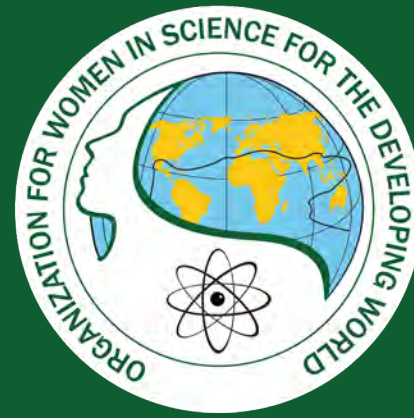


A WORLD OF FLAVOR:

Recipes From OWSD Members Around The World



6TH
GENERAL
ASSEMBLY

Snacks, appetizers, salads, and side dishes

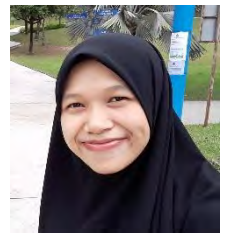
Soups and stews

Main dishes

Breads, desserts, and drinks



Contributed by:
Gita Addelia Nevara
Indonesia



Perkedel Jagung (Indonesian Corn Fritters)

Sweet and savory snack

Ingredients

- 2 fresh corns
- 5 onions (chopped)
- 3 garlic (chopped)
- 1 egg
- 2 scallions (sliced)
- 75 grams of rice flour
- 1 tsp of salt
- 1/2 tsp of pepper

Steps

1. Place corn kernels into a blender or food processor and blend for 10 seconds. Then pour it into a mixing bowl.
2. Add minced onions, minced garlic, thinly sliced scallion, and egg into the mixing bowl
3. Add all-purpose flour, rice flour, salt and pepper
4. Mix gently with a spatula into a thick batter
5. Deep fry ladleful of corn fritter batter into hot oil until golden brown, and drain the fried fritters on a wire rack over a baking tray.



Contributed by:
Dr. Caterin Salas-Redondo
Colombia/Francia



Buñuelos

Breakfast, appetizer, snack

Ingredients

- Vegetable oil for frying
- $\frac{3}{4}$ cup cornstarch
- $\frac{1}{4}$ cup yucca flour or tapioca starch
- 1 cup finely grated feta cheese
- $\frac{1}{2}$ cup finely grated Queso fresco or fresh farmer cheese
- 2 eggs
- $\frac{1}{4}$ teaspoon baking powder
- 2 tablespoons sugar
- Pinch salt
- 1 tablespoon milk

Steps

1. Place all the ingredients, except the oil in a medium bowl and mix well using your hands until soft dough is obtained.
2. Form small balls using your hands.
3. In a deep pot, heat the vegetable oil to 300°F (Warm, not very hot). Carefully drop the balls in the warm oil. Cover the pot and after about 3 to 4 minutes, turn the heat up and fry until golden brown.
4. Remove from the oil and drain on a plate lined with paper towels. Serve.

Contributed by:
Rina Raharinaivo
Madagascar



Godrogodro (Rice cake with coconut)

Breakfast or snack

Ingredients

For 6 persons:

1. 500g rice flour
2. 250g of sugar
3. 1 can of coconut milk
4. Grated coconut
5. Cinnamon

Steps

1. Melt 50g of sugar and add a little water to obtain caramel.
2. On a low fire, make warm water in a pot with the cinnamon. Then add in the rice flour, the rest of the sugar, the caramel, the coconut milk and the grated coconut. Stir from time to time and add a little water each time until you get a thick paste. Then let it cool after cooking.
3. Turn out into a tray and cut into pieces before serving.

*Duration: 10min preparation time and 30min cooking time

Enjoy☺



Contributed by:
Marian Asantewah Nkansah
Ghana



KELEWELE (spicy fried plantains)

Type of dish: (can be used as appetizer, dessert or snack)

Ingredients

500 Grams	Vegetable or palm oil
200 Grams	Ripe Plantain
15 Grams	Red Pepper (Blended)
15 Grams	Ginger (Blended)
15 Grams	All Purpose Season

Steps

1. Peel the ripe plantain, cut into cubes and place in a mixing bowl
2. Grind pepper and ginger
3. Add all purpose seasoning to the mix
4. Pour onto the bowl of cube plantain
5. Deep fry in vegetable or palm oil until desired results



Contributed by:
Aubierge Senami FATONDJI
Benin



Locust chips

snack

Ingredients

200 grams dry locust
1 tsp of salt
red chili powder
3 tsp of oil
1 onion
3 green pepper
½ clove of garlic

Steps

1. clean the locust (remove wings and sifting to remove debris; don't wash with water)
2. put oil in a frying pan over low heat, add locusts and stir until crispy
3. turn off the heat and pour them all in a dish
4. crush green pepper, onion and garlic to obtain a mixture
5. put oil in a frying pan over low heat, add the mixture and fry until brown
6. turn off the heat, add salt and mix
7. pour them all on the locusts, mix and add the chilli to your desire



Contributed by:
Adekemi Titilayo Adesulu-Dahunsi
Nigeria



Masa

Masa is a Nigerian traditional fermented snack produced from maize, it is eaten with granulated sugar.

Steps

1. Cleaning and washing of maize grain
2. Steeping in water for six (6) hours
3. Wet milling
4. Fermentation (overnight)
5. Mixing with wheat flour (4 fermented maize:1 wheat flour)
6. Addition of ingredients (salt, diced onion) to the batter
7. Fry in oil
8. Mix masa with granulated sugar and serve

Ingredients

4 cups of maize

Clean water

2 big size onion

Half tea-spoon of salt (to taste)

75cl of vegetable oil

Miller (Blender)

Granulated sugar (1/2 cup)



Contributed by:
Mabel Ifeoma Onwuka
Nigeria



Cabbage Chicken breast Shawama (appetizer)

Steps

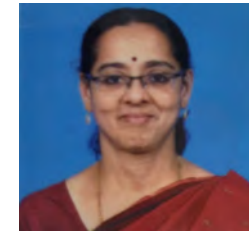
1. Detach Cabbage leaves from the head and wash in cold water with salt.
2. Steam the leaves for 5 minutes and put in sieve to drain
3. Cut the chicken breast into smaller sizes and wash.
4. Wash the carrot, green beans, onions, garlic, pepper and cut into smaller sizes.
5. Put the olive oil in a frying pan, add the cut chicken breast, salt and half teaspoon of curry powder.
6. After 10 minutes of cooking the chicken in oil, add all the cut condiments in 4 above into the pan.
7. Allow to boil for 3 minutes and bring down from heat to cool.
8. Mix 3 tables spoons of Mayonnaise and 2 table spoons of Ketchup in the sauce in no 7 above.
9. Fill the cabbage leave with the sauce and bake in the oven at 60°C for 10 minutes, allow to cool and serve

Ingredients

1 head of Cabbage
1 Chicken breast
4 Carrots
200 grams of Green peas
1 Pepper fruit
Salt to taste
Half teaspoon Curry powder
1 bulb of medium sized Onions
3 table spoons of Olive Oil
1 bulb of garlic
Mayonnaise
Ketchup



Contributed by:
Dr. Sreelatha Padmanabhan
India



Bittergourd Thoran

Side dish

Steps

Ingredients

- Small bittergourd - 1 no
- Small tomato - 1 no
- Green chillies - 1-2 nos
- Small onions - A handful (15-20 nos)
- Grated coconut - 2 tsp (optional)
- Ginger - 1 small piece
- Garlic - 2 cloves
- Any cooking oil - 1 tsp
- Mustard seeds - 1/2 tsp
- Fresh coriander leaves - - handful
- Turmeric powder - 1 tsp
- Salt - - as per taste

1. Cut the bittergourd and remove the seeds.
2. Put bittergourd, green chillies, onions, ginger and garlic in a vegetable chopper and finely chop them.(I use a manual chopper)
3. In medium flame, pour oil into the cooking pan and add mustard seeds.
4. After the seeds splutter, add the chopped vegetables, turmeric powder, salt and mix them evenly.
5. Keep the mixture on low flame for 2-4 mins, with occasional stirring.
6. Meanwhile, cut the tomatoes into small pieces and add to the pan. (It is best to not use the chopper for this, as tomato may become mushy.)
7. Mix well. Sprinkle a little water if needed.
8. Close the pan and cook on low flame for 5 more mins.
9. Add the grated coconut. Give a light mix and cook for 1 more minute.
10. Serve hot with rice.



Ingredients

- 200 gms button mushrooms
- 2 green chillies
- 1 medium chopped onion
- 1 small tomato
- 1 pinch of turmeric powder
- 1 teaspoon of red chilli powder
- 1/2 teaspoon of black pepper powder
- ¼ th spoon Ginger garlic paste
- 1 teaspoon oil
- Salt to taste



Contributed by:
Dr.Prof.(Mrs.) Vijaya Khader
India



Mushroom Delicacy

Type of dish: Side dish. Easy to prepare, good for health, therapeutic diet as Mushrooms contains high fiber, low carbohydrate and low fat.

