5 minutes. Remove stalk. Boil rice and drain. Peel and chop onion and saute in oil until transparent. Add rice and tomatoes and cook until the juice from the tomatoes has been absorbed. Stir in the mint, salt and peanuts. Fill the leaves with the mixture and roll into neat shapes. Place in a sufuria. Pour over the vegetable stock, cover and bake in oven at 180 deg C for 30 minutes.

PEANUT BURGERS

KC

Ingredients: 1 Onion
2 oz Margarine
1 tsp Herbs
4 oz Breadcrumbs
1 tbsp Flour
5 fl oz Stock
8 oz Ground peanuts
1 Beaten egg

Fry the finely chopped onion. Mix with the rest of the ingredients to form a soft dough. Form into burgers and fry in hot oil. Cook on each side until brown.

BAKED BEANS

KC

Ingredients: 1 Cup beans
1 Onion
1 tbsp Sugar
2 cups Bean water
2 tbsp Vinegar
2 tsp Curry powder
Salt and pepper

Soak beans in hot water and drain before boiling with salt until soft. Once soft, drain off water, leaving enough to form a sauce, Add this to the chopped onion, sugar, vinegar and curry powder. Simmer and adjust seasoning to taste. Serve with rice, potatoes, bread or bananas.

VEGETABLE BIRYANI

Serves 4

KC

Ingredients: 3 tbsp Oil
2 Sliced onions
1 tsp Grated root ginger
1 Clove garlic - crushed
1/2 tsp Turmeric
2 tsp Salt
1/7 tsp Chilli powder
2 tsp Curry powder
5 tbsp Natural yoghurt/milk
6 Medium potatoes, cut into chunks
2 Tomatoes, peeled and chopped
2 pts Water
1/2 kilo Rice
50 g Peanuts
2 Hard boiled eggs - sliced
1 Pepper
1 Large carrot

Heat oil in a large pan, add onions and fry until soft and golden. Add ginger, garlic, turmeric, 1 tsp of salt, chilli powder and curry powder. Stir fry for 5 minutes. Add potatoes, vegetables and 1/2 pint water. Cover and cook for 30 minutes until nearly all the water has evaporated. Clean the rice thoroughly, add the remaining water and salt. Cook until rice is tender.

Mix vegetable mixture, rice and peanuts and pile onto a large serving plate. Garnish with the hard boiled eggs.

Alternatively you can add 4 oz of mung beans, soaked for one hour and drained. These should be added to the onion mixture at the same time as the potatoes.

This recipe is Hot **Stuff!!**

SWEET POTATO AND PEANUT SAMOSAS

Makes 16

KC This recipe takes practice!

Ingredients: 7 oz Plain flour, 1 oz Semolina
1/2 tsp Salt, 2 oz Diced butter
4/5 tbsp Cold water, Oil

Sift flour, semolina and salt into a bowl. Rub in butter until it resembles breadcrumbs. Add water and work into the flour mixture to make a stiff dough. Sprinkle a little flour onto the work surface and knead the dough for 8 minutes until smooth and elastic. Brush the dough with oil, wrap in cling film and leave to rest

Filling: 1 oz Butter
1 Medium onion, finely chopped
1 Crushed clove of garlic
1 tsp Grated root ginger
6 oz Sweet potato, peeled and diced
6 oz Unsalted peanuts, roasted and crushed
2 oz Peas
2 tsp Curry Powder
1 tsp Ground coriander
1 oz Creamed coconut
3 fl oz Boiling water
Juice of 1 lime
2 tbsp mango chutney (see recipe)
Salt and pepper

Melt butter, fry onion, garlic, ginger and sweet potato for 10 minutes or until brown. Add peanuts, peas, curry powder, coriander and fry for 1 minutes. Dissolve coconut in boiled water, stir for 1/2 minutes then leave to cool. Add remaining ingredients. Use to fill samosas.

To make samosa cases: Divide dough into 8 pieces. Roll each piece into a 7" circle. Cut each circle in half. Dampen the edges with water and press firmly together to seal. Spoon 2 tbsp of the filling into each case. Dampen remaining edges, seal. Heat oil (if a breadcrumb turns brown after 30 seconds then it is the correct temperature!). Fry samosas in batches for approx 4 minutes until golden brown. Drain.

**** Experiment with your own fillings and let us know.**

EGGY FRIED RICE

Ingredients: 1 Cup rice 2 Onions
2 Green peppers 2-3 Eggs
Peanuts or Cashew nuts Oil or fat

Sort and wash rice well to remove starch. Cook until soft and dry. Chop onions and fry in a little oil until soft. Add rice and break in eggs. Stir in well and add nuts. Cook until brown and crispy.

**** This is especially nice with Worcester, Soy or BBQ Sauce.**

EGGS FLORENTINE

KC - Scrummy!!

Ingredients: Spinach/mchicha - To fill a middle sized sufuria
2 oz Margarine Salt and pepper Nutmeg to taste
1 Small onion
1 tsp Mustard
1/2 pt Milk
4 oz Cheese - or how much you want to use
4 Hard boiled eggs, shelled and chopped
2-3 cups Freshly cooked rice
Toasted breadcrumbs

Shred the spinach. Melt half the fat in a saucepan, add spinach and cook over a medium heat for 5 minutes, stirring frequently, until tender. Season spinach, as desired. Keep warm. Melt remaining fat and saute the chopped onion until transparent.

Stir in the flour and mustard and cook for 1 minute. Add milk. Bring to boil and then allow to simmer for a few minutes. Remove from the heat and add the cheese. Arrange rice in a circle, spoon spinach into the centre, add hard boiled eggs. Pour over the sauce and sprinkle with breadcrumbs.

This recipe is supposed to be for 4 people but 2 of us usually manage to pig the lot!

PIZZA FLORENTINA

BBO - The only way to eat mchicha!

Dough: Use 1/2 quantity VSO bread recipe.

After second kneading, roll into a round about 1 1/2 cms thick. Place on a greased oven tray. Leave for 30 minutes to rise. Once risen place under the grill at a medium heat until light brown on each side.

Topping: Chopped garlic
2 Onions
4 Tomatoes, peeled and chopped
1 Green pepper, chopped

Fry garlic and onions until soft. Add tomatoes, pepper and seasoning (including herbs if you wish). Cook until most of the liquid has evaporated. Spread onto cooked dough.

Cook 2 bunches of chopped mchicha in the usual way and arrange on outer edge of pizza. Break 3/4 eggs into the centre of the pizza and cover with grated cheese. Bake for approx 30 minutes in a moderate oven (ISO deg C).

Bread Pip - Make a full quantity of bread and use the other half of the dough to make garlic bread. Do this by mixing in finely chopped onion, garlic and herbs. Then continue with bread instructions.

VEGETABLE MOUSSAKA

Serves 2-3

BBO Tried and tested - a favourite in Moshi Region

Ingredients: 3 Medium onions
6 tbsp Oil
1 Clove garlic or more if you wish!
4 Medium potatoes
4/5 Big tomatoes
1 tbsp Tomato paste, if available
1-2 tsp Yeast extract - makes it really tasty
1 Vegetable stock cube mixed into 1/4-1/2 pt water
1 tbsp Parsley
1 Large aubergine
2 tbsp Flour
Cheese - as much as you like
2 Large eggs
1/4 pt natural yoghurt or milk

Peel and chop onions, potatoes and tomatoes. Thinly slice aubergine and sprinkle with salt. Saute onions until transparent. Add garlic, potatoes, tomato, tomato paste, vegetable stock and parsley. Mix well and bring to the boil. Reduce heat and simmer for 30 minutes until mixture forms a thick consistency.

Drain aubergines and dust with flour, fry until a light crispy brown. Layer aubergines and mixture in a shallow dish, finishing with a layer of aubergines. Sprinkle cheese on top. Whisk eggs and yoghurt together and pour over cheese. Cook in a preheated oven at 180 deg C for 40 minutes until crispy brown on top.

KITCHANI - A mixture of rice and mung beans

Serves 3-4

KC

Ingredients:	8 oz/225 g Mung beans	Salt
	8 oz Long grain rice	1/2 tsp Garam masala
	1 Large onion	1/2 tsp Turmeric
	3 tbsp Oil	1/2 tsp Ground ginger
	4 Cloves garlic	1 tsp Cumin
	2 tsp Lemon juice	
	850 ml Water	
	Pinch of chilli powder	
	3 Peeled tomatoes	
	1 Large potato peeled and cut into chunky pieces	

Wash and pick over beans and rice for stones. Peel and chop onion and fry in oil for 5 minutes. Add garlic and spices and fry for a further 3/4 minutes, stirring from time to time. Quarter tomatoes and add to the pan together with the potato, mung beans and rice. Fry over a gentle heat for 5 minutes, then stir in the water.

Bring to the boil, cover and reduce the heat. Cook gently for 45 minutes until rice and beans are cooked. Turn off heat and leave pan covered for 10-15 minutes so that the liquid is absorbed. Add lemon juice and salt. Stir the mixture gently with a fork. Garnish with tomato.

Alternatively for the spices, you can use a few cardamom pods, 4/5 cloves or a small piece of cinnamon stick.

Serve with mango chutney, side salad, fresh tomato and onion rings.

DAHL

KC

Ingredients: 2-3 cups Lentils/chick peas or local beans
2-3 Medium onions
2-6 Cloves garlic, chopped and crushed
4 Tomatoes (optional)
1 tbsp Tomato puree
1 tbsp Ground ginger
1 tsp Turmeric
1 heaped tsp Coriander seeds (ground in a pestle and mortar)
1 tsp Cumin seeds (ground in pestle and mortar)
1 tsp Chilli powder
Salt and pepper
Approx 1/2 cup Milk

To cook lentils, chick peas or beans

Pick over and remove stones, etc. Soak in plenty of boiling water for about 1 hour (there is no need to soak lentils). Discard water used for soaking and wash again. Place beans, etc in a pressure cooker or pan and cover with at least double the volume of water.

NB: there must be more than 1/2 pint of water if using a pressure cooker. Boil for required length of time:

	Pressure Cooker	or	Pan (bring to pressure)
Lentils			20 minutes
Chick Peas	20 minutes		1-1 1/2 hrs
Beans	18 minutes		1 -1 1/2 hrs

To make Dahl

Cook lentils, etc. Fry garlic and onions until soft. Add tomatoes and spices and cook for a few minutes. Add lentils, etc, tomato puree and milk until "runny". Simmer gently until the dahl has a smooth consistency.