Steps

1. Shallow fry the cut mushrooms in the oil.
2. Add grated onions, tomato pieces and green chillies
3. Add ginger garlic paste, turmeric powder, red chilli powder, salt and pepper powder.
4. Shallow fry till it is cooked.
5. Serve with rice/ chapatti or bread

Mushroom Salad

Contributed by
Ohn Mar Lynn
Myanmar



Ingredients

100 g Fresh Wood Ear Mushroom
100 g Fresh Oyster Mushroom
100 g Potato
Celery (small pieces)
3 nos. Onions
1 pcs. Wheat Noodle
1 pcs. Yam Noodle
1 tsp of Peanut powder
2 sp of Cooked Oil with garlic
1 tsp of Salt
1 tsp of seasoning powder
2 tsp tamarind juice
1 tsp soy sauce

Steps

1. Boil Potatoes and noodles ; then rinse and slice
2. Mushrooms are soaked in the hot water turn to soft
3. Finely chop 3 onions
4. Combine all ingredients thoroughly with





Contributed by:
Doaa AL-Ramlawi
Palestine



Vegetable salad

salad

Ingredients

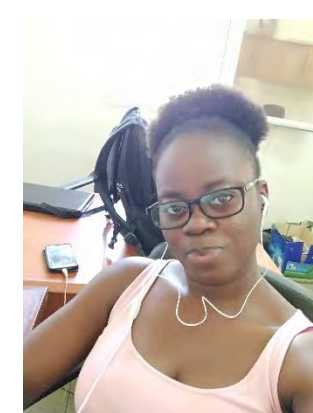
3 large tomatoes
2 medium-sized cucumbers
1 cup (200 g) colored pepper
medium onion
2 tablespoons (30 g)
chopped fresh parsley
1 tablespoon (15 g) chopped
fresh mint
2 tablespoons (30 ml) lemon
juice
2 tablespoons (30 ml) olive
oil
½ teaspoon (2.5 g) sumac
Salt and black pepper

Steps

1. Cut the tomatoes, cucumbers, colored peppers into small equal pieces.
 2. Finely chop the onion.
 3. In a large bowl, put onion, lemon juice, salt and black pepper, then stir.
 4. Add the rest of the ingredients and mix well.
- You can add corn and red beans to it if you wish



Contributed by:
Oberline Fokou Y.
Cameroon



mashed potatoes

side/vegetable dish

Ingredients

- 700g of black or red beans
- 2kg of potatoes
- 500mL of water
- 250mL of red palm oil
- Salt
- Pepper

Steps

1. Dip the beans in a great amount of water; leave them in it for at least 6 hours.
2. Rinse the beans, salt and cook them in a saucepan after covering them entirely with water
3. Meanwhile, peel the potatoes, wash them and dip them in salt water.
4. When the beans are fully cooked, strain them and rinse them.
5. Strain the potatoes add chili pepper and cook them in 500mL of water.
6. When the potatoes start to soften, add the cooked beans.
7. When the water has completely reduced, add the oil, wait a second and move the saucepan from the heat.
8. Place the saucepan in a stable place and hold it firmly. With a pestle pound gently.
9. Check the seasoning and pound the mixture as thin as you want.
10. The presentation is up to you, the dish is traditionally served in the shape of a ball.
11. Leave to cool a little for the dish to harden and then serve.



Contributed by:
Sukanya., S
India



Olan

(Ash gourd, pumpkin and cow peas simmered in coconut milk)

Type of dish: Side dish

Steps

1. Soak the cow peas/black eyed beans overnight, approximately around 6-8 hrs and pressure cook or boil it.
2. Peel the ash gourd and pumpkin and chop into small pieces.
3. In a sauce pan add 1 cup water and enough along with ash gourd and pumpkin pieces. Close and cook, stirring occasionally.
4. Once the ash gourd and pumpkin pieces are half cooked, add the cooked black eyed beans and green chilli slits and continue until it is fully cooked. Reduce the flame to low.
5. Slightly mash the beans, ash gourd, pumpkin pieces and add thick coconut milk and mix well.
6. Cook it by continuous stirring to avoid the coconut milk getting curdled.
7. Remove from the fire. Season with coconut oil and a sprig of curry leaves.
8. Mix well and cover it and allow it to stand for 10-20 minutes before serving. (This step will help the dish to absorb the flavour of curry leaves and coconut oil). Serve and enjoy!!

Note: This dish pairs well with hot steamed rice/boiled brown rice.

Additional Information: It is a simple traditional healthy Kerala (South Indian) recipe. It is gluten-free and vegan.

Ingredients

Tender Ash gourd - 1 cup (diced)
Pumpkin - 1 cup (diced) , yellow/white
Cow peas/black eyed beans - ½ cup
Green chillies - 2 to 3 nos. (slit lengthwise)
Coconut oil - 1 tbsp
Coconut milk - ½ cup (120 ml) thick
Salt to taste
Curry leaves - a sprig
Water - 1 cup



Contributed by:
Elina Maharjan
Nepal



Soya chunks choila

Side dish

Steps

1. Fry the soya chunks in 10 ml sunflower oil in a pan until it becomes golden brown.
2. Transfer fried soya chunks in a medium size bowl.
3. Sprinkle half cup of water in soya chunks and mixed well so that the soya chunks is soaked.
4. Fry the tomatoes, ginger, garlic and 2 green chilly in 5 ml sunflower oil for 5 min in medium flame.
5. Put them in grinder and make a tomato paste.
6. Add the tomato paste, chopped green garlic, coriander and salt in the soya chunks bowl.
7. Mix them properly with the help of spoon.
8. Heat 10 ml sunflower oil in pan, put ½ tea spoon fenugreek seeds and 2 dried chilly until it becomes black.
9. Pour the heated oil in the soya chunks and mix properly with spoon.
10. Transfer the soya chunks choila in plate and serve it.

Ingredients

1 cup soyabean chunks
5 medium size tomatoes
2 cloves garlic
Half inch ginger
2 green chilly
2 dried chilly
Green garlic leaves chopped
Coriander chopped
½ tea spoon Fenugreek seeds
Salt
Sunflower oil



Contributed by:
Dr.Prof.(Mrs.)Vijaya Khader
India



Stuffed Brinjal

Type of dish: Side dish, goes well with Rice, Chapathi and Bread. Its very simple to prepare and tastes very delicious

Steps

1. Grind the onion, green chillies, and fresh coriander leaves with the turmeric, chilli powder, and salt. This serves as the brinjals' stuff.
2. Wash the Brinjal and cut it in shape of “ + “ of it without disturbing the shape.
3. Stuff the Brinjals with Grinded Masala.
4. In a shallow pan, fry the stuffed brinjals over low heat until they are totally cooked.
5. Garnish with Coriander Leaves.

Ingredients

- 250 gm of small size Brinjals
- One Onion
- 2 Green Chillies
- One Bunch of Fresh Coriander Leaves
- One pinch Turmeric Powder
- One Table Spoon of Redchill Powder
- Salt to Taste
- 3 Table spoons of Oil



Contributed by:

**Sophonie Ndahayo
Zambia**



Pearl oyster mushroom

Ingredients

- 200 grams pearl oyster mushroom
- ¼ teaspoon cayenne pepper
- 1 Teaspoon of paprika
- 1 large green pepper
- 3 medium tomatoes
- 1 medium onion
- 1 cup of water
- Salt
- Oil

Protein

Steps

- Stir-fry onion in the oil
- Add mushrooms and stir and let them cook for 10 minutes
- Add tomatoes and mix – let them cook for 5 minutes
- Add salt, paprika and cayenne pepper to taste
- Add green pepper and water
- Simmer for 3-5 minutes

Serve together with any preferred starch and vegetables (Nsima, rice, spaghetti, broccoli, cauliflower, spinach, etc...).



Prepared by:
Monique Mukanyandwi
Zambia



ROUNDNUT SAUCE

Sauce

Ingredients:

- ❖ 2 tablespoon olive oil
- ❖ 1 tablespoon roundnuts flour
- ❖ ¼ teaspoon of salt
- ❖ 1/8 teaspoon of black pepper
- ❖ 1 cup of water

Variations:

Replace oil with butter

Replace water with milk

Replace roundnuts with cowpeas, peas
or 2 tablespoon of groundnut flour.

Steps:

- Stir-fry onion in oil
- Add roundnuts flour and stir lightly
- Add salt and black pepper
- Add water and stir well
- Let it simmer for 10 minutes



Contributed by:
Mounia Laassiri
Morocco



Moroccan Harira Soup

Type of dish: soup

Ingredients

1.5 cups of chickpeas
1 cup brown lentils
3 sticks of celery
1 large red onion diced
3 garlic cloves diced
2 tomatoes roughly chopped
2 tbsp of tomato paste
1 cup cilantro
1.2 cup angel hair pasta
1/2 tsp ginger
2 tsp turmeric
sea salt and pepper to taste
1.2 cup flour

Steps

1. Wash and rinse the lentils then soak them for 20 mins or so
2. Heat a large pan on medium-low heat and saute your onions then add the garlic, celery, cilantro then all the spices
3. Add the tomato and tomato paste
4. Add the lentils and water (8 cups). You want there to be about 2-4 inches of liquid over the lentils (depends on how thick or thin you like your soup, I like mine thick)
5. Add pasta (cut into 2 inch length)
6. Mix the flour with one cup of water in the food processor then add it to the soup and bring to a boil
7. Cook until the lentils are softened, about 25 minutes
8. Reduce the heat and add the chickpeas
9. Garnish with cilantro or parsley



Contributed by:
Okeroghene Avwata
Nigeria



Goat Meat Peppersoup

Soup

Ingredients

400g of assorted Goat Meat
(preferably male goat)
4 seeds of Calabash nutmeg
10 pieces scotch bonnet peppers
7 pieces scent leaves
½ garlic clove
¼ cup of ground crayfish
1 medium onion bulb
½ tsp of Salt
2 beef seasoning cubes

Steps

1. Peel and roast the calabash nutmeg seeds on a dry fry pan until you achieve a dark shade of brown. Then proceed to grind the seeds with a dry blender.
2. Chop the onion, peppers and scent leaves into small pieces.
3. Wash the goat meat and place in a cooking pot
4. Add the seasoning cubes, salt, crushed garlic, chopped onion, peppers and let it cook until the water in the meat dries up (without getting burnt).
5. Add water into pot and allow the meat to cook until it gets tender.
6. When the meat is properly cooked, ground calabash nutmeg seeds, crayfish and scent leaves.
7. Cover the pot and allow to simmer for about 10 minutes and the pepper soup is ready
8. Best served hot!!

Contributed by:
Edna Matta-Camacho
Colombia/Canada



Chicken broth with Colombian Arepas

Type of dish: main dish/soup. In Colombia we prepare it for Breakfast

Ingredients

Broth

Chicken or beef rib as desired
½ Potato
1 Egg
Cilantro
Salt as desired

Arepa

Pre-cooked corn flour
1 tablespoon butter
Water
Cheese if desired
Salt as desired

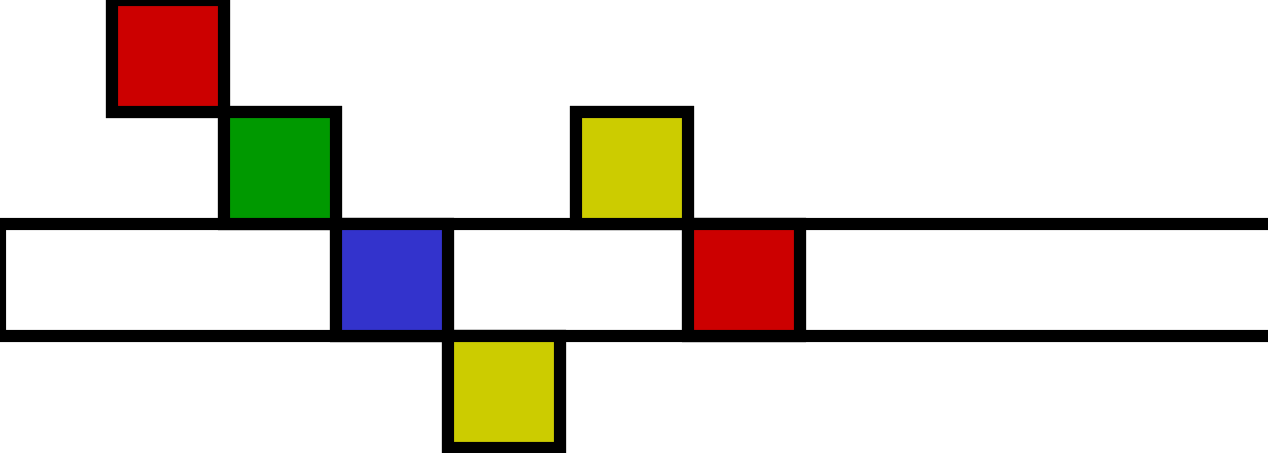
Steps

Broth

1. In a pot incorporate water as desired and the meat.
2. Slowly bring to a boil and add the potato (peeled and thinly sliced)
3. When potato is soft, reduce heat to low and add the egg to the broth
4. Cook for 2 min more
5. add coriander when plated

Arepa

6. Incorporate 1:1 flour and water (e.g., 1 cup of flour and 1 cup of water)
 7. Add butter, cheese and salt as desired
 8. Mix until obtain a soft dough
 7. Form the round shaped arepas
 8. Heat oil in a large non-stick or cast-iron skillet over medium heat until it shimmers, then fry arepas in 2 batches, turning over once, until deep golden in patches, 8 to 10 minutes total per batch. Drain on paper towels.
- Optional: you can use convectional oven or grill to cook them



 Taste of Ethiopia



Tigist Tadesse Shonte (PhD)



Alicha Segá Wat Bedinch (Meat stew with potatoes)

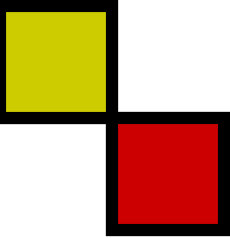
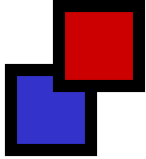
Ingredients:

- Beef
- Potatoes
- Green chilli
- Carrots
- Onion (chopped)
- Ginger
- Turmeric
- Tomatoes
- Salt
- Oil
- Water





Directions:

- 
- Wash, peel and cut the potatoes and carrots into pieces each and put aside.
 - Dice the onion and garlic finely; put the garlic aside and fry the onion in oil.
 - Once the onions are yellow/light brown add the turmeric, stir well and then add the tomato.
 - Add a cup of water, stir and cook for about 10 minutes.
 - Add the beef, leaving until it has soaked up the water, add another half cup of water and wait till dissolved.
 - Add the potatoes, stir and wait till cooked, then add the garlic, green chilli and another half cup of water.
 - When all has cooked well, add mekelesha/ cumin or ginger, a salt and a spoon of Ethiopian butter and let it simmer for another 10 minutes.
- 

Tej (Ethiopian Traditional Honey Wine)

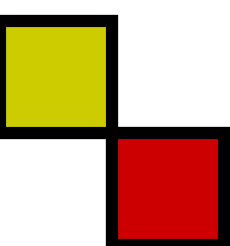
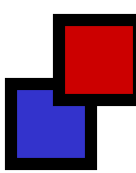
Ingredients:

- Honey
- Sugar
- Edible blossoms
- Water
- Yeast
- Hope





Directions:

- 
- Boil the water.
 - Prepare any fresh edible blossoms.
 - Pour in the honey.
 - Cover the honey with an equal amount of water. ...
 - Add the sugar and remaining water.
 - Add the yeast and hope
 - Allow the mixture to rest for three to seven days. ...
 - Strain out any solids
 - Seal the jug with an airlock
 - Ferment the tej until the bubbles stop
 - Bottle the final product
 - Enjoy fresh or aged
- 

Contributed by:
Dr Nkolika Nwazor
Nigeria



Bitter Leaf Soup(Ofe Onugbu) and Eba

Type of dish: main dish

Steps

1. Properly wash and Squeeze the bitter leaf till it is no longer bitter. If you are using dry bitter leaf, soak and boil till it is tender
2. Boil the meat with salt and 2 seasoning cubes till it is tender (do not add onions or other spices for cooking meat if the local taste is desired)
3. Cook the cocoyam and bound till smooth
4. Pound the crayfish, dry pepper and ogili
5. Soak the dry fish and stock fish with hot water and clean to remove bones and other unwanted parts of the fish. Add to the meat and boil till it is considerably soft
6. Pour water in cooking pot and add the bitter leaf and boil
7. Add the meat and fish with the stock
8. Add the red oil and 3 seasoning cubes to the pot
9. Add a portion of the pounded yam which acts as thickener for the soup
10. Cook till the soup starts thickening
11. Add the pounded crayfish mixture and more pounded cocoyam
12. Cook and stir till you get your desired consistency
13. Add salt to taste and serve in a soup bowl
14. To make the Eba (fufu), boil water, pour in a bowl and add garri until you get your desired consistence. Still and mould to you desired shape

Ingredients

- 2 handfuls of well squeezed and washed bitter leaf
- 15-20 medium sized cocoyam
- Assorted meat (beaf, cow skin, cow head,cow tripe)
- Dry fish (Mangala) and Dry Stock fish
- Crayfish and dry pepper(as desired)
- 5 Seasoning cubes
- Ogili (Made from cooked fermented castor oil seed)
- 4 spoons of red palm oil
- salt to taste





Contributed by:
Ariadna Garza
MEXICO



Mexican Tortilla Soup

Type of dish: a delicious soup but not for vegetarians

Steps

1. Boil the chicken, then shred it and set aside the water to use as the chicken stock or you can use canned chicken stock if you prefer.
2. Blend together the roasted tomatoes, garlic cloves, onion and ancho chili.
3. Add the above mixture to the chicken stock with a small amount of olive oil and bring to a boil.
4. Let simmer for 25 minutes.
5. While the soup is simmering, fry the tortilla strips and set aside.
6. Add the tortilla strips and the shredded chicken to the bowl and then add the soup.
7. Garnish with the avocado, crema, cheese, chopped cilantro, and lime.

Ingredients

For the soup:

4 Roma Tomatoes roasted

2 Cloves of Garlic roasted

1/4 Onion roasted

1 Large Ancho Chili boiled and de-seeded.

5 Cups of Chicken Stock

Cilantro

Salt and Pepper

Garnishment:

Avocado cubed

1-2 Chicken Breast depending on how much chicken you want in the soup

Freshly fried tortilla strips

Lime

Queso Fresco or other type of cheese

Crema Table cream



Contributed by:
Sakinat Folorunso
Nigeria



Efo Riro

Vegetables soup

Steps

Ingredients

- 2 bunches leaves (Ugwu, Spinach or Soko)
- 3 medium /2 big size bell peppers (Tatase)
- 1 1/2 scotch bonnet (Rodo)
- 1/2 cup Palm Oil
- 1 1/2 medium size red onions
- Assorted meats of your choice (Shaki, Kpomo, cow leg, smoked beef are ideal)
- Dried stockfish (Panla)
- 1 tablespoon Locust beans (Iru)
- 1/2 cup raw/cooked/smoked prawns (Optional)
- 2 Tasty chicken cubes or any bullion cubes of your choice.
- 3 tablespoons ground Crayfish
- Salt to taste

- a. Wash and boil fish and shrimps separately
- b. Wash and boil meat and shaki separately
- c. Heat palm oil on a low heat and add your onions
- d. Add your coarsely blended pepper (boiled till water is dry) and allow to fry a bit.
- e. Add seasoning to taste.
- f. Add fish and shrimps
- g. Add your washed vegetables and allow to simmer.
- h. Voila! Serve with any dish you enjoy.

Contributed by: Dr. Aye Aye My
Myanmar



Mohinga, a Burmese Noodle Soup

main dish

Steps

1. Combine the fish sauce, 200ml water, one teaspoon of turmeric and one finely chopped stalk of lemongrass in a small saucepan along with the catfish and cook for 15 minutes.
2. Once the catfish is cool enough to handle, remove the skin, then carefully lift the meat off the bones.
3. Toast rice in a dry pan over low heat until it is a light golden color, about 10 minutes, and grind the rice into powder in spice grinder about 75g of ground rice.
4. Heat vegetable oil in a large frying pan over medium heat, then add two of the finely sliced brown onions, two finely chopped stalks of lemongrass, the ginger, garlic, paprika and turmeric. Sauté for two to three minutes until fragrant, then add the cooked fish and turn heat to low.
5. Bring one liter of water to a boil in a large saucepan. Mix the ground rice with remaining 500ml of cold water.
6. Add the above cooked catfish mixture, then add the remaining finely sliced onion and boil about 30 min for the fishes to absorb all those lovely flavours. Then take off heat.