CASSAVA

KC

Ingredients: Young fresh cassava leaves,
1/2 kg Peanuts
2/3 Onions Milk or coconut milk
Salt and spices

Other leaves can be used but ask the locals first! Wash the leaves well and pound or chop finely. Boil the leaves in water for 30 minutes, drain and repeat with fresh water. This removes the poisons. Roast, stir and pound the peanuts into a paste.

Chop and fry the onions and add the prepared cassava leaves. Add the peanut paste, salt and milk and simmer to a thick consistency. Serve with ugali/rice.

MAKANDE (Fried beans and maize)

KC

Ingredients: Beans, Maize kernels, Onions, Oil, Spices, Milk or water.

Soak beans in warm water for 2/3 hours. Soak maize kernels separately for about the same period. Pour off water and pound the maize kernels to remove the skins. Winnow to remove the skins leaving just polished maize. This process can be done at a mill. Put the beans and polished maize in a pressure cooker with salty water. Bring to high pressure and cook until the beans are soft. Drain beans and maize and put in a pan with hot oil. Add chopped onions and fry. Add milk (coconut milk is tastier) or water and simmer.

Eat on its own or with rice or ugali.

NB: The beans can be pounded before being fried. A bean cake will then be formed when the mixture is fried.

BANANAS IN WANZUKI

Ingredients: 1 bottle Wanzuki (see chapter on drinks)
Green cooking bananas (3/4 per person)
Onions
Tomatoes
Oil
Seasonings

Skin, slice wash and boil bananas for 10 minutes to parboil. Fry onions and tomatoes, add strained bananas and herbs. Fry together and add wanzuki. Simmer until bananas are soft.

NB The rind from these bananas quickly turns black when exposed to air. The latex from the skin can be very messy. It helps to smear some cooking oil on both the knife and your hands before peeling (or use kerosene to clean them once you have finished). Some volunteers resort to wearing surgical gloves but don't tell the Field Office!!!

COOKING BANANA "POTATO" SALAD

KC

Ingredients:

Cooking bananas,
Onions,
Carrots and French Dressing

Peel, and boil cooking bananas until soft. Add peeled and chopped onion and other available vegetables, together with French dressing. Stir and season according to taste.

BEAN SPROUT SALAD

Ingredients: Bean sprouts, Onions, Carrots or Pineapple,
Soy Sauce, French Dressing.

Cut and wash bean sprouts. Chop peeled vegetables finely. Make French dressing and add soy sauce. Mix with salad.

AUBERGINE AND TOMATO LAYER CAKE

Serves 3-4

Ingredients: 4 Medium aubergines
Vegetable Oil
1 lb Ripe tomatoes
Cheese
Salt and pepper,
1 tbsp Vinegar

Top and tail the aubergines and slice lengthways 1/4 " thick. Sprinkle with salt and leave for 30 minutes. Drain and dry. Heat oil in a large frying pan and fry aubergines lightly so that they are golden on each side. Turn the aubergines straight over after placing in the oil as this saves the oil. Drain when finished.

Core and thinly slice tomatoes. Slice cheese thinly and then break into small pieces. Put a layer of aubergines in a cake tin, then a layer of tomatoes, then cheese. Continue until everything is used up - the top layer should be tomato. Press down firmly, dribble on some vinegar and cheese. Serve Straightaway.

If you want to turn out of cake tin. Start with tomatoes and finish with aubergine, Use a very sharp knife to cut the cake!

Good on a hot sticky day

VEGETABLE AND MACARONI PIE

BBO

Ingredients: 1 oz Margarine
2 Leeks, sliced
2 Carrots, sliced
1 Clove garlic
1 lb Tomatoes, skinned and chopped
4 oz Beans, cooked
8 oz Macaroni cooked (any type of pasta will do)
Grated Cheese
2 Beaten eggs
4 tbsp Breadcrumbs Salt and pepper
Herbs.

Melt margarine in a pan, add leeks, carrots and garlic. Cover and cook gently until soft. Add tomatoes, herbs, salt and pepper. Bring to boil, add beans and simmer for 5 minutes. Mix vegetables with cooked pasta. Add some of the grated cheese and the two eggs. Put in a shallow dish. Sprinkle the breadcrumbs and remaining cheese on top. Cook at 190 deg for 30 minutes.

If you cannot get leeks or carrots, substitute with whatever is available.

BEANS IN COCONUT

KC

Cook beans. Fry a few chopped tomatoes, onions and 2 chillis until soft. Add beans and coconut milk.

VEGETABLES

SPINACH COOKED WITH ONIONS (Mughlai Saag)

Ingredients: 2 lb /1k Spinach
4 oz /110g Onions
4 tbsp Ghee or vegetable oil
1/2-1 Fresh, hot green chilli, finely chopped
1 tsp Very finely grated, peeled fresh ginger
1 tsp Salt
4 fl oz (125 ml) Water
1/4 tsp Garam mnsala
1/2 tsp Sugar

Cut the spinach, crosswise, into 1/2" wide strips. Chop onion finely.

Heat the ghee in a fairly large pot over a medium flame. When hot put in the onion. Stir fry for **3** minutes. Add spinach, green chilli, ginger, salt and sugar. Stir and cook for 5 minutes. Add 4 fl oz water and bring to simmering point. Cover tightly, turn heat down to low and cook for about 10 minutes. Uncover and boil the liquid away a little. Sprinkle garam masala over the top and mix in.

POMME DE TERRE DAUPHINOISE

BBO

Ingredients: 2 Medium potatoes, peeled and thinly sliced
1/3 pt of Milk
1 Clove garlic, crushed
1 oz Butter Pinch of nutmeg
2 oz Cheese

Put potato slices in a small saucepan and pour over milk to cover. Simmer for 20/30 minutes until milk thickens. Meanwhile, preheat oven to 350 deg F/1.80 deg C. Rub a shallow dish with half the garlic and half the butter.

Transfer potatoes and milk to dish, add remaining garlic, nutmeg and seasoning. Dot the top with remaining butter and sprinkle with cheese. Cover and cook for 45/60 minutes, removing cover for last 15 minutes.

POTATOES IN LEMON

KC

Ingredients: Potatoes, Oil, Coriander (fresh, if possible), Mustard Seed, Turmeric (vinzani - in bags), 1 or 2 Fresh lemons or limes.

Wash and scrub potatoes, quarter if large. Parboil and drain. Finely chop coriander - or grind if seeds. Squeeze juice from lemons. Heat the oil, add the spices and potatoes. Fry potatoes and then add fresh coriander and juice.

STIR FRIED OKRA

KC

Ingredients: Okra, Garlic, Soy sauce, Orange Juice, Onions, Nuts and Honey

Wash and slice okra. Fry the chopped onion and garlic and add okra with the rest of the ingredients. Season as desired.

STIR FRIED VEGGIES

KC

Ingredients: Vegetables, Oil, Soy Sauce, Nuts and Spices

Peel and chop vegetables. Heat oil in a pan and when hot add the vegetables, nuts and spices. Add soy sauce before serving with rice.

Alternatively you can add sweet and sour sauce (Refer to sauce recipes)

SPICED POTATOES WITH GREEN BEANS (Alu phali masala)

KC

Ingredients: 3 tbsp Vegetable Oil
1 Sliced onion
2 Crushed cloves of garlic
1 tbsp Medium curry powder
6 oz Sliced green beans
4 Tomatoes, skinned and chopped
200 ml/1 cup Vegetable stock
2 tbsp Chopped coriander

Heat oil in a heavy based pan. Add onion and cook for 5 minutes. Add garlic and curry powder.

Cook, stirring continuously, for 2 minutes. Add the potatoes and beans and stir to coat in the spices. Add tomatoes and stock to the pan. Bring to boil, cover and simmer for 20 minutes until vegetables are tender. Garnish with coriander.

FISH

"THE ONLY WAY TO COOK FISH!"

KC

Ingredients: Fresh fish, Lemon Juice, Salt, Oil

Fillet and wash fish. Pour lemon juice over flesh and skin, rub in salt. Leave to marinate. Heat a little oil in a pan and, when hot, place the fish in it. Cook on both sides until brown and the flesh drops away from the skin.

FISH YASSA

BBO/KC

Ingredients: Fresh fish
Lime juice, lemon juice or vinegar
Chilli peppers
3 Large cloves of garlic
Onion & Oil

Prepare fish and cut into pieces. Slice onion and add to crushed garlic, chilli, salt and juices/vinegar. Mix with a little oil and add fish. Leave to marinate for 1/2 hours. Grill fish. Remove onions from marinade and fry in a little oil. Pour on marinade, add fish and simmer for a few minutes before serving.

FISH MORNAY

Ingredients: Fish, Onions, 1 oz Margarine, 1 oz Flour, 1/4 pt Milk,
Flavourings - Cheese or herbs

Fillet and wash fish. Put in a pan with the chopped onions and cover with milk. Season and simmer with a lid on for 15/20 minutes, or until the fish flakes away from the skin. Remove fish from pan.

To make sauce: Melt margarine in a clean pan and stir in the flour to make a 'putty' mixture. Gradually add the milk in which the fish was cooked, until a thin sauce is made. Simmer, stirring continuously, until sauce thickens. Add flavouring, pour over the cooked fish and serve.

DAGAA

KC

Ingredients: A small tin of dagaa, 2 tbsp fat, 1 Onion, 2 Tomatoes, Salt

Remove heads from dagaa. Rinse 3 or 4 times in boiled hot water until clean and there is no grit in the water". Melt oil and fry thinly sliced onion for 3 minutes. Add a little salt and then the skinned, sliced, tomatoes. Stir together for 1-2 minutes, then add the washed dagaa. Cook for 5 minutes, taste and add more salt if necessary. Cook for a further few minutes until there is no fluid left in the sufuria.

DRIED FISH

KC

To soften dried fish, cover with water and boil in a pressure cooker for 10/15 minutes. Once softened it can be added to one of the following sauces:

Tomato, Onion, Chilli and Spinach or Peanut OR cook in the following way:-

FISH CAKES

KC

Ingredients: Dried Fish, Potatoes, Onions, Milk or Egg, Seasoning

Peel and boil potatoes for 10 minutes in a pressure cooker. When cooked, mash. Flake the softened fish away from the skin and bones and add to potatoes. Chop onions finely and fry, then add to fish mixture. Season and bind mixture with milk or egg to form a soft dough. Form into small cakes. Heat some oil in a pan and fry fish cakes until brown and crispy on both sides. These are good served with a ratatouille sauce.

SPICY FISH KEBABS

Serves 4

Charcoal/BBO Scrumptious

Ingredients: 1 Medium coconut, roughly grated
2 Green chillies, deseeded and halved
1" Piece of ginger, peeled and grated
3 Cloves of garlic
2 tsp Ground cumin
1/2 tsp Ground turmeric
2 tbsp Sunflower oil
2 tbsp Water
2 lb White fish fillet (talapia fresh water is good)
6 Medium tomatoes, skinned and quartered

Put coconut, chillies, ginger, garlic, cumin, turmeric, oil and water in a pounder and make into a smoothish paste. Cut fish into 1" cubes, spread with the paste, sprinkle with salt and pepper and leave to marinate. Thread fish and tomatoes onto skewers and grill for 5/10 minutes OR cook under the grill on the roasting tray. Can be served with a green salad.

LOBSTER IN COCONUT

BBO/KC

Ingredients: 1 Medium lobster
Grated flesh of 1 coconut
Juice of 1 lime
Salt and pepper

Boil lobster for 20 minutes and leave to cool. Remove the flesh from the shell, break up with a fork and mix with coconut, lime juice and salt and pepper to taste,

FISH IN SPICY TOMATO SAUCE

Serves 4

BBO

Ingredients: 2 lb Fish steaks
1 1/4 tsp Salt
1/2 tsp Cayenne pepper
1/4 tsp Ground turmeric
9 tbs Vegetable Oil
1 tsp Fennel seeds
1 tsp Mustard seeds
6 oz Finely chopped onions
2 Finely chopped cloves garlic
2 tsp Ground cumin seeds
14 oz tin of Tomatoes, chopped up
1/4 tsp Garam masala

Make sure the fish are dry, then rub them with 1/4 tsp salt, cayenne pepper and turmeric. Set aside for 30 minutes. Heat 4 tbs oil and when hot put in the fennel and mustard seeds. As soon as they start to pop add the garlic and onions. Fry until onions turn slightly brown. Add cumin, 1 tsp salt and 1/4 tsp cayenne. Stir and add tomatoes and garam masala.

Meanwhile, preheat oven to 180 deg C. Put remaining 5 tbs oil in a large non-stick frying pan and heat to a moderate temperature. When oil is hot, put in fish steaks and brown on both sides. Do NOT cook through. Put fish steaks in a baking dish, pour over sauce and bake uncovered for 15 minutes.

FISH

KC

Ingredients: Fish sufficient for 4 people, cut into pieces

2 Medium onions, chopped
1 tbs Tomato puree

Marinade: Juice from 2 limes
2-6 Cloves garlic
1 heaped tsp Ginger
1 heaped tsp Coriander seeds (ground in a pestle and mortar)
1 heaped tsp Cumin seeds (ground in a pestle and mortar)
1 tsp Turmeric Salt and pepper Pinch pilipili

To make marinade pound the ginger and garlic together in a pestle and mortar and then add to all the other ingredients of the marinade. Pour mixture over fish pieces and leave for at least 1/2 hour.

Fry onions until soft, add fish and fry on both sides for a few minutes. Add tomato puree and remaining marinade. Cover fish with water, bring to boil and simmer until the fish is cooked.

NB: Sauce may be thickened/reduced by boiling fiercely for a few minutes.

FRIED FISH BIHAR STYLE

Serves 3

BBO or KC

Ingredients: 1 1/2 lb White fish fillet
1 tbs Lemon juice
Salt and pepper
2 oz Coriander leaves/powder
2 Green chillies, deseeded and chopped
2 Cloves garlic
1/4 tsp Ground turmeric
4 fl oz Yoghurt
Oil for frying
Lemon slices for garnish

Skin fish fillets and remove any bones, then cut the flesh into strips. Put in sufuria and sprinkle with lemon juice, salt and pepper. Put all the spices together with yoghurt and mash into a smooth puree/texture. Heat the oil (bread cube test). Dip fish into puree mixture and fry a few pieces at a time until golden. Garnish with lemon.

FISH IN YOGHURT SAUCE

Serves 4-6

BBO

Ingredients: 6 oz Onions
2 lb Thick, fresh fish, cut into 3" long segments
405 ml Plain yoghurt
2 tbs Lemon juice
1 tsp Sugar
1/4 tsp Coarsely ground black pepper
2 tsp Ground cumin
2 tbsp Ground coriander
1/4 tsp Garam masala
1/2-3/4 tsp Cayenne pepper
1 tsp Peeled and finely grated ginger
3 tbs Vegetable Oil
Butter

Cut the onions into 1/8" thick slices and line a large baking dish with them. Place the fish on top of the onions. Mix the yoghurt with the rest of the ingredients and then add the oil. Beat well and pour over fish. Cover with foil, if possible, Cook in a preheated oven at 190 deg C for 30 minutes.

Carefully pour off the liquid from the baking dish into a saucepan. Meanwhile keep fish warm. The sauce will look separated but this is OK. Boil rapidly until there is only 350 mls left. Remove from heat and add butter. As soon as it has melted, pour over the fish and serve.

FIDEL CASTRO FISH

BBO

Buy a large fish, have it gutted, definned and the gills and scales removed. Slit into two halves, still hinged together. Melt some margarine in a pan and add

2 Cloves of crushed garlic
2 tsp of Crushed Hack pepper
Juice of 1 Lemon
2 tsp of Herbs - oregano, rosemary, etc
1 tsp each of Crushed cumin and coriander

Crush the spices in the pan with a spoon. Fry for 1 minute, then spoon mixture into the fish. Wrap in banana leaves and bake for 20 minutes. Place chopped vegetables around the baking pan for a complete meal. Cook at 200 deg C for 1/2 hour - middle shelf.

CHICKEN

CHICKEN CURRY

Serves 4

KC

Ingredients: Sufficient cooked chicken
4 tbsp Margarine
10 Cloves chopped garlic
1/2 tbsp Curry Powder
2 tbs Flour
5 cups Milk
Whatever vegetables you have available, prepared and cooked.

Boil chicken until cooked. Take meat off the bone. Melt margarine and fry garlic and curry powder for several minutes. Add flour, stir well and continue to heat gently, stirring continuously until mixture thickens and boils. Add cooked meat and vegetables. Serve with rice, chopped banana, grated coconut and peanuts.

** To make the curry a little creamier, add 1/2 pint of coconut milk.

MAMA KUKU'S CHICKEN

KC

Ingredients: Chicken, Oil, Chilli Powder, Tomatoes and Onions (Optional)

Wash and cut up chicken. Boil pieces in salt water for 10 minutes at high pressure in a pressure cooker. When cooked, remove chicken and put in a pan of hot oil. Fry chicken, adding the remainder of ingredients according to your own taste. Serve when the chicken is brown.

CHICKEN YASSA - A la **R Lacville** of The Guardian Weekly

BBO

Ingredients: 1 Chicken
Lime juice, Vinegar or Lemon Juice
Chilli peppers
Oil
3 Large cloves of garlic
Masses of onion

Cut up chicken. Slice onion, add to crushed garlic, chilli, salt and juices/vinegar. Mix this with a little oil and then add the chicken. Leave to marinate for a hour or two. Grill the chicken on both sides. Remove onions from marinade and fry in oil. Add the marinade and cook until tender. Serve with rice.

CHICKEN IN WHITE SAUCE

KC

Ingredients 1 Chicken
4 tbsp Margarine
4 Roughly chopped onions
4 Roughly chopped green peppers
2 tbsp Flour
5 Cups milk

Boil chicken until cooked. Remove heat from bones. Melt margarine, onions and green peppers. Add flour and stir well. Continue to heat gently for a few minutes. Remove from heat and slowly add milk. Heat gently, stirring continuously, until the mixture boils and thickens. Add chicken. Serve with rice.

CHICKEN TIKKA

Serves 6

Charcoal Grill

Ingredients: 1 1/2 lb Boneless, skinless, chicken breasts

Marinade: Juice of 2 lemons
2 tbsp Tandoori powder
1 tsp Salt
1/2 pt Yoghurt
2 tsp Ground cumin
2 tsp Garam Masala

Slash chicken breasts and place in shallow dish. Mix marinade ingredients and pour over chicken. Ensure the chicken is covered evenly. Leave for 2-2 1/2 hours in the fridge. Remove chicken from marinade and BBQ for 10/12 minutes until tender, turning once. Garnish with lemon/lime juice. Serve with salad and naan bread.

This recipe can also be done under the grill

CHICKEN KIEV - Cathy's Style

KC

Scrummy

Ingredients: Boneless, skinless, chicken breasts
Blue Band margarine
Herbs and crushed garlic
Toasted breadcrumbs
Beaten egg
Oil for frying

Make garlic and herb butter by mixing the Blue Band, crushed garlic and herbs according to taste. Dab a spoonful of garlic butter into the chicken breasts and tie with cotton or string to form a little parcel.

Dunk into beaten egg and coat with breadcrumbs. Fry in oil until cooked, approx 5/10 minutes, turning once.

Amount of ingredients depends on appetite!!

CHICKEN COBBLER

Serves 6

BHC BBO

Ingredients: 4 Chicken joints - 2 breasts and 2 legs
2 1/2 pints Water
1 Bay leaf
4 Whole peppercorns
2 Carrots, peeled and diced
2 dozen Small onions
1 cup of Corn
1/4 pint Milk or cream

Topping: 14 oz Plain flour
1 1/2 tbsp Baking powder
Pinch salt
5 tbsp Butter or Blueband
12fl oz Milk
1 Egg, beaten

Place chicken in a deep saucepan with the water, bayleaf and peppercorns. Cover and bring to the boil. Reduce heat and allow to simmer for 20 minutes until chicken is tender. Remove chicken from pot and allow to cool. Skim the fat off the stock and discard. Skin the chicken and remove bones.

Simmer stock again and reduce to half. Add the carrots and onions. Cook until tender and then add the corn (yellow if possible). Stir in cream, add chicken chunks and put into a sufuria/casserole dish.

Sift all the dry ingredients for the topping into a bowl. Rub butter/Blueband into the flour until it resembles small peas. Stir in enough milk to bind together.

Turn out onto a lightly floured surface and kneed lightly. Roll out with a beer bottle, or whatever is handy, and cut out circles with a glass or egg cup. Brush the surface of each circle with the beaten egg. Place on top of the chicken mixture and bake in a preheated oven at 190 deg C. Serve immediately.

A MUST FOR A SPECIAL OCCASION

I have been asked to include this dish despite it being quite a lengthy procedure.