Ingredients

300g catfish
300ml fish sauce
200ml water
1 tsp ground turmeric
2 stalk lemongrass chopped
85g rice and ¼ cup vegetable oil
5 brown onions chopped
2cm ginger chopped
6 cloves garlic chopped
1 ½ tsp paprika
2 hard boiled eggs
Chilli r powder
1 bunch fresh coriander
1 lime, quartered into wedges





Contributed by:
Cynthia A. Adinortey
Ghana



Super tasty garden eggs stew with boiled yam and ripe plantain

Main dish

Prep Time: 30 mins

Cook time: 30 mins

Total time 1 hr

Steps

Ingredients

For 2 servings

- 6 large fresh garden eggs
- 3 medium size fresh tomatoes
- 2 medium size onion bulbs
- 6 cloves of garlic
- 4 medium size fresh peppers
- 6 tablespoons of red palm oil or vegetal cooking oil
- Salt to taste
- 2 medium-size smoked or fried fish

1. Wash garden eggs, remove the stalks and cut each into 2
2. Boil for 5 mins and after allowing to cool, remove the skin and seeds
3. Blend or mash the cooked garden eggs and set aside
4. Peel, wash, and chop one onion bulb and set aside
5. Wash and blend all together tomatoes, pepper, second peeled onion bulb and garlic very roughly and set aside
6. Heat oil in a saucepan, add the chopped onion
7. Let this fry a little and add all ground items except cooked garden eggs. Cook for about 10 minutes
8. Add fish to the stew and cook for 10 minutes
9. Add the cooked garden eggs and allow to cook gently for about 5 minutes
10. Serve hot with boiled yam or ripe plantain



Contributed by:
Vineetha Karuveetil
India



Chicken Curry in Coconut Milk

Main dish

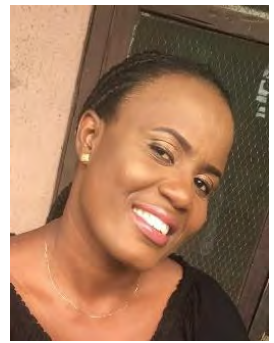
Steps

1. Clean the chicken and keep aside to drain.
2. Grind Green Chilly, ginger and garlic into a paste and keep it aside.
3. Add 1.5 tbsp coconut oil into a cooking pan and heat it. To this add finely chopped onions and sauté until the onions turn light brown. To this add 10 curry leaves and green chilly ginger garlic paste and cook till the raw smell is gone.
4. Lower the flame and sauté for another one minute before adding turmeric, chilly, coriander, pepper and half of garam masala powders. Sauté until raw smell is gone.
5. Add the chicken pieces to the mixture. Mix well for 2 minutes and close the vessel and cook on medium flame till the chicken is half cooked.
6. Add one cup of thick coconut milk and stir well and add salt to taste. Close the lid and cook until the curry boils.
7. Add chopped tomatoes. Mix well and close the lid. Cook on medium flame for another 5 minutes
8. Add the rest of the Garam Masala powder and cook for another 5 minutes.
9. In a separate pan add coconut oil, splutter the mustard seeds. Add the remaining curry leaves, dried red chillies and shallots, Sauté for a minute. Add this mixture to chicken curry. Mix well and turn off the flame.
10. Set aside for 5 minutes before serving. Tastes best with Breads and White rice.

Ingredients

- 500 g chicken (*cut into medium pieces*)
- 2 Large Onion (*Chopped*)
- 1 Large Tomato (*Cut into small pieces*)
- 4 Green Chillies
- Ginger (*2 Inch*)
- Garlic (*1 bulb*)
- Curry leaves (*15 leaves*)
- Shallots (*2 Nos finely chopped*)
- 3 Dried Red Chillies
- 1 tsp turmeric powder
- 1 tbsp red chilli powder
- 1 tbsp coriander powder
- 1 tbsp garam masala powder
- 2 tsp Pepper powder
- 1 tsp Mustard seeds
- 1 cup thick coconut milk
- 2 tbsp Coconut Oil
- Salt to taste

Contributed by:
Chionyedua ONWORDI
Nigeria



Egusi(melon) soup/pounded yam

main dish

Steps

Ingredients

20 g blended melon seed
1 big onions
0.5 g of red pepper
10 mL of red oil
0.5 g of locust beans
5g of blended crayfish
6 pieces of cooked red meat
3 pieces of dried catfish
3 g of stock fish
10 g of pumpkin leaf
2 g of washed bitter leave
seasonings
1 tuber of yam

1. Add red oil into an average aluminum pot
2. Place on a medium cooking gas using a low temperature
3. Add the chopped onion and blended pepper
4. Make a paste of the blended melon
5. Add the blended melon paste to the hot red oil
6. Allow to steam for about 10-15 minutes
7. Add the boiled meat, dried fish, stockfish, crayfish
8. Allow to steam for about 10 minutes
9. Add the washed bitter leave and the pumpkin leave
10. Allow to steam for about 3 minutes
11. Season with choice seasons and add the locust beans
12. Cover the pot with the lid and cook for about 10 minutes.

The pounded yam is prepared by cooking the yam and pound the cooked yam either with a yam pounder or mortal /pestle.

Contributed by:
Lem Edith Abongwa
Bamenda- Cameroon



Achu/Achu Soup (Yellow Soup)

Type of dish: (main dish)

Ingredients

- 2 kg Cocoyam (Taro),
- 1/4kg Unripe Banana
- Plantain leave
- 2kg Assorted meat (*beef, tripe, cow skin*)
- 2 tablespoon ground achu spice
- 1 tablespoon ground limestone Maggie
- 1/2 cup warm red oil
- 2 tablespoon achu
- Vegetable
- Pepper

Steps

Achu

- Wash the cocoyam with the skin
- Boil the big ones for like 30minute and add the Banana
- Boil to soft
- Mash/pound the coco and banana until it is smooth using a mortal and a pestle (in the absence of a mortal and pestle you can use food processor to blend the achu coco)
- Rap the Achu in servable sizes using plantain leaves

Achu soup (Yellow soup)

- Boil the skin of the meat and season with salt and Maggie until is ready
- While meat is boiling grind limestone and put in warm water. Also warm the palm oil
- Let the stock from the meat be close to 1.5L
- Allow the stock to room temperature before using.
- In a blender, pulse stock, limestone, oil, Achu spice and, the achu until all the ingredients have been fully incorporated and it has turned into yellowish color.
- Adjust salt and Maggie according to taste.



Contributed by:
Ganiyat Kehinde OLOYEDE
Nigeria



Amala and Abula Soup

Type of dish: (main dish and vegetable soup)

Ingredients

Amala: 250 mL boiling water
500 g of yam flour

Abula Soup (combination of Ewedu
and bean soup-Gbegiri)

Ewedu Soup: 100 g Jute leaf ,
(Corchorus olitorius), 50 mL boiling
water, locust beans, 1 pinch of salt

Gbegiri -Bean Soup: 50 g of ground or
unground beans , locust beans, palm
oil, 1 tap of salt

Stew: 5 big tomatoes, pepper, onion,
palm oil and salt

Fish and Meat (Fried)

Steps

All these can be cooked in a pot on a gas cooker

1. Put the yam flour in boiling water, stir and leave to cook for 5 minutes (Amala) (Carbohydrate)
2. Ewedu Soup: Blended jute leaf is put in boiling water, locust beans and salt are added (Vitamin)
3. Gbegiri Soup: Ground or unground Beans is added to boiling water, allowed to cook, locust beans, palm oil and salt are added (Protein)
4. Stew can be prepared by adding together ground tomatoes, pepper, onion, palm oil and salt . Allowed to cook for 10 minutes. Then add fried fish and meat.
5. Serve with fruit juice. This is a balanced diet from Yoruba Region in Nigeria



Contributed by:
Name Surname
*Umuhoza Therese
Rwanda*

Dodo n' intoryi

Main dish (vegetables/soup)

Steps

Ingredients

- 2 bunches of leaves (Dodo/ amaranth)
- 5 Intoryi (Green eggplants)
- 2 Ibitunguru (Red Onions)
- 4 Inyanya (Tomatoes)
- 3 Tunurusumu cloves (Garlic)
- 2 tablespoon of sun flower oil
- ¼ cup water
- ¼ tablespoon of salt
- 4 drop of sabana hot souce (optional)

1. Wash well the bunches of dodo leaves
2. Cut dodo leaves into medium slices and set them a side
3. Cut all intoryi into 4 slices and set them a side
4. Cut red onions into small pieces and set them a side
5. Cut tomatoes in small slices and set them a side
6. Crush the garlic cloves and set them a side
7. Heat the sun flower oil at low heat
8. Stir-fly onions till reaching the tender sauté (approx. 4 min.)
9. Add the slices of intoryi and stir-fly till reaching the tender sauté (approx. 6~8 min.)
10. Add the slices of dodo leaves and stir-fly (approx. 6~8 min.)
11. Add sliced tomatoes and stir-fly (approx. 6~8 min.)
12. Add salt and stir
13. Add ¼ cup of water, cover and let it simmer (approx. 6~8 min.)
14. Serve with cassava Ugali or rice





Contributed by:
Feven Markos Hunde,
Ethiopia



Misir Wot

main dish

Ingredients

2 tbsp of minced garlic
2 onions
100 grams of red lentils
2 tbsp of vegetable oil
2 tbsp of pepper (Berbere)
½ tbsp of equal parts ground
cardamom and fenugreek
½ tbsp of equal parts ground
cinnamon and pepper
2 tbsp of salt

Steps

1. Peel and chop the onion
2. Put the onion in a pan and cook until it become translucent
3. Add pepper (Berbere) and the vegetable oil and cook it for 10 min
4. Add the garlic and cook for additional 3 min
5. Stir in cardamom and fenugreek and cook for 1 min
6. Add 1/4 cup of warm water
7. Rinse the lentils in a strainer then add to the pan and cook for 2 min
8. Pour 2 1/3 cup of warm water
9. Set the temperature to low and cook for about 30 minutes until the lentils are soft
10. Add salt and ground pepper and cinnamon
11. Serve it with injera and eat with your hands



Contributed by:
Dr. Walaa Mahmoud
Egypt



Rice and chicken

Type of dish: (main dish)

Ingredients

2 pieces of chicken breast
without bone (slices)
1 tomatoes (slices)
1 onion (mashed)
Green pepper
1 Cup of fresh vegetables
150 grams rice
1 tsp of salt
1 tsp carry
1 tsp cinnamon and spices
3 tsp oil + 1 cube of butter
2 cups of water

Steps

List all the steps to create the recipe here, i.e.