MEAT

ROGAN JOSH

Serves 4-6

KC/BBO

Ingredients: 2 1" cubes Ginger, coarsely chopped
8 Cloves garlic, peeled
10 tbsp Vegetable oil
4 tbsp + 1 pt Water
2 lb Boned meat in 1" cubes
10 Whole cardamom pods
2 Bay leaves
6 Whole cloves
10 Whole peppercorns
1" Stick cinnamon
7 oz Finely chopped onions
1 tsp Ground coriander seeds
2 tsp Ground cumin
4 tsp Paprika + 1/4-1 tsp Cayenne
1 1/1 tsp Salt and freshly ground pepper
6 tbsp Plain yoghurt
1/4 g Garam masala

Mix garlic, ginger and 4 tbsp wafer together and pound into a smooth paste. Heat oil in a wide, heavy pot (pressure cooker) over a medium flame. Brown the meat cubes in several batches and then set aside. Using the same oil, add cardamom, bay leaves, cloves, peppercorns and cinnamon, stir once.

Wait for cloves to swell and the bay leaves to colour. Add onions. Fry until medium brown, add garlic/ginger paste and stir for 30 seconds. Add coriander, cumin, paprika, cayenne and salt. Stir and fry for another 30 seconds. Add the meat cubes and juices. Stir briefly then add 1 tbsp yoghurt. Stir and fry for 30 seconds until yoghurt is blended. Add remaining yoghurt, one tablespoon at a time. Stir and fry for 3/4 minutes.

Add remaining water. Bring mixture to the boil, scraping all the spices from the sides. Cover with lid and weight. Bring to high pressure then turn heat to low and cook for 30 minutes. When meat is tender, remove lid and turn heat up to boil away some of the liquid. The result is tender meat in a thick reddish brown sauce. The fat on top can be spooned off. Sprinkle with garam masala and black pepper.

** This dish can be baked in the oven at 180 deg C for 2 hours but you must give the mixture a stir every 20 minutes or so. In this case use less water - for lamb 1/2 pint, and for beef 3/4 pint.

GARLIC STEAK

KC

Ingredients: 1 lb Steak, Garlic, 3 tsp Coriander, Fresh, chopped, ginger, Milk from one coconut, 1 Onion

Fry onion and garlic, then add the spices. Add milk and meat. Boil or use pressure cooker until the meat is cooked. It may be necessary to top up milk with water.

KEBABS IN BARBECUE SAUCE

Charcoal

Ingredients:	Meat (any soft)	Sauce:	2 tbsp Vinegar
	Small onions		1 tbsp Worcester Sauce
	Green peppers		2 tbsp Sugar
	Tomatoes		2 Tomatoes
	Bicycle Spokes		1/4 cup Lemon Juice
			1 tsp Curry powder
			1 Onion
			Salt
			Cornflour
			Paprika
			1/2 cup Cold water

Chop tomatoes and onions and mix with the rest of the ingredients. Chop the meat into cubes and marinate in sauce for 1 -2 hours. If meat is still tough after the marinating cook in the pressure cooker at high pressure for 10 minutes.

Remove from sauce, push onto bicycle spokes, alternating with tomatoes, onions and peppers. Cook over a charcoal grill which has been lightly greased (the grid). Cook on the grid, turning regularly.

While the meat is cooking, take the onions from the sauce and fry, add sauce and simmer. The sauce can be poured over the cooked kebabs. It can also be thickened by adding a little cornflour.

SEEKH KEBABS

Charcoal

Ingredients:	1/2kg Minced meat	1/2 tsp Chilli powder
	1 Onion	1 tsp Garam masala
	1 Green chilli	1 Egg
	1 Small piece root ginger	1 tbsp Breadcrumbs
	4/5 Garlic Cloves	Coriander
	1 Lemon	Bicycle Spokes / Roasting Sticks

Pound garlic, chopped onion, ginger, chilli and coriander into a paste. Mix with minced meat and add the rest of the ingredients, apart from the lemon.

The mixture should be of a firm consistency. Leave aside for 5 minutes. Rub bicycle spokes with oil. Shape mixture around the spokes up to 10 cm. Cook over the hot charcoal, turning regularly.

Serve with lemon wedges.

INDONESIAN SATAY AND PEANUT KEBABS

Charcoal

Satay:	Meat in cubes	
	3 tbsp Oil	
	3 tbsp Soy Sauce	
	1 Clove garlic	
	1/2 tbsp Curry Powder	
	1 tbsp Sugar	/contd

Sauce: 1 tbsp Oil
2 oz Peanut paste/butter
1 Onion
Clove of garlic
1/2 tsp each Chilli and coriander powder
1/4 tsp Ground Cumin
1/4 pint Coconut milk
1 tbsp Sugar
1/2 tbsp Soy Sauce
1/2 tbsp Lemon juice

Marinate the meat in the satay for 4-6 hours. Meanwhile, fry onions and spices and add other ingredients to make peanut sauce. Simmer sauce for 10 minutes until creamy. Put meat on spokes and coat with sauce. Cook over charcoal and brown. Serve with warm satay sauce.

PILAU

Charcoal, Oven

Ingredients: Rice, Tomatoes, Onions, Garlic, Potatoes, Oil, Salt.
Meat (optional)

Spices: Coriander, Cinnamon, Turmeric, Cumin, Cardamom, Black pepper

If using meat, fry until brown and then boil until cooked.

Clean and wash rice and potatoes. Chop onions, tomatoes and garlic. Pound spices together to a dust. Fry onions and garlic before adding the potatoes, then fry for a few minutes. Add spices and fry, together with the tomatoes and meat. Add rice and fry for a few minutes before adding boiling, water.

Pilau is best cooked on a charcoal stove and when the moisture has been absorbed it should be taken off the fire and hot coals put on the lid to dry out the rice.

Pilau can be served with chumbali (see Sauces and Dips). The meat can also be cooked separately and served along with a vegetable sauce with the spicy rice.

BEEF BURGERS

KC

Ingredients: 1 kg Minced beef
1/2 - 1 loaf of breadcrumbs (toasted)
4 Medium onions, finely chopped
3 Cloves of garlic chopped and crushed
2/3 Chillies, finely chopped
Mixed herbs

Mix all ingredients together thoroughly. Add 1-2 beaten eggs until the mixture sticks together well. With well floured hands, shape the mixture into burger shapes - fry for about 10 minutes on each side.

LIVER STROGANOFF

Serves 3/4

KC or BBO

Ingredients: 1 lb Lambs or pigs liver, cut into strips
2 oz Seasoned flour
3 oz Blue Band
1 Large Onion
4 Cloves Garlic
8 oz Sliced Carrots/Mushrooms (if available)
1 tsp Paprika
Salt and pepper
5 oz Sour Cream or Yoghurt

(To make sour cream, add a little lemon juice to 'ordinary' cream)

Roll liver in flour. Melt margarine in a pan, cook liver until it is browned and then remove from pan. Cook garlic and carrots /mushrooms for 5 minutes. Stir in paprika, add sour cream or yogurt. Add liver and simmer until the liver is tender.

MACARONI BAKE

Serves 4

BBO

Ingredients: 1 lb Macaroni (or any other pasta)
1 Medium onion
3 Cloves Garlic, crushed
1 lb Tomatoes, chopped
3 tsp Tomato puree
Basil/Mixed Herbs
1 Beef stock cube
1 large tin corned beef, chopped up
4 Beaten eggs
Grated Cheese

Fry onions and garlic in a little oil until transparent. Add tomatoes, tomato puree and stock cube, dissolved in 3 oz water. Mix well. Add the herbs, bring to the boil, cover and simmer for 30 minutes. Check for seasoning.

Meanwhile cook macaroni in a large pan of boiling water with a little salt and 1 tsp oil. Simmer until firm but cooked (al dente!). Remove pan from heat, drain and rinse macaroni in cold water. Return to pan and add tomato sauce. Mix well. Place half macaroni mixture in a greased dish' 10" x 12". Season with salt and pepper.

Spread half the corned beef on top and sprinkle with cheese. Add the remainder of the macaroni mixture and then the remainder of the corned beef. Pour over beaten eggs and add more seasoning, if you wish. Sprinkle with remaining cheese. Cook in a preheated oven at 170 deg C for 1 -1 1/4 hours. Leave for 10 minutes before eating.

INSECTIVOROUS

KUMBIKUMBI (Flying Ants)

Ingredients: Flying Ants, Salt, Oil

These are in fact the dispersal stage of termites and can be collected in great numbers at the beginning of the Rains! Once collected (a fun way to spend an evening!) fry the ants dry, remove from the pan and winnow to remove wings.

Pick over carefully to remove any stones and remaining wings. Heat the pan with or without oil, add the ants and a little salt. Fry until ready. Serve as a relish or tasty snack.

LAKE FLY AND GROUNDNUT SAUCE

Ingredients: 1 Cake of dried lake flies, Onions, Tomatoes, Groundnut paste

These swarm once a month, at the time of the new moon, forming huge clouds over the lake. Apparently they are highly nutritious, being rich in protein and calcium and containing six times as much iron as ox liver!

Catch your lake flies and squeeze together in cakes which can then be dried. Break the cake into pieces and boil in a little salted water until soft. Add onions, tomatoes, oil and groundnut paste. Cook gently for a few minutes and serve with rice.

NB: If you are wondering how to catch these insects here are some hints.

Kumbikumbi can be caught by placing a pressure lamp outside early in the morning (4 am - 5 am). They should be grabbed in handfuls and put in a bowl of water.

Lake flies can be caught by swinging a damp basket around your head, the sticking insects should then be scraped off and plunged into boiling water.

When in season, grasshoppers (senene) can be substituted for kumbikumbi.

SAUCES AND DIPS

PEANUT AND SPINACH SAUCE

KC

Ingredients: Peanuts - roasted, skinned and pounded into peanut butter.
Onions, Tomatoes, Spinach, Herbs and Spices

Fry onion and add tomatoes, cook until a sauce is formed. Add peanut butter, herbs and spices (chilli). Stir until a creamy sauce is made. Add washed and finely chopped spinach and simmer until tender. Serve with rice or pasta.

* * Pumpkin leaves can be used

SWEET AND SOUR SAUCE

KC

Ingredients: Vinegar, Sugar, Soy Sauce, Onion, Oil, Pineapple flesh and juice,
Lemon juice, Stock/water, Salt, Cornflour.

Fry the finely chopped onion. Add other ingredients according to taste. If the sauce is too thin, add a little cornflour paste (mix with a little water). Serve with meat or vegetables.

MAYONNAISE

Ingredients: 1 Egg yolk, 1/4 pint Oil, Salt and pepper, Vinegar

Add the oil drop by drop to the egg yolk and season, stirring carefully. When thick, add a little vinegar. Continue to add oil and vinegar until the desired consistency is reached.

CHUMBALI / KACHUMBARI

Ingredients: Tomatoes, Onions, Lemon juice, Salt, Chilli powder.

Peel and chop onions and tomatoes finely. Squeeze in some lemon juice. Add salt and then squash all the ingredients together, using your hands. Add chilli pepper - a pinch should be enough.

COLESLAW

Cabbage, Onion, Pepper, Carrot, Nuts, Pineapple

or any other ingredients. French Dressing or Mayonnaise.

Finely chop prepared vegetables and fruit (don't forget to wash thoroughly, first!). Add the dressing or mayonnaise and serve.

FRENCH DRESSING

Beat together 4 tbsp oil, 2 tbsp vinegar, 1 tbsp finely chopped onion, salt and sugar and serve immediately.

AVOCADO DIP

1 Ripe avocado
1 Large tomato
1 Hard boiled egg
Garlic, salt and pepper to taste
Chilli - deseeded and finely chopped (optional)

Scoop out flesh from avocado, chop up egg (minus shell, of course!), tomato and garlic. Mix together and add salt, pepper and chilli as required.

YOGHURT DIP

2 cups Yoghurt, 1 small Cucumber, Salt and black pepper to taste.

Put yoghurt in a dish. Peel cucumber and dice very finely. Mix cucumber, salt and pepper with the yoghurt. Delicious on pitta bread, on bread gently warmed in the oven or on any bread for that matter.

YOGHURT DRESSING - Makes 1/4 pint

1/4 pint Natural yoghurt, 1/4 pt Raw brown sugar (honey), 1/2 tsp Juice and rind of a Lemon, 1 tbsp Finely chopped onions, Salt and pepper to taste.
Combine all ingredients together and season to taste.

PIQUANT DRESSING - Makes 1 pint

1/3 pt Oil, 1/3 pt Vinegar, 100 mls Water, 2 tbsp Chopped Onion, 2 tsp Brown sugar, 2 tsp Paprika, 1 tsp Soy Sauce, 2 tsp Salt, 1/2 tsp French Mustard, 1/2 tsp Pepper to taste.

Put all ingredients in a screw top jar and shake. Store in fridge and use when needed.

BEAN PATE

6 cups of your favourite Beans (eg red kidney beans)
10/15 Cloves of garlic Salt and pepper to taste A little milk or water

Wash beans, put in pressure cooker, cover with water and cook at high pressure for 30 minutes, or until soft: Peel the **cloves** of garlic and cut into tiny pieces.

Drain cooked beans, put into a sufuria and mash them. Add garlic, salt and pepper, mixing all the ingredients together. Add a little water to the mixture and bring it gently to the boil, stirring frequently, until most of the water has been boiled away. Remove from heat and add a little milk, yoghurt or water. Stir gently to form a rich, creamy mixture.

PUDDINGS

CARAMEL CUSTARD

BBO/KC

Ingredients: 5 tbsp Sugar, 3 tbsp Water, 3/4 pint Milk, 2 Eggs and 1 egg yolk

Dissolve 3 tbsp sugar in the water and heat until it is golden brown, then pour the liquid into a bowl or tin and coat the base and sides.

Using the same saucepan as was used for the caramel, warm the milk. Pour milk into the beaten eggs and add remaining sugar. Pour mixture into the container and cover with a cloth secured with string. Put in a pressure cooker with a trivet and 1/2 pint of boiling water. Bring to high pressure for 3 minutes. Reduce pressure slowly. Leave to cool before turning out.

FRUIT SALAD AND AVOCADO

Peel and cut 1 large, or 2 small, avocado into small cubes. Slice up 8 bananas. Squeeze approx 4 oranges, add a little sugar, and pour the juice over the bananas and avocado.

BAKED PEARS

BBO

Core pears and put into a baking tin with a little water. Add some butter or margarine and sugar to the middle of the fruit. Bake until tender, approx 20-30 minutes, at 190 deg/200 deg C.

If you can find apples, these can be used instead!!

LEMON MERINGUE PIE

BIIC

BBO

Ingredients: 6 oz Shortcrust pastry
Rind and juice of 2 lemons
1/4 pt Water
3 oz Honey
3 tbsp Maize flour
2 Eggs, separated
3oz Brown sugar

Roll out the pastry and line a pie plate or 8" sandwich tin. Bake blind at 300 deg C for 15 minutes. In a saucepan, mix the lemon rind, juice, water, honey and maize flour.

Bring to the boil, stirring, and cook until it thickens. Remove from the heat, cool slightly and add egg yolks. Spoon into pastry case. Whisk egg whites until they stand in peaks, whisk in sugar, a spoonful at a time, Bake in the oven at 170 deg C for about 20 minutes. Leave to cool before cutting.

BANANA BANOFFEE PIE

KC BHC

Government Warning - This recipe is seriously bad for your teeth!!

Ingredients: Base - 15 Ginger nut or digestive biscuits, crushed
 2 tbsp Margarine
 Middle - at least 5 sweet Bananas
 Topping - 1 tin Condensed milk

Melt margarine and mix in the crushed biscuits. Press into the bottom of a medium sized greased sufuria and leave to cool. Mash bananas and spread on top of cooled biscuit base. Pierce the lid of condensed milk and place in a pan of water so that the water reaches the top. Cook for 4 hours!!

Alternatively - grease a sufuria, pour in condensed milk and boil for about 15 minutes until 'toffee-like' in consistency. Stir continuously. Pour toffee on top of banana and leave to cool.

Note: You will need a good brillo pad to clean sufuria!

BANANA FRITTERS

KC

Ingredients: 1 Ripe, sweet, banana, 1 Egg, 1 tbsp Sugar
 3 tbsp Flour, 1/2 tsp Baking powder, Oil

Sieve dry ingredients and mash banana. Beat egg and banana with the flour, until smooth. Heat oil in a pan. Drop in spoonfuls of the mixture and fry until golden. Drain and sprinkle with sugar.

HOMEMADE ICE - CREAM

KC and a Freezer

Ingredients: 1 Cup sugar
 1/4 Cup flour
 2 Beaten eggs
 1 tbsp Vanilla essence
 Pinch salt
 4 cups Milk

Combine sugar, flour and salt in a medium sufuria. Gradually stir in half of the milk. Cook and stir over a medium high temperature until mixture thickens and bubbles. Reduce heat, cook and stir for one minute.

Remove from heat, gradually stir in about one cup of milk mixture into the eggs. Return to saucepan. Cook and stir over a low heat for one minute. Stir in vanilla and remaining milk. Pour in suitable container and freeze.

Reminder: Boil milk first and also do not forget that it is a little risky to eat raw uncooked(ish) eggs.

BANANA MOUSSE

Ingredients: Maize flour, Water/milk mix. Sugar, Mashed bananas

Mash bananas until liquid like. Make up a not too thick **udgi**”Uji” (porridge) using the maize flour, water/milk and sugar. Stir in bananas and leave in a COOL place to set.

RICE PUDDING

BBO

Ingredients: 3 tbsp Rice, 1 level tbsp Sugar, 1 pt Milk, Grated Nutmeg

Put rice in a greased sufuria with the sugar and milk. Sprinkle nutmeg on top. Cook at 140 deg C until rice is tender - about 3 hours. When cooked, add mashed bananas and nuts to make it a little more interesting!

PANCAKES

KC

Ingredients: 1/4 lb Flour, 1 Egg, 1 oz Fat, 1/2 pt Milk and water, 1/4 tsp Salt

Mix flour and salt. Make a hole in centre and add egg and half the milk. Beat into a smooth paste for 5 minutes. Add rest of milk, mix well and allow to stand for 30 minutes.

Melt a little fat in frying pan. When hot pour in enough batter to thinly coat the pan. Fry pancake until golden brown. If you are brave enough - toss it onto the other side.

Sprinkle with sugar and lemon juice. Serve at once rolled up .

SPONGE PUDDING

KC Yummy

Ingredients: 2 Eggs, 3 oz Sugar, 2 oz Butter, Milk, 4 oz Flour, 2 tsp Baking Powder

Cream butter and sugar and add beaten eggs. Add flour and moisten with milk to a soft dropping consistency, Put a little jam or marmalade in the bottom of a plastic, greased basin. Add mixture - it should come about halfway up basin. Cover with greased greaseproof paper and a cloth. Place on a trivet and half fill pressure cooker or sufuria with water.

If using sufuria, steam for one hour.

If using pressure cooker, use lid without weight for 15 minutes, then add smallest weight and cook at pressure for **30** minutes

* * Serve with more jam/marmalade and custard. Alternatively put honey and pineapple on the bottom of the basin, before cooking.

FRUIT CRUMBLE

BBO

Prepare 1 kg fruit eg plums, pineapple, mangoes. Place in a sufuria with some sugar and 1/4 to 1/2 cup of water. Boil for 2-5 minutes depending on the texture of the fruit -it should be tender but not mushy.

In a bowl, sieve 3 cups of flour and then rub in 1/4 cup of margarine, until mixture resembles breadcrumbs. If you wish you can also add a little cinnamon. Add 1 cup of sugar and then pour over fruit. Cook in oven at 200 deg C for 30 minutes.

Serves 4 but it really depends if you have piggish tendencies!

BAKED CUSTARD

KC/BBO

Ingredients: 2 Eggs, 1/2 pt Warm milk, 1 dsp Sugar, Vanilla essence, Nutmeg

Beat eggs and add the rest of the ingredients slowly, beating continuously. Pour into a greased dish and sprinkle with nutmeg. Bake in the oven for 30-40 minutes at 160 deg.

This dish can also be steamed in a sufuria. It can also be flavoured with chocolate.

MANGO AND PASSION FRUIT BOMBE

BHC

This recipe requires a fridge and an adequate supply of electricity.

Ingredients: 400 grms Caster sugar
2 Mangoes, peeled, stoned and chopped
3 Passion fruit, halved
3 Egg whites
1 litre Water

Heat sugar and water in a saucepan until the sugar has dissolved. Mix half of this syrup with the mango until smooth. Pour into a freezer proof container. Scoop out passion fruit and mix the contents with the remaining syrup. Leave to stand for 10 minutes. Pour into freezer proof container. Freeze both mixtures until slushy (2/3 hours). Beat with a fork to break ice crystals. Whisk egg whites until stiff and fold into each sorbet. Spoon back into freezer proof containers and freeze for 8 hours.

Line a 2 1/2 pt pudding basin with cling film (not absolutely necessary) and press the mango sorbet along the sides of the basin. Freeze for 30 minutes. Spoon passion fruit sorbet into centre, pressing down slightly. Freeze for at least 1 hour before serving and turn out 15 minutes before needed.