1. Peel and slice the vegetables
2. Dice tomatoes into small pieces (for decoration)
3. Combine rice with vegetable and water add salt with all spices to boil.
4. Put oil into pan then put onions till it became gold in color, then put pieces of chicken breasts.
5. Put green pepper, leave it 10 min till becomes well cooked
6. Put the cooked rice with mixed vegetables then put the cooked chicken with tomato's slice.
7. Enjoy it.

Contributed by:
Lubna Tahtamouni
Jordan



MANSAF



1. Place meat in a pot that has margarine and cook for 20 minutes until browned on all sides.
2. Season meat with salt and pepper, to taste, and add enough water to cover meat.
3. Reduce heat, add the remaining spices, cover and cook for 2.5 hours (or until meat is cooked).
4. When 30 minutes are left for the meat to cook, place yogurt in a large saucepan and whisk over medium heat until liquid. Whisk in egg yolk and ½ teaspoon of salt. Slowly bring yogurt mixture to boil stirring constantly with a wooden spoon in one direction only to reach desired consistency.
5. Stir yogurt into meat. Simmer gently for 15 minutes. Taste and adjust seasonings, as needed.
6. In a small skillet, add 2 tablespoons of cooking oil, add almonds and cook till golden (3-5 minutes), remove from heat and set aside. Stir in pine nuts and cook till golden (1-2 minutes). Remove from heat and set aside.
7. Arrange rice in a serving large plate leaving a well in the center of the rice. Spoon the meat into the rice well and then spoon the nuts over the meat. Sprinkle parsley over top.
8. Cooked yogurt is added to taste over the rice and meat.

Ingredients

1 kg lean lamb
salt
pepper
1 medium onion, finely chopped
1 L plain Greek yogurt
1 egg yolk
1 teaspoon coriander
1 teaspoon cumin
1 teaspoon cardamom
100 g whole blanched almond
100 g pine nuts
500 g rice, raw measure, cooked
(Jasmine med grain)
parsley, chopped for garnish

Contributed by:
Amsale Zelalem,
Ethiopia



Shiro

Type of dish: main dish

Steps

Steps

1. peel and chop the onion
2. Dice tomatoes into small pieces or use tomato paste
3. put the onion in a dish and cook until brown
4. add the oil and the red pepper and cook it well for 10 mts
5. dice the garlic and add it to the onion
6. put the diced tomato or tomato paste
7. cook for another 5 mts
8. add 250ml of water and bring it to boil
9. add the shiro powder, in-step, mix well and make sure no bumps are left
10. cook until it simers and gets thicker. Cooks well on low heat or charcoal
11. add other spices for even better taste
12. add salt and don't forget to taste
13. serve it with Injera(better) or whatever bread available
14. Enjoy to eat with your hands (no spoon or fork!!!)

Ingredients

List all the ingredients needed for the recipe here, making sure to include quantities and units i.e.:

- 1 Onion
- 2 tomatoes or tomato paste
- 2 cloves of garlic
- 100 grams of shiro powder(mix of roasted chickpea, beans and peas)
- 1 tbsp of red pepper
- 1 tbsp of vegetable oil
- 1 tsp of salt



Contributed by:
Name Josephine Opondo
Kenya



Deep Fried Kenyan Ngege (Tilapia Fish) /Tomato Sauce

Main Dish

Ingredients

- 1 whole fresh tilapia fish
- 4 cup cooking oil
- 1 teaspoonful salt
- 1 skinned and sliced onion
- 3 chopped ripe tomatoes

Steps

- Place the fish on a chopping board and use a kitchen knife to remove the scales.
- Cut the belly and remove the gut.
- Clean the fish and dry with a clean kitchen cloth.
- Make incisions on the fish and season with salt.
- Heat the oil in a pan to 170 ° C.
- Put the salted fish in the hot oil.
- Fry until the fish turns golden brown.
- Using a perforated spoon, turn the fish to cook on the other side.
- When ready, remove and place the fried fish on a paper towel to drain excess oil.
- In a separate pan, heat oil and sauté the sliced onions.
- Add the chopped tomatoes, stir and cook until tender. Season with salt.
- Pour the sauce on top of the fried fish.
- The fish is served with ugali and traditional stir fried green vegetables.



Contributed by:
Modinah Abdul Raheem
Nigeria



Amala, Gbegiri and Ewedu

Type of dish: Main dish

Ingredients

List all the ingredients needed for the recipe here, making sure to include quantities and units i.e.:

Yam flour	Tumeric
Beans	Ginger
Jute mallow	Garlic
Cow hide	Salt
Saki	Onion
Beef	Seasoning
Cow leg	Potash
Liver	Locust beans
Tomatoes	
Chili	
Pepper	
Palm Oil	

Steps

List all the steps to create the recipe here, i.e.
Amala;

1. Put desired volume of water in a pot and allow it to boil.
2. Add yam flour to the boiling water while stirring until it becomes firm and consistent.
3. Add some water (to soften to taste) and cover up for 3-5 minutes to allow it to cook well.
4. Stir consistently and serve with any soup of your choice.

Ewedu;

1. Detach the jute mallow leaves from the plant
2. Rinse the leaves properly and add to boiling water in pot
3. Add a proportionate amount of potash to the pot and allow it to simmer for 5 minutes
4. Add a pinch of salt, seasoning powder and locust beans
5. Blend till the desired mixture and serve with stew

Steps CONTD.

Gbegiri;

1. Wash shaft off the beans and add to boiling water
2. Cook till it is tender
3. Add palm oil, locust beans, salt , seasoning and chili
4. Blend till the mixture is smooth and serve with ewedu and stew

Red stew;

1. Blend pepper, chili, tomatoes and onions.
2. Boil for 30 minutes
3. Add the already boiled cow hide, saki, beef, cow leg, and liver
4. Add ginger, garlic, turmeric, salt, seasoning to taste
5. Cook for 10-15 minutes and serve with Amala, gbegiri and ewedu



Contributed by:

Kalagbor Ihesinachi
Nigeria



Fish Akara (Bean Cake)

Dish

Ingredients

Beans (Small seeds) – 2 cups
Onions (4 -6 medium size)
Red (chilli) pepper – ¼cups
Fish (steamed) – 200g
Vegetable oil – 1 litre
Salt – ¼ tea spoon

Steps

1. Wash beans to remove seed coat.
2. Add onions and pepper to beans then grind together.
3. Turn the ground mixture into a mortar and mix with pestle.
4. Add the steamed fish and salt to taste.
5. Heat the vegetable Oil.
6. Scoop little portions of the mixture into the hot oil.
7. The fish bean cakes are ready when they turn brown.
8. Remove and serve hot.

❖ Best served with corn meal (pap) or oat meal.



Contributed by:
Lena Elango
Cameroon



Koki Corn

Main dish

Steps

Ingredients

5 cups fresh corn
4 cocoyam leaves
 $\frac{3}{4}$ cup palm oil
1 teaspoon salt
2 maggi cubes (seasoning cubes)
1 onion
1 pepper
5 banana leaves- warmed over a flame

1. Pour palm oil into a skillet to warm for 2 minutes. Do Not bleach it
2. Blend fresh corn and pepper in a blender, into a coarsely ground paste. Note that you do not want to blend this to a fine paste, you should still be able to see bits and pieces of corn after grinding.
3. Chop onions and cocoyam leaves
4. Pour the ground corn and chopped onions into a bowl, add heated palm oil and mix thoroughly.
5. Add salt, maggi cubes (seasoning cubes) and mix.
6. Add chopped cocoyam leaves to mixture and mix.
7. To prepare pot. Line the bottom of a pot with empty cobs of corn or banana leaf stalks . This is meant to create a base that helps prevent water from getting into the Koki Corn. Now pour about half a cup of water into the pot and bring to a gentle boil while you proceed to wrap the Koki Corn in the banana leaves.
8. When done with wrapping and all the bundles are in the pot, cover them with some more banana leaves (the unused or torn ones) or aluminum foil. This helps to prevent the steam from escaping during cooking.
9. Place the lid on the pot and cook for about 40 minutes. Every 5-10 minutes, open the pot and add in about half cup of water so it doesn't dry out.
10. Let it rest for about 10 minutes when cooked. Then unravel and serve warm.
Enjoy!!



Contributed by:
Klena Sarges
Brazil



Vatapá

Type of dish: main dish, Brazilian regional cuisine

Ingredients

1,5 liters of water
100 grams of shrimp head
3 cups of wheat flour
500 grams of dry and salted shrimp
100 mL of palm oil
100 mL of coconut milk
200 grams of milk cream
1 onion
1 garlic clove
half a red bell pepper
Chive, coriander, leek, cumin, black pepper powder and Zattar powder to taste

Steps

1. Chop the onion, the garlic clove, the bell pepper and all the herbs in small pieces.
2. In a frying pan, put the palm oil, the garlic clove, the onion, the shrimps, cumin, black pepper powder and Zattar powder and cook until browned.
3. After, put the bell pepper and all the herbs and cook for 5 minutes and reserve aside.
4. Mix the shrimp heads with water in a blender. After, use the sieve to separate the solid and again mix the liquid with wheat flour.
5. Place the broth in a saucepan and stir it constantly (don't stop!), over low heat, until the begins to boil and become a thick broth.
6. Put the ingredients that are reserved in the frying pan into this thick broth and stir vigorously.
7. While you stir put first the coconut milk and after the milk cream
8. When the mixture is uniform and the boil rises, it's ready!
9. Serve with white rice and enjoy ;)

5 to 6 servings



Contributed by:
Naila NAKIDI
Comoros Islands



Trovi ya Nadzi / Coconut Green bananas dish

Type of dish : Main dish

STEPS :

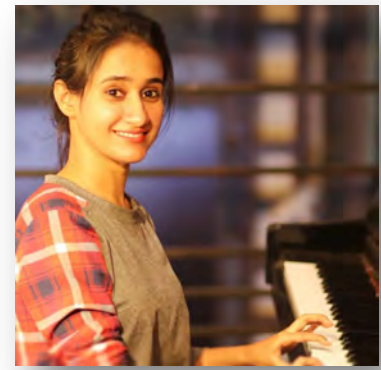
1. Wash and cut the fish into pieces. put them in a container and add half of the crushed garlic, a little bit of salt and some chili pepper (adjustable according to preference). mix and Let stand 10 minutes.
2. Heat the sunflower oil in a pan, and brown the pieces of fish over high heat until golden brown.
3. Peel the bananas, wash them and cut each banana into 4 pieces.
4. In a pot, put the bananas first, then the fish, the rest of the garlic and a glass of water, cover and cook over low heat for 15 minutes.
5. 5. Add the coconut milk, the rest of the chili. Mix gently without crushing the bananas. And cook for 10 minutes and Voilà it's ready to be tasted.....Bon Apétit

Ingredients

5 green bananas
250 g of fish (tuna) or meat
2 cloves of garlic
1/3 l natural coconut milk
1 teaspoon of crushed pepper
1/4 L of sunflower oil
some salt



Contributed by:
Uroosa Sehar
Pakistan



Biryani

Type of dish: (I.e. Famous meal in Pakistan's Famous Province "Punjab")

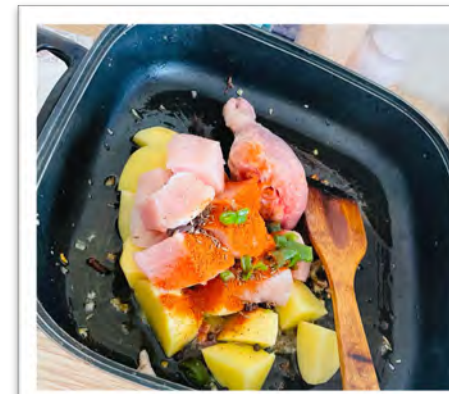
Ingredients

½ kg Chicken
½ kg Rice
¼ kg Potato
1 tomatoes
1 Onion
1 green chili
1 tsp Ginger/Garlic Paste
1 tsp of salt
1 tsp red chilli
1 tsp turmeric
1tsp Mixed Spices

Steps

List all the steps to create the recipe here, i.e.

1. Boil ½ kg rice with 1 tps of oil and little salt
2. Cut the Potato and Chicken with moderate pieces
3. Fry onion until it gets brown and add chicken , potato along with species
4. Put salt, green chili and Ginger Garlic paste in medium flame
5. Wait until it cooks properly and then add rice over it layer by layer
6. Put it in low flame for 15 minute and serve it with fresh sauce
7. You are ready to serve the Biryani!





*Contributed by:
Dr. Adanna
Cecilia Eberendu
Nigeria*



YAM AND BEANS PORRIDGE

Main dish

Ingredients

Yam
Beans
Onions
3 Tomatoes
Pepper
Salt
Crayfish
1 Chicken Cube for
Seasoning
Palm oil
Fish (dried)

STEPS

1. Wash beans with water, pour it into a cooking pot
2. Add water and put on fire
3. Add sliced onions and cover the pot to cook.
4. Peel the yam and sliced in small cubes.
5. Slice 3 balls of tomatoes
6. Grind the pepper and crayfish
7. Wash the dried fish with warm water and slice
8. When the beans is properly cooked, add the sliced yam, tomatoes, pepper, crayfish, one chicken stock, palm oil, salt, and stir gently
9. Allow to cook until the yam is soft and then stir

Ready to EAT, Enjoy your meal



Contributed by:
Abosedo Oyeyemi Fawole
Nigeria



Nigerian Shawarma Recipe

Main dish

Steps

Ingredients

- 1.Flat bread
- 2.Chicken breast
- 3.Sausage
- 4.Spices
- 5.Habanero
- 6.Onion
- 7.Mayonnaise
- 8.Ketchup
- 9.Cabbage
- 10.Carrot

- **Cut the chicken and some of the sausages into cubes**
- **Add 2 table spoon of groundnut oil to a pan and fry the chicken on low heat**
- **Add the sausage and keep stirring till it's done**
- **In another pan, add 1 table spoon of groundnut oil and add the habanero and onions (fry and season to taste)**
- **Cut up the cabbage and carrot**
- **Mix the ketchup and mayonnaise in a mini bowl(moderate amount) and add some of it to the cabbage and carrot**
- **Get your flat bread, lay over the cabbage and carrot mixture then the chicken and sausage then finally the pepper sauce**
- **Scoop on the mayonnaise and ketchup on it and roll the wrap carefully**
- **Put it on a shawarma pressing machine and press it for 3-5 minutes**
- **Alternative method: put it on a hot pan and toast for about 3-5 minutes**
- **Serve with chilled drink**

Contributed by:
Dr.Prof.(Mrs.)Vijaya Khader
India



Kichidi with Coconut Chutney

Type of dish: Simple, delicious & Nutritious full meal for breakfast, lunch & Dinner. Add one fruit for more micro nutrients. Useful to school lunch / packed lunch.

Steps for Kichidi:

Heat two table spoons of ghee, add seasonings, Chopped Onion, and Green chilies, Curry leaves fry till it becomes golden-brown. Add tomato pieces & fry. Add rice, Green Gram Dhal (1Cup of Rice and 1/3 Cup of Green gram dhal) and 3 cups of water and sufficient salt Cook for 10-15 minutes on a medium temperature, or until the rice is done. Garnish with cashew nuts & coriander leaves & carrot.

Steps for Coconut Chutney

Grind grated Coconut with green chilies and little tamarind add salt . Fry the seasonings in oil and garnish the chutney

Ingredients for Kichidi

- Rice 1 Cup
- Green Gram dhal
- Ghee
- Chopped Onion 1
- Seasonings : Curry leaves ,Mustard, Cumin seeds, Green Chilies, Tomatoes
- Salt to Taste
- Garnish : Cashew nuts, Grated Carrot and Coriander Leaves

Ingredients for Coconut Chutney

- Grated Coconut 1 Cup
- 2 Green Chillies
- Seasonings : Mustard seeds, Red chillies and Curry leaves.
- Salt and Tamrind to taste
- 1 teaspoon oil



Contributed by:
Dr. Benedicta Essel Ayamba
Ghana



Waakye

Main dish

Ingredients

- 2 cups rice
- 1 cup red beans or black-eyed peas, or any kind of beans or peas
- 4 dry sorghum leaves
- Salt to taste
- 10 cups water

Steps

1. Wash and soak the beans in water for 45 minutes.
2. Drain the beans and place them in a large pot of water.
3. Bring the mixture to a boil and let it cook for about 45 minutes.
4. Wash the sorghum leaves.
5. Cut the leaves 3 to 4 inches, toss them in with the boiling beans, and allow them to cook together.
6. If sorghum leaves are not available, add a teaspoon of baking soda to give the Waakye its characteristic color.
7. Remove the sorghum leaves from the beans after 5 minutes.
8. Wash the rice and add to the beans in the pot, along with more water.
9. Add some salt to taste.
10. Allow the mixture to cook for 15-20 minutes (or until the beans are tender and the rice is cooked and all liquid has been totally absorbed).
11. Be sure that the mixture does not burn and keep stirring while it cooks.

Serve the dish with pepper sauce and boiled egg and/or a stew with fish, chicken, beef, or vegetables and some pasta or gari.



Contributed by:
Tapiwa Tembo
Malawi



Stuffed Plantains

Main dish

Ingredients

8 ripe plantains
1 small red pepper diced
1 small green pepper diced
120 grams ground beef
2 tbs tomato paste
1 small onion diced
pinch of salt
½ tsp pepper
2 tbs vegetable oil
1 tsp thyme and paprika
Cheese (optional)

Steps

Preheat the oven to 180C or 375F

1. Peel the plantains, rub with oil and a little salt. Bake for 15-20 min at 180C or 375F
2. In a pan, sauté the onions and peppers on medium heat. Add ground beef, seasonings and tomato paste
3. Make sure the baked plantains are cool enough to handle. With a knife make a vertical cut in the sweet plantain but be sure not to cut it entirely in half.
4. Spread the sweet plantain open like a canoe and add ground beef. Sprinkle some cheese on top (optional)
5. Bake for 12-15 minutes at 180C (or 375F) or until the cheese has melted.



Ingredients

- Tofu
- 1 medium onion
- 1 medium green pepper
- 2 medium tomatoes
- Turmeric powder

Contributed by:

Sophonie Ndahayo
Zambia



TOFU

Protein

Steps

Stir-fry onion & pieces of tofu and keep stirring for about 5 minutes.

Add salt and cayenne pepper to taste (optional), add: cut pieces of green pepper, grated tomatoes and mix well for about 5 mins. Remove from the hot plate or brazier.

Serve together with any starch and vegetables (Nshima, rice, spaghetti, broccoli, cauliflower, spinach, etc...).



Vegetable Yam Porridge

Main course

Contributed by:
Oluwakemi Thonda
Nigeria



Ingredients

- 1 medium sized tuber of Yam
- 500g Spinach/fluted spinach
- ¾ cup palm oil
- 2 Pepper (scotch bonnet/atarodo)
- ¼ cup coarsely ground crayfish
- 2 cubes of maggi/stock cube
- 2 medium onion bulb
- 2 Smoked or dried fish(optional)
- Salt to taste
- 1 Tbsp crushed garlic
- 2 medium bell peppers coarsely blended

Steps

1. cut and peel off the skin of the yam, cut into chunky size cubes
2. Rinse thoroughly and place in a pot.
3. Add some water and salt to taste, and leave to boil for 15 minutes.
4. Add the palm oil, chopped onions, crushed garlic, ground crayfish, pepper and deboned dried fish/smoked fish, and cook until the yam is done (tender).
5. Add seasoning to taste
6. Add the washed sliced vegetables and simmer for 5 minutes
7. Stir together
8. Vegetable yam porridge is ready to be served.