Remember: You are using uncooked egg whites so there is a little bit of a risk in making this but we survived.

"FRIDGE" RECIPES

YOGHURT

Mix 2 tablespoons of live, unsweetened yoghurt, with a pint of lukewarm, boiled milk. Put in a non metallic basin or Thermos flask, Cover and leave in a warm place overnight. Refrigerate and remember to keep back 2 tablespoons to make the next batch.

SOFT CHEESE/COTTAGE CHEESE

Version A:

Tie yoghurt in a thin cloth and hang in a cool place overnight (longer, if necessary) to drain excess liquid. Take the 'cheese' out of the cloth and mix in a little salt,

Version B

When milk goes sour don't throw it away. Leave for a couple more days until it becomes lumpy, lie in a cloth and continue as in A.

CAKES

BBO and KC

Cakes and biscuits can be successfully cooked without an oven, either on kerosene or charcoal stoves/ovens. They should be put in a well greased tin which is then treated in one of the following ways.

- 1 Place the cake or biscuits inside a pressure cooker which has its trivet in. Put the lid on without the weight. Cook over a low heat.

OR

- 2 Place the tin inside a larger tin which has a layer of sand in its base. Again cook at a low heat.

To test if a cake is cooked, use a clean bicycle spoke - if it comes out of the cake dry and clean then it is ready. Don't check too often, though, as the cake will sink!

BANANA AND NUT CAKE

Ingredients: 1 cup Sugar
1/2 cup of Margarine
2 cups Flour
1 cup Mashed bananas
1/2-3/4 cup of Nuts
2 Eggs
2 tsp Baking Powder
1/2 Salt
Cinnamon/spices (optional)

Cream together the sugar and margarine until soft. Add the beaten eggs and mashed banana. Sieve in the dry ingredients, including the nuts. Stir together to form a cake mixture. Put in a greased tin and cook for 1-1 1/2 hours in either of the ways mentioned above.

BANANA CAKE

Cream together: 1 cup of margarine, 1 cup of sugar and 2 eggs and then add 1/2 cup milk and 2 mashed bananas. At this point the mixture may curdle - Hamna shida. Sieve and blend in 2 cups flour, 1 tsp baking powder and a pinch of salt. Bake in a medium greased sufuria for approx 1 hour at 180 deg C.

BANANA BREAD

Cream together 1 cup sugar, 1/2 cup margarine, 2 beaten eggs and 1 cup mashed bananas. Sift together 1/2 tsp salt, 1 tsp baking powder and 2 cups flour. Add creamed mixture and mix well. You can also add 1/4 -1/2 cup chopped nuts, if you wish. Put in a greased sufuria and bake for 1 hour at 175 deg C.

MANGO CAKE

Ingredients: 2 Unripe mangoes
1 cup Sugar
2 cups Flour
2 Eggs
2 tsp Baking powder
1/2 tsp Salt
1/2 cup Margarine

Cream the sugar and margarine until soft. Add the beaten egg and sieve in the dry ingredients. Stir to form a thick cake mixture. Peel and chop the mangoes. Place 3/4 of cake mixture into a greased tin and then layer the fruit on top. Pour the rest of the mixture on top. Cook at 180 deg C for 45/60 minutes.

PINEAPPLE UPSIDE DOWN CAKE

Ingredients: 1 large slice pineapple
Sufficient honey to cover the bottom of a medium sized, greased, sufuria
1/4 cup Margarine
1/4 cup Sugar
1 Egg
1/3 cup Flour
2 tsp Baking powder
Pinch of Salt
1 1/2 cups Milk

Place pineapple and honey in sufuria. Cream together margarine, sugar, egg and flour. Sieve and blend in baking powder, salt and milk. Spoon this mixture onto the honey and pineapple. Bake in a preheated oven at 180 deg C for 25 minutes

SWEDISH TEA RING

BHC

Mix together 1 tbsp dried yeast, 6 tbsp warm milk and 1 tsp sugar and leave for 15 minutes until it becomes frothy. Sieve together 2 cups of flour, 1/2 tsp salt, 1/4 cup of melted margarine, 1 beaten egg and 1/3 cup sugar. Add to yeast mixture and mix to a smooth dough. Knead for about 10 minutes until smooth and elastic.

Place in a bowl, cover with a damp tea towel and leave for about 2 hours to rise. Turn out and knead for about 2 minutes then roll out into an oblong 18" x 10". Spread with honey -leaving 2.5 cms/ 1" border on one side. Brush the border with water. Sprinkle ground cinnamon over the honey. Roll up widthways, (like a swiss roll) and seal along the dampened edge. Place on a greased baking sheet with the seam underneath and form into a ring, joining the ends together. Using clean scissors, make slanting cuts 2/3rds of the way through at 2.5 cm/1" intervals, turning each section slightly on its side. Cover and leave in a warm place for about 30 minutes. Bake at 200 deg C for 30 minutes.

To glaze: Boil 2 tbsp milk with 2 tbsp sugar for about 2 minutes. Pour over the ring as soon as it comes out of the oven, leave to cool.

LEMON DRIZZLE CAKE

Ingredients: 2 Lemons
2 cups Flout
1 cup Sugar Salt
1/2 cup Margarine
2 Eggs
2 tsp Baking Powder
2 tbsp Icing sugar or glucose

Cream together the sugar and margarine until soft and then add the beaten eggs and dry ingredients. Next add the juice and grated rind of one lemon and mix into a thick cake mixture. Put into a well greased tin and bake as above.

When cooked, dissolve the icing sugar in the juice of the remaining lemon. Make little holes in the cake and pour over the 'drizzle' so that it sinks into the cake. Pour a thicker mixture on top, like icing.

** Normal sugar can be used when dissolved in a little boiling water.

** Can also be made with oranges.

HONEY CAKE

Ingredients: 1/3 pt Clear honey
1/2 tsp Mixed spice
1 oz Blue Band
1/4 tsp Ground nutmeg
6 oz Whole meal flour
1/4 tsp Ground cinnamon Salt
3/4 tsp Bicarbonate of Soda
1 Egg
3 tbsp Milk
3 tbsp Chopped peanuts

Heat margarine and honey until margarine has melted. Remove from heat, beat in the flour, salt, spices and egg. Mix in the bicarbonate of soda and milk. Put into a greased cake tin, sprinkle the nuts on top and bake in the oven at 180 deg C for 25/30 minutes.

CARROT CAKE

Yummy

Ingredients: 6 oz Carrots, finely grated
2 Eggs
4 oz sugar
75 mls Oil
4 oz Wholemeal flour
1/2 tsp Baking powder
1 tsp Ground cinnamon
1/2 tsp Ground nutmeg
1 oz Grated coconut

Whisk eggs and sugar until thick and creamy. Whisk in the oil slowly, then add the remaining ingredients, mixing evenly.

Spoon into a greased and lined medium size sufuria. Level the mixture using a knife. Cook at 190 deg C for 20/25 minutes until firm and golden.

VEGAN CHOCOLATE CAKE

Ingredients: 10 oz Flour
2 oz Cocoa
3 tsp Baking powder
8 oz Sugar
9 tbsp Oil
12 Fl oz water (1/2-2/3 pt)

Sieve all the dry ingredients together and stir in the oil and water until you have a stiff cake mixture. Spoon into a greased medium sized cake mixture. Cook for 1 hour at a low heat as explained at the beginning of this section.

"THE BEST CHOCOLATE CAKE IN THE WORLD"

Cream together: 1 cup margarine, 1 1/4 cups Sugar, 2 Eggs and 1 tsp Vanilla essence (optional).

Next, sieve and blend together: 7 1/2 tbsp Cocoa, 2 1/2 cups Flour, 1 1/4 tsp Baking Soda, 1/2 tsp Salt, 1 cup hot/warm water.

Mix the creamed and sieved mixtures together and then bake in a large greased tin for between 45/60 minutes in an oven preheated to 180 deg C.

* * **Now** there is a debate going on amongst VSOs as to whether 7 1/2 tbsp of cocoa is too extravagant. Some people say leave it in so I have done so, as requested. For those who can not afford this extravagance here are some alternatives.

- a) 4 tbsp Cocoa and 4 tbsp Milo
- b) Mash 3 small bananas and add to mixture which has, maybe, 4 tbsp of cocoa already in the mixture.

GINGERBREAD

Sieve together 1 1/2 cups flour, 1 1/3 cups sugar, 2 tsp baking powder, 1 tsp powdered ginger and a pinch of salt. Mix together 1/4 cup margarine and 1/2 cup boiling water. When the margarine has melted add 1/2 cup honey. Stir into the flour mixture and mix well. Bake in a medium sized, greased, sufuria for about 30 minutes at 170 deg C.

MARMALADE LOAF

Serves 6

Ingredients:	10 oz Plain flour	3 oz/75g Brown sugar
	2 tsp Ground ginger	5 tbsp Marmalade (see recipe)
	2 tsp Baking powder	2 Eggs
	3 oz Butter	3 tbsp Milk

Preheat oven to 180 deg C. Grease a medium sized sufuria. Sift flour, ginger, baking powder into a bowl. Rub in butter until mixture resembles breadcrumbs. Add remaining ingredients. Beat well and spoon into greased sufuria. Cook for 1 1/4 hours until risen. Leave to cool for 15 minutes before removing from tin.

SPICED BREAD PUDDING

Serves 6

Ingredients: 12 oz White bread, crusts removed
400 mls Milk
30g Melted butter
4 oz Light brown sugar
2 tbsp Mixed spice
2 Beaten eggs
7 oz Mixed fruit: mangoes, pineapple etc
1 Orange
1/2 tsp Grated nutmeg

Preheat oven to 180 deg C. Grease a medium sized sufuria. Soak bread in milk and leave to stand for 30 minutes until milk has been absorbed. Use a fork to break up any lumps and beat mixture. Stir in remaining ingredients. Place in sufuria.

Cook for 1 1/4 hours until golden and firm to touch. Transfer to wire rack and allow to stand for 15 minutes. Cut into squares.

FRUITBREAD

Ingredients: 1/2 pt Strained tea
1 lb Mixed dried fruit, whatever you can get
8 oz Sugar
1 lb Flour
4 tsp Baking powder
1 Egg
2 tbsp Marmalade

Pour tea over fruit and sugar. Leave to soak overnight. Add the rest of the ingredients and mix well. Spoon into greased sufuria and cook for 1 1/2-2 hours at 180 deg C. Serve sliced with butter.