Contributed by:
Dr. Hajra Naz
Pakistan



Chicken spinach curry

Main dish served with white rice

Steps

1. Place a pan on stove. Add oil, sauté onion till it becomes pink.
2. Add ginger garlic paste, tomatoes, all the seasonings and chicken and fry on slow flame till oil is released. Its tender now.
3. In a separate pan place only the leaves of spinach (devoid of stalk) and steam it with water.
4. Let the blanched spinach cool and blend with dill.
5. Add the spinach mixture and cook it with the chicken for ten minutes along with the green chilly.
6. Serve it with butter accompanied with rice or garlic naan.

Ingredients

1 kg spinach
½ kg diced onion
1 small bunch of dill leaves
½ cup water
1 kg chicken
4 green pepper (Serrano pepper)
2 tbsp ginger garlic paste
½ kg tomatoes
1 tbsp Coriander powder
½ cup cooking oil
1 tsp ground red pepper
1 tbsp white caraway seed powder
1 tbsp butter
Salt as per taste

NOTE: Quantity of red pepper can be adjusted as per taste

Hope this quick and easy to make recipe soothes your taste buds and connect us through our stomachs!

Contributed by:
Odgerel Bumandalai
Mongolia



Tsuivan

Noodle dish

Steps

For preparation of the noodles:

1. Mix water and flour to make dough and rest it for 10 minutes. Then, make 2 round sheets. Cut your noodles as thin as possible to look like ramen noodles.

For preparation of the stew:

1. Cut vegetables and meat into narrow strips.
2. Sauté the onions and garlic on frying pan first—then sauté the carrots for around 5 minutes.
3. Add your meat and sauté for another few minutes, then add soy sauce and stir well. Add your salt, black pepper and seasoning to your taste.
4. Now add water—for a consistency where the water is approximately 1/3 to the amount of meat and vegetables. When it's boiling, add other vegetables and simmer for about 5 minutes.
5. At this time, steam your noodles on the top of the stew for 5 minutes.
6. At last, add the noodles to the stew. Stir and mix everything well.

Ingredients

For the noodle dough:

All-purpose flour- $\frac{3}{4}$ cup
Water-70 ml

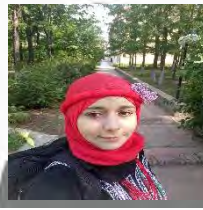
For the stew:

Carrot and cabbage – 3.5 oz each
Garlic, onion, coriander leaf – 0.3 oz each
Salt – $\frac{1}{8}$ tsp or to taste
Black pepper – $\frac{1}{8}$ tsp or to taste
Vegetable oil – $\frac{1}{2}$ cup
Soy sauce – 4 tbsp
Beef – 0.5 lb
Garlic scapes, bell pepper, broccoli – 3.5 oz each





Contributed by:
Reem Alariqi
Yemen



SALTAH

Main dish

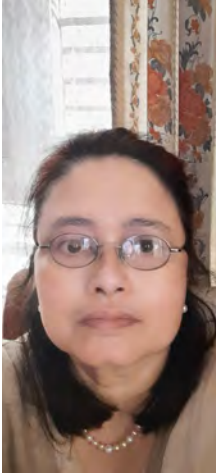
Ingredients

1 lb lamb stew , cut into pieces
3 cloves garlic , crushed
½ onion , chopped
½ green hot pepper , chopped
½ teaspoon ground cumin
½ teaspoon ground coriander
¼ teaspoon turmeric
2 eggs , beaten
6 tablespoons cooked rice
A few tablespoons of fenugreek
Salt
Vegetable oi

Steps

- 1-In a pressure cooker,, onion and hot pepper in a little oil until the onion is translucent.
- 2-Add cumin, coriander, turmeric and salt. Add the lamb to the onion mixture.
- 3- Brown the meat for 5 minutes. Add about 5 cups (1,25 liter) of water to the mixture and lock the pressure cooker.
- 4- Bring the cooker up to pressure, and reduce heat to low/medium to keep the pressure steady. Cook for about 40 minutes.
The meat should be tender and break easily.
- 5-Pour the meat stew in a stone pot or a cast iron skillet. Add the rice and cook until bubbly. At that time, add the beaten eggs, then a few spoonful of whipped fenugreek and serve hot with Yemeni flat bread or pita.

Contributed by:
Jyoti U. Devkota
Nepal



Vegetable Momo & Chutney

Main Dish

Ingredients

List all the ingredients needed for the recipe here, making sure to include quantities and units i.e.:

250 gm Cabbage
250 gm Cottage cheese
400 gm All purpose flour
1 Onion
5 tomatoes
5 cloves of garlic
1 small piece of ginger
Salt to taste

Steps

List all the steps to create the recipe here, i.e.

1. Chop cabbage, onion, garlic and ginger into small pieces.
2. Season with salt, coriander and cumin powder.
3. Cook the mixture with a 1 tbsp of oil in a pan for 5 minutes.
4. Mix grated cottage cheese into this mixture.
5. Knead a dough using all purpose flour and salt.
6. Roll out the dough into small circles and fill it with vegetable filling.
7. Steam it in a steamer.
8. Roast four tomatoes, three garlic cloves and two chillies in a pan.
9. Mix salt to taste and coriander leaves to these tomatoes and crush it in a grinder to make tomato chutney.

Please include as many details as possible, i.e., oven temperature, method of cooking, type of cookware that is best, etc.



Contributed by:
Mariama Issoufou
Niger



Fried chicken and red sauce

Ingredients

Chicken in pieces
5 tbsp of oil
3 onions
3 fresh tomatoes and 1
tbsp of concentrated
tomato
garlic and fresh chilli
spices (salt, pepper,
ginger and ground
fenugreek)

Steps

1. Blanch the chicken and fry it in oil;
2. in a little oil put the onion, the fresh and concentrated tomato, let sweat;
3. add the spices (garlic, fresh chili, pepper, salt, ground ginger, fenugreek ...), stir;
4. add the chicken broth and water if necessary, simmer, then add the fried chicken;

ENJOY YOUR MEAL!!!



Contributed by: Amira Shaheen
Country: Palestine



Upside-Down “Maqluba”/Main Dish

Steps

1. Place the olive oil in the cooking pot and leave to warm
2. Have the chicken in the pot add to it, all spices, onion, garlic, and the salt
3. Leave it until 15 mins and then add water to cover the mixture
4. Keep it until the chicken is soft
5. Defecate the chicken from the mixture and keep the water
6. Return the chicken to the pot add the fried cauliflower and then the rice who should be mixed well with the fried vermicelli noodles
7. Add the defecated water and leave and the rice is cooked well
8. Turn the pot into a wide and large try and leave it after 5 min

Ingredients

1 spoon olive oil
1 medium eggplant Salt
3 ½ pounds bone-in chicken pieces
2 ½ cups long-grain rice, rinsed well and drained
1 small onion, cut into large wedges
½ medium-head cauliflower, in florets
¾ cup broken vermicelli noodles (see note)
½ teaspoon ground allspice
3 garlic cloves, grated

Note: this dish can be served with salad or yogurt

Sahteen 😊

Contributed by:
Sugandhika Suresh
Sri Lanka



Spicy Shrimp Curry

Main dish

Ingredients

500 g cleaned shrimp
1 tomato
1 big onion
10 red onions
2 tbs roasted curry powder
1tsp unroasted chili powder
5 cloves garlic
10 curry leaves
2 inch pandan leaf
½ tsp turmeric powder
1 tsp of salt
1 tbs coconut oil
1 tsp cumin seeds
1 tbs tamarind paste
½ cup coconut milk
1 cup water

Steps

1. Add turmeric, curry powder, salt and tamarind to shrimp, mix well and set aside for half an hour.
2. Peel and slice onions and garlic and dice tomatoes.
3. Heat oil in an earthen wok and add cumin seeds, garlic, pandan leaf, curry leaves, tomatoes, chili powder, onions and sauté for 3-4 minutes.
4. Add the shrimp, mix well, add water and cook under medium heat for 20 minutes.
5. Add coconut milk and cook for another 5 minutes.
6. Check salt and add if necessary.
7. Serve with rice or bread.



Prepared by:
Monique Mukanyandwi
Zambia



MULTIGRAIN NSIMA

Main meal

Steps:

- Boil water in a pot
- Make a paste of maize meal with soya flour proportional to the quantity of water
- Add the paste to the boiling water while mixing and let the mixture simmer for at least 20 minutes at low heat
- Mix the remaining ingredients
- Add bit by bit to the simmering porridge while mixing until desired thickness
- Cover with the lid and let it cook for about 10 minutes
- Mix again and leave to cook for about 10 more minutes
- Mix again and transfer into a serving dish
- Serve with protein and vegetable of choice.

Ingredients :

- ❖ Maize meal
- ❖ Wheat meal
- ❖ Sorghum meal
- ❖ Millet
- ❖ Soya flour
- ❖ Water

Variations

One can make a combination of choice from locally available cereals.



Contributed by:
DJEUANI Astride Carole
Cameroon



Mixed banana with soaked peanuts

Main dish

Ingredients

- 50 green banana fingers
- 500g of peanuts
- 5 smoked fish
- 3 onions
- 20 cloves of garlic
- 100g ginger
- 50g leek
- 1/3 of the bottle of red palm oil (of 1L)
- 5 peppers
- Salt
- 2,5L of water

Steps

- a. Soak the peanuts in water for 40 ~ 45 minutes;
- b. Peel your bananas and wash.
- c. Clean the smoked fish (remove all stops);
- d. Prepare your ingredients: onions, garlic and ginger.
- e. Remove the peanuts from the water. To the peanuts, add the onions, garlic, ginger, leek and chili. Then crush the mixture;
- f. Place the pot on the fire;
- g. Put inside the red palm oil (NB: do not let it bleach);
- h. Add cleaned smoked fish, turn and simmer for 5~8 minutes;
- i. Remove these fish from the oil and add the banana. Place these lightly fried fish on top of the banana, then add water and previously crushed peanuts. Season with salt to your correspondence;
- j. Cook over low heat for at least 30 minutes. (Do not completely close the pot). You will know if it is cooked, when the banana breaks with a fork.
- k. Enjoy your meal!!



Contributed by:
Elodie DIMON
BENIN



CRUSHED YAM WITH PEANUT SAUCE

main dish

Ingredients

1.5 kg of yams
1 kg of mutton or chicken meat
200 g of peanut paste
12 okra
6 green peppers
2 to 4 tomatoes
1 onion
4 tablespoons of oil
2 shrimp or spicy onion broths
garlic
ginger
bay leaves

Steps

1. Prepare the peanut sauce. Cut the meat into pieces and brown it in an oiled pan. Wash and crush the bay leaves with garlic, ground ginger, salt and pepper. Add them to the meat and simmer for 10 minutes.
2. Then pour the peanut paste and 1L of water. Add the broths and the okra from which you removed the head and the end. Let cook for 15 to 20 minutes. The sauce is cooked when the foam disappears from its surface.
3. To finish, taste, salt and add the green chillies
4. Prepare the pounded yam. Peel the yam properly and remove both ends, the head and the tip.
5. Cut the yam into regular pieces and place them in a pot; the parts on the head side at the bottom of the pot and the parts on the other end at the top. Cook them without salt.
6. When the yam is cooked, pound it in a mortar, knead it well and pound it again until the dough is light and smooth. Shape this dough into balls. Serve on a plate and cover with the peanut sauce.



Contributed by
Abiola Adepoju
Nigeria



Sweet Potato Porridge

Type of dish: Main Dish

Steps

- Pour the palm oil in a dry pot. Grated the bell pepper and onion and add the mixture in the hot oil.
- Add the ground crayfish, black pepper, stock and chicken breast/meat/fish. Add salt and seasoning to taste.
- Allow the sauce to simmer a little. Add more water, if necessary and allow to boil. While the sauce boils, peel and cut the sweet potatoes and wash thoroughly.
- Pour the potatoes into the already boiling sauce and allow to cook for about 3-5mins.
- Mash some of the potatoes to give it that thickened paste-like effect.
- Add the vegetables and stir.
- Serve hot or as desired.

Ingredients

- Sweet potatoes (about 10 medium sizes)
- 1 cooking spoon red palm oil
- Chicken/meat stock (Optional)
- 1 big onion
- Chicken breast/meat/fish
- 4 medium size fresh bell pepper
- 1 tablespoon ground crayfish
- 1 cup leafy green
- Seasonings and black pepper (to taste)
- Salt (to taste)



Contributed by:
Nancy Botchway
Ghana



Plantain and Taro sauce

main dish

Ingredients

- 2 fingers of unripe plantains
- Taro leaves
- 20 ml Palm oil
- 2 Eggs
- 1 Large size Avocado
- 1 Large size onion
- 4 pepper
- 2 Tomatoes
- 1 Large size salmon
- 1 medium size salted tilapia
- Groundnut
- 1 tsp of salt

Steps

List all the steps to create the recipe here, i.e.

- Peel plantain and boil with enough water.
- Add the eggs and salted fish to the boiling plantain
- Chop onion and tomatoes
- When the taro leaves and pepper are soft, drain the water and grind in earthing ware
- Add half onion to the taro leaves, groundnut and grind
- Heat palm oil in a saucepan, add onion and allow to simmer.
- Add diced avocado and salmon



Contributed by:
Dr. Rajani Srivastava
India



Bati/Litti Chokha

Type of dish: Main Dish

Ingredients

For bati/Litti: 500 g wheat flour
250 g Roasted gram flour or sattu
2 onion finely chopped
2-4 green Chilies finely chopped
2 tsp lemon juice
4 piece of garlic
½ inch ginger finely chopped
2 tsp of salt
1 tsp slightly crushed cumin and fennel seed
½ tsp Ajwain and nigella seeds
2 tsp coriander leaves
For Chokha: 2-3 Brinjal, 1-2 Potato,
2-3 Tomato
2-4 green chilies finely chopped
2 tsp lemon juice, 2 piece of garlic
½ inch ginger finely chopped
1-2 tsp of salt

Steps

List all the steps to create the recipe here, i.e.

1. For dough-Take 500g wheat flour, add 1 tsp oil or ghee and make smooth dough with the help of 1-3 cup water. Set aside.
2. For Stuffing- peel and slice onion and garlic and put in in roasted gram flour. Add finely chopped chilies, lemon juice, crushed cumin and fennel seed, ginger, ajwain, coriander leaves and salt. Also add little oil. Mix well.
3. First make small size balls from dough, fill the ball with 2-3 tsp stuffing in center and then join the edges. Press the joint part and again make the ball (now filled ball). This is called bati or litti. In this way make all the balls.
4. Place the litti in preheated oven at 200 degree C for 20 min, after that flip the bati and again place the tray for 10-15 min same temp. Brush them with ghee.
5. Make brinjal (egg plant), potato, tomato chokha separately or combined. Boil or roast all the three and crushed all in a bowl, mix salt, oil, chillies, garlic and ginger and mixed well.
6. Serve the Bati/Litti with Chokha accompanied with small bowl of melted ghee. The Bati is broken, dipped in ghee and then had with chokha



Contributed by:
Olubukola Oluranti Babalola
Nigeria



Water yam pottage

Main dish

Ingredients

½ tuber water yam
100ml palm oil
3 cups crayfish stock/water
2 bell pepper
1 tsp of salt
2 level tsp of dry pepper
Onion bulb
2 bouillon cube
1 tsp fermented locus beans

Steps

1. Peel and grate water yam till almost smooth.
2. Mix with seasoning, salt and crayfish, then set aside.
3. Blend the peppers with onion
4. Heat the pot with palm oil and add locus beans
5. Add the blended pepper, seasoning and salt to taste
6. Stir intermittently to reduce burning, add crayfish stock
7. Drop tablespoon size lumps of the grated yam into the sauce
8. Leave to boil for 7 minutes, do not stir for a lumpy look
9. Add cooked fish, and leave to simmer for 4 minutes
10. Serve and enjoy the all in one meal

Contributed by:
Nwaguma, Ijeoma Vivian
Nigeria



BEANS&YAM PORRIDGE WITH VEGETABLE

MAIN DISH

Ingredients

List all the ingredients needed for the recipe here, making sure to include quantities and units i.e.:

4 Cups of Beans
Medium size tuber of yam
One big ball of onions
50ml of red oil
1 tsp. salt to taste
Small quantity of vegetable
2 cubes of Maggi
1 tbs. dry pepper
5ams rice
1 tsp of salt
Small quantity of dry fish and

Steps

List all the steps to create the recipe here, i.e.

1. Wash and put the 4 cups of stone free beans inside a pressure cooker and cook for 40 mins to soften
2. Peel and slice the yam into a sizeable portion
3. Once the beans is already cooked, pour into a pot and add the sliced yam, and the dry fish allow to boil for 20 mins
4. Add the crayfish, dry pepper, sliced onions, Maggi, and salt to taste allow to boil for 25 mins to soften the yam
5. Add the red oil to the porridge and allow to boil for 6 mins
6. Add small quantity of sliced vegetable and allow to cook for 2 mins
7. Stir the porridge for proper mixture and bring it down from fire
8. Ready to serve on the plate



SWEET AND SOUR FISH

Main Ingredients:

- # Medium-sized Fish
- # 1/2 tsp salt,
- # 3/4 tsp black pepper powder,
- # 1 tsp garlic-ginger paste
- # 3/4 tsp turmeric powder
- # 3/4 tsp chilli powder
- # 3/4 tsp cumin powder
- # 1/4 cup all-purpose flour
- # Oil for deep frying and sautéed onion
- # 1/2 cup thin sliced onion
- # 1/4 cup vinegar
- # 1/2 cup tomato ketchup
- # 1/4 cup lemon juice
- # 1/4 cup pineapple syrup
- # 2 Tbsp soy sauce
- # 3 Tbsp sugar/honey

Preparation:

1. Season fish with marinade (garlic-ginger paste, salt, turmeric, cumin, chilli powder and pepper). Dredge in flour. Deep-fry in oil until crispy.
2. In a separate pan, heat the oil. Sauté onions for 1 minute. Remove from the pan and set aside.
3. Add the vinegar, ketchup, chilli flakes, lemon juice, reserved pineapple syrup, soy sauce, and sugar/honey. Simmer while stirring continuously until thick.
4. Add the fried onions on thick prepared sauce. Pour over the fried fishes. Serve.

Main Dish

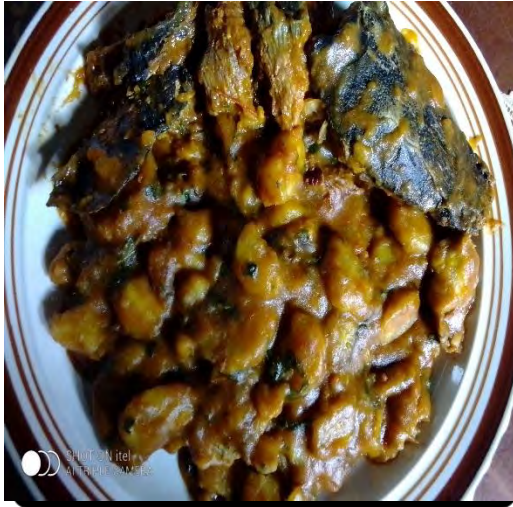
Prep Time: 30 mins

Cook time: 30 mins

Total time : 1 hr

Contributed by:
DR. HALIMA SADIA HAKIM
BANGLADESH





Contributed by:

Margaret Koyenikan

Nigeria



Scent Leaf Plantain Pottage

Main dish

Ingredients

- 4 unripe plantain
- 1 medium sweet potato (as thickener)
- 