BREAD, SCONES AND BISCUITS

BASIC BREAD DOUGH RECIPE

Ingredients: 3 cups Wheat flour
1 1/2 cups Water
2 tsp Sugar
2 tsp Yeast
1 dsp Oil or fat
Salt

Put yeast in a cup of lukewarm water (2/3 cold to 1/3 hot), together with the sugar. Set aside for about 10 minutes. Sieve flour, add salt and then the oil or fat. Once the yeast mixture has started to ferment and all the yeast granules have dissolved, add to flour mixture.

Add sufficient remaining water until a soft, but not damp, dough is formed. Knead, and set aside in a warm place (Africa!!), covered with a cloth, to rise. Once dough is well risen cook in one of the following suggested ways.

1. Pressure Cooker Loaf or Rolls

When dough has risen once and been re-kneaded and reshaped, grease the inside of your pressure cooker and place inside. A single piece of dough will give a large, round loaf or you can make 6/7 rolls and fit them inside. Allow dough to rise a second time in the pressure cooker. (NB If time is short then dough can be left to rise just once in the pressure cooker only).

The pressure cooker should then be placed over a low heat on either a charcoal or kerosene stove with the lid on but no weight. Cook for 10/20 minutes until it begins to smell cooked. Turn loaf over to brown the top. When the loaf is golden brown on the top and bottom and sounds hollow when tapped, it is cooked. When cool, the loaf can be stored in the pressure cooker with the lid on to keep it fresh.

2. Charcoal Jiko Loaf

The dough should be reshaped and placed in a greased sufuria and allowed to rise. Once risen, the sufuria should be placed inside a larger sufuria which has a layer of sand in the bottom. This should be put onto a medium-low charcoal stove, with a lid on it. Hot coals should be put on the lid in order to provide heat from above. Once the loaf begins to smell cooked, it should be checked. When golden brown and hollow sounding when tapped, it is ready.

3. Fried Bread Rolls

Shape prepared dough into rolls and allow to rise for about 20/30 minutes. Heat some oil or fat in a frying pan and, when hot, place the rolls in it. Cook for about 5/10 minutes, turning occasionally, until the rolls are golden brown on both sides and sound vaguely hollow when tapped. These rolls are best served immediately.

4. Pitta Bread - A pleasant alternative and easy

Make the bread dough following the basic recipe but, before allowing to rise, roll the dough into a long sausage shape and cut into 12 equal pieces. Knead each piece and roll into a small ball. Leave these to rise. Roll each risen ball into a flat circle about 6/8 inches in diameter. Leave to stand for a further 30 minutes to puff out a little. Heat the pressure cooker on a hot stove and, once puffy, place a circle of dough in the bottom.

/contd

Cook for about 2/4 minutes on each side until golden brown. Best if served immediately.

Alternatively, put pitta bread into a hot oven and bake each side for 2-3 minutes until both sides are golden brown.

5 Hot Cross Buns

To the basic bread dough ingredients, add 1 beaten egg, 1 oz sugar, pounded and sieved cinnamon and, if available, sultanas, destoned and dried grapes or dried pieces of jack fruit. Make up the dough, knead, leave to rise and then shape into rolls. Place these inside the greased pressure cooker and leave to rise once more. Cook as for pressure cooker rolls (recipe 1).

SPICY BREAD

Ingredients: 1 tbsp Chopped onion
1 Green chilli, deseeded and chopped
1 tsp Curry powder
11 oz Flour
2 1/2 tsp Baking powder
1 oz Margarine
1/4 tsp Cayenne pepper Salt
1/4 pt Milk

Preheat oven to 190 deg C. Heat oil in a pan, add onion and chilli and cook for 5 minutes. Add curry powder, stir and cook for 1 minute. Sift flour and baking powder into a bowl and rub in margarine.

Stir in cayenne pepper, salt and cooked onion mixture. Add milk and mix into a soft dough. Knead the dough lightly on a floured surface and shape into a circle. Slash the top of the dough and place on a greased baking tray. Bake for 45 minutes. Leave to cool. Serve slightly warm.

IRISH SODA BREAD

Ingredients: 2 cups Flour
1/4 cup Fat
1 1/2 tsp Baking Powder
1/2 tsp Bicarbonate of Soda
1/2 tsp Salt
1 tbsp Sugar
1 Egg
2/3rd pt Milk

Sieve flour and add the other dry ingredients. Mix in the fat with a knife then add beaten egg and milk to form a dough.

Shape into a round loaf and place inside a greased pressure cooker, using the base of the pressure cooker as a griddle, and not adding the lid. Cook for about 10 minutes on each side, over a low-medium heat, until the loaf is golden brown and sounds slightly hollow when tapped.

POTATO SCONES

Ingredients: 8 oz Cooked potato, 2 oz Flour, 1 dsp Milk, 1 1/2 oz Margarine, Salt

Mash the potato with the margarine, milk and salt. Beat until smooth. Add flour to form a stiff dough. Roll into round cakes. Heat the base of a pressure cooker and when hot put in the scones. Bake on both sides until brown. Serve immediately with butter or margarine.

CORN BREAD

Ingredients: 2 cups Cornflour
2 1/2 tsp Baking powder
1/2 tbsp Sugar
1 Egg
1 cup Milk
2 tbsp Oil or melted fat
Salt

Sieve flour and mix with the other dry ingredients. Add beaten egg and milk and mix to form a dough. Shape the dough and put into a greased pressure cooker. Cook, without a lid, over a low-medium heat, until the underside is brown, about 10/15 minutes. Turn loaf over and cook the other side in the same way.

CHAPPATIS

Ingredients: 8 oz Flour, 1 tsp Salt, Approx 1/4 pt Water

Mix flour and salt together. Add sufficient water to make a stiffish dough. Divide into small balls and roll out thinly. Heat the oil in the pan until it smokes. Fry the chappatis until bubbles appear on the surface, turn and brown the other side, adding another drop of oil, if needed. Keep chappatis warm by wrapping them in a cloth or stack them in a closed pressure cooker.

GRIDDLE SCONES

Ingredients: 8 oz Flour
4 oz Margarine
2 tsp Baking powder
3 oz Sugar
Pounded cinnamon Grated
lemon rind
Sultanas or destoned and dried pieces of jackfruit, etc (if available)
Milk

Rub the fat into the flour and add the other ingredients, mixing with the milk to form a soft dough. Roll out the dough and cut out scones, using a glass. Heat the base of the pressure cooker for 5-10 minutes. Reduce the heat to low and place the scones inside the pressure cooker. Cook until they are brown on each side. Best when eaten hot.

DROP SCONES

Ingredients: 2 cups Flour, 3 tsp Baking powder, 1/2 tsp Salt, 2 tbsp Sugar, 1-1 1/2 cups Milk, 1 tbsp Margarine, 1 Egg

Sieve together the dry ingredients and make a well in the middle. Add the milk and beaten egg. Beat to form a thick batter. Heat the base of a lightly greased pressure cooker and drop spoonfuls of the mixture onto the greased surface.

Cook until bubbles form. Turn the scones over and cook the underside until golden brown. Makes about 10/12 scones.

CHEESE SCONES - Makes approx 12

Ingredients: 4 cups Flour, 5 tsp Baking powder, Grated Cheese, 1/4 cup Milk,
Pinch of salt

Sieve together the dry ingredients and rub in margarine. Mix in the milk and cheese to form a stiff dough. Heat the base of a pressure cooker and, when hot, turn the heat down low. Shape the scone mixture into rounds and place in the cooker. Cook until the scones are brown on both sides. Alternatively, bake in the oven at 220 deg C for 15 minutes.

Variations: The scones can be made without cheese and left plain, or herbs can be added. If plain, make sweet by adding 3 tbsp sugar after rubbing in the margarine.

ENGLISH MUFFINS

Ingredients: 2 cups Flour, 1/4 cup Milk, 1/2 cup Water, 1 1/2 tsp yeast,
1 tsp Sugar, 3 tbsp Margarine

Put the yeast into the 1/2 cup of warm water and allow to dissolve and ferment. Add this to the milk, sugar, salt and 1 cup of flour. Leave this batter to rise in a warm place. Once risen, add the rest of the flour and the margarine and knead into a soft dough. Roll out and cut into rounds about 1/2 -1 inch high, using a glass.

Leave to double in size. Cook them on the base of a preheated pressure cooker which has been lightly greased. Cook until brown then turn and cook the other side. Once cooked, split the muffins and toast on a fork over a glowing charcoal stove. Serve freshly toasted with lots of margarine or butter.

CINNAMON TOAST

Ingredients: Bread, Margarine or butter, Sugar, Cinnamon, Nutmeg, Lemon peel.

Pound cinnamon and stir into margarine or butter. Add sugar, grated lemon rind and nutmeg. Slice the bread and place on a grill over a low charcoal stove. Toast on one side and then remove. Spread a generous helping of the margarine mixture on the cooked side and then return the bread to the stove to toast the other side. When the second side is toasted and the margarine has melted, eat it!!!

TORTILLAS

Ingredients: 2 cups Cornflour, 1-1 1/2 cups of warm water or milk, 1 tsp Salt,
Chilli powder (optional)

Mix together the ingredients to make a stiff dough. Form into 12 balls, rolling each one out to form a flat circle. Cook them in the bottom of an ungreased pressure cooker. When they are slightly brown and curling at the edges, turn, and cook the other side until puffs appear.

HONEY BUNS

BBO

Ingredients: 170 mls Oil
30 g Brown sugar
1/4 pt Orange juice
1 lb Wholemeal flour
2 tsp Baking powder
Grated rind from 1/2 a lemon
Shelled peanuts

Syrup: 100 mls Honey, 100 mls water, 4 oz Sugar

Place oil, sugar, orange juice, baking powder, flour and lemon rind in a basin. Work into a soft dough. Shape into 12 ovals and top each one with a peanut. Bake at 190 deg C for 20 minutes until golden and firm.

Meanwhile, put the syrup ingredients into a saucepan. Heat gently until sugar has dissolved. Bring to boil and boil for 5 minutes. Spoon over the buns and leave to soak in for 15 minutes.

** Make sure you do this last stage on top of the baking tray!

HONEY OAT BARS

BBO

These flapjack style bars are easy to make and delicious served hot as a dessert or cold as a cake/snack. Once made, keep them chilled and then warm through in the oven.

Ingredients: 6 oz/150 g Rolled oats
12 oz/300 g Sultanas, chopped mangoes or plums
5 oz/125 g Self raising wholemeal flour
6 oz/150 Brown sugar
3 oz/75 g Coconut
10 oz /275 g Soya/Vegetable margarine
2 tbsp/30mls Honey

Mix together oats, sultanas, flour, sugar and coconut/Melt margarine and honey over a gentle heat. Mix into dry ingredients. Press into a greased tin approx 12" x 10" (grill tray of Baby Belling). Bake at gas mark 4 (350 deg F/180 deg C) for 15/20 minutes. Cut into bars while still hot. Makes approx 24 bars

TOFFEE NUT CRUNCH

KC

Ingredients: 1 cup Sugar, 1 cup Butter, 3 tbsp Water, 1-1 1/2 cups Nuts

Heat sugar, butter and water together and boil rapidly for 10 minutes. When the mixture is hard and thick, add the nuts. Turn the mixture into a well buttered tin and dust with icing sugar or ground nuts. When set hard, break into pieces.

SHORTBREAD

BBO or KC

Ingredients: 6 oz Flour, 4 oz Margarine, 2 oz Sugar, Salt

Rub the margarine into the flour. Add a pinch of salt and the sugar. Mix until a putty like mixture is reached. Place in a well greased tin so that the mixture is 1/2" thick. Cook over a low heat or at 150 deg C for 45 minutes until slightly brown and crisp.

PEANUT COOKIES - Makes up to 30

BBO/KC

Ingredients: 2 cups Flour
2/3 cups Sugar
2 tsp Baking powder
1/3 cup Margarine
4 tbsp Honey
1/2-1 cup Peanuts
Milk

Sieve together dry ingredients and rub in margarine. Stir in honey, peanuts and enough milk to form a firm dough. Leave for about 1 hour to become firm. Shape the mixture in flat circles and place on a greased baking tray. Cook at 190 deg C for about 15 minutes until golden, or place the baking tray on to another with sand between. Cook over a low heat, turning the biscuits over when the underside is brown.

Alternatively: exchange 2/3 tbsp flour for cocoa or 1 tbsp ginger.

JAMS AND PRESERVES

PAPAI JAM

Ingredients: Skinned papai
Sugar -1 cup for each cup of papai
Juice of 1 lemon for each cup of papai
Ground ginger

Cut papai into small pieces and mix all the ingredients together, cover and leave overnight. Next day boil until setting point has been reached. Allow to cool a little and then put into jars.

** Be careful not to use too much sugar or you will end up with papai toffee!

MIXED JAM

Ingredients: 1 Orange, 1 Lemon, 1 Pineapple (small)
1 Slice papai, 1/2 Bananas, Sugar

Peel the pineapple, papai and bananas. Squeeze the juice from the orange and lemon and grate the rinds. Mash all the fruit and then add the same weight of sugar. Boil quickly for 15/20 minutes. Pour hot into warm screw top jars and close top when jam is still very hot.

GREEN TOMATO JAM

Ingredients: 1.3kg Firm green tomatoes,
1 1/4 lb Sugar
1 tsp Lemon juice (grated)
A few drops vanilla essence

Wash and cut tomatoes into small pieces. Put them in a heavy bottomed pan with a little water. Cook until tomatoes are tender. Mash to a thick puree, discarding any seeds and skin. Place puree back in the pan and add sugar. Cook over a low heat until sugar has dissolved. Boil rapidly for 20 minutes or until the mixture reaches setting point. Add the lemon rind and vanilla essence and store in sterile jars.

BANANA MARMALADE

Nice to eat hot with freshly made chappatis.

Ingredients: 10 ripe Bananas
1 lb Sugar
2 Cups water
1 Lemon or lime

Peel and chop bananas into small pieces. Heat sugar and water to a one thread syrup. Cut the lemon into thin strips. Add banana and lime to the syrup and cook rapidly for about 20 minutes until thick and setting point is reached. Cool and bottle.

ORANGE MARMALADE

Ingredients: 1 lb Firm oranges, 1/2 Lemon, 1 lb Sugar, 1 pint water.

Squeeze juice from oranges and lemon, then cut the rind into quarters. Tie pips in a gauze bag and boil in the water with the rind until the rind is tender (or for 10 minutes at medium weight in a pressure cooker).

Remove the rind and pips and allow to cool. Cut the rind into small strips and return to pan. Add sugar and juice, stirring over a low heat until the sugar has dissolved. Boil rapidly for 20/30 minutes until marmalade reaches setting point. Pour into warm screw top jars and close while marmalade is still hot.

Alternatively: You can substitute the oranges with grapefruit, lemons or limes.

LEMON CURD

Ingredients: 4 cups Sugar
1/2 cup Margarine
Juice of 3 lemons
Grated rind of a lemon

Put all the above ingredients into a saucepan. Stir well and bring to boil. Remove from heat and allow to cool. When cool add 4 well beaten eggs, stirring continuously until the mixture thickens. Bottle.

SWEET MANGO CHUTNEY

Ingredients: 6 Large mangoes
1 pint Vinegar
2 Onions
1 lb Sugar
2 tsp Salt
Spices - Cinnamon, Cardamom, Ginger, Peppercorns, etc.

Peel and finely chop the mangoes. Bring vinegar to boiling point and add the fruit, sugar, chopped onions and salt. Put the spices in a gauze bag and add to the mixture. Simmer for 2 hours until the mixture is brown and thick. Stir from time to time to stop it sticking. Adjust seasoning according to taste. Remove the gauze bag and pour the mixture into sterile jars.

RIPE TOMATO CHUTNEY

Ingredients: 6 lb Ripe tomatoes
2 Chopped onions
3/4 lb Sugar Salt and pepper
1/2 pt Vinegar
Cinnamon, Ginger, Cloves and Peppercorns

Skin and chop tomatoes. Bring vinegar to boil, together with the spices. Simmer for 5 minutes and then strain. Add tomatoes and onions and boil until a soft thick pulp is reached. Add vinegar and salt and cook to a thick consistency. Bottle.

PEANUT BUTTER

Roasted peanuts, Oil and Salt

Roast peanuts by putting them in the pressure cooker with a little water and salt. Heat until the water evaporates, the skins are brown and the peanuts are popping. Remove skins and pound the nuts to form a soft paste. Taste, add salt and boil. Keep in a well sealed jar.

PICKLED ONIONS

Ingredients: Several piles of tiny onions, Salt, Vinegar, Peppercorns
Cinnamon, Cloves, Ginger, Mixed Spice.

Peel onions and cover with salt. Leave for 24 hours. Then wash thoroughly to remove salt. Pack into sterile jars. Meanwhile, prepare spiced vinegar by bringing vinegar and spices to boil, simmer for 5 minutes and then strain. The vinegar should be cold before it is poured over the onions. Seal jars and leave for a few days before eating. Store in a cool, dark place.

- ** You can use other vegetables such as cucumbers, carrots, cauliflower, etc
- ** Vinegar substitute (acetic acid) can be used.
- ** Vinegar can be recycled by reboiling it.
- ** Jars can be covered with a piece of plastic or cloth tied with string or elastic bands
- ** For more recipes, see Baby Belling Recipe Book, page 73.

DRINKS

WANZUKI (Honey Beer)

Ingredients: 20 litres Boiled water
4 bottles Honey (Sieved for bees and boiled!)
4 level tsp Yeast

Put honey into a STERILE bucket with a tight fitting lid. Boil water and pour onto honey. Leave overnight. In the morning add the yeast and stir. Put on lid and leave for 1/2 weeks letting out gas every day. When bubbling stops, put in STERILE beer or soda bottles with 1/4 tsp of sugar. Drink within 5/7 days.

LEMON SQUASH

Ingredients: 1 litre Water
8 Lemons
Grated rind of 4 Lemons
1 kg Sugar

Boil water and add juice of the lemons, grated rind of 4 lemons and the sugar. Continue to boil until the sugar has dissolved. Take off the heat and cover, leave overnight. The squash can then be bottled in a STERILE bottle. The juice can be drunk straight or diluted with water. It will keep for several days, sealed and in a cool place.

ORANGE SQUASH

Ingredients: Juice and rind of 8 large Oranges and 2 Lemons or Limes
4 lb Sugar (2 kilo) 4 pints Boiling water
3 oz Citric Acid (can be bought in most markets)

Place sugar, juice and rind of the fruit in a large sufuria. Add boiling water and citric acid. Bring back to the boil. Stir well and leave for 24 hours. Strain and bottle.

PINEAPPLE AND GINGER JUICE

3/4 Ripe pineapples *

Peel the pineapples and press the flesh in your hands over a container to catch the juice. Squeeze as much juice as possible. Peel and pound the ginger and add it to the juice, putting it in a covered jug to stand. Strain the juice before serving. It can be drunk straight or diluted with water.

* Test a pineapple by slapping it firmly; if it sounds hollow, like a drum, it will be very watery. If it sounds solid it will be sweet and delicious!

TAMARIND JUICE

Ingredients: 2 piles of Tamarinds (Ukwaju), 1 litre Water

Peel the tamarinds, removing the hard shells. Place the fruit in the pressure cooker with the water. Bring to high pressure for 10 minutes. Strain the liquid and put in STERILE bottle. Drink straight or dilute with water, to taste. This will keep for several days, sealed and in a cool place.

HOT HONEY AND LEMON

Good for colds

Put 1 tsp of honey, 1 tbsp lemon juice and a slice of lemon in a glass. Place metal spoon in glass then pour 1/4 pt of boiling water. Stir and serve. If wished you can always make it a little more exciting by adding whisky or rum.

BANANA MILK

Mash 1/2 ripe bananas, add 1/2 pt of milk and mix thoroughly until smooth. Serve chilled.

YOGURT, MILK AND HONEY

Put 1/4 pt of fresh (boiled) milk and 1/4 pt yoghurt in a bowl. Add 1/2 tbsp honey and blend until smooth. Serve diluted.

* Fruit juice can also be used. Use 100 mls of fruit juice to half the quantities mentioned. Adjust according to taste, of course.

FRUIT JUICE

There are many fruits and vegetables that juices can be taken from. If possible try to find and buy a plastic or glass juice extractor for oranges and lemons.

You can also get juice from tomatoes. Wash, peel and chop tomatoes, put in pestle. Cover pestle with a clean plastic bag and then pound. You can push through a sieve if you want it to be fairly smooth. To improve the flavour, add a little marmite or salt. It combines well with yogurt.

With soft fruit, push through a sieve and add a little water during the process. All fruit juices are best served chilled.

If there are any rich wazungu nearby, maybe they have a juice extractor - an electrical one! If so, you can use it on cucumbers, pineapples, grapes, plums
.. carrots and spinach.

Cookery Book

The Tanzanian Way

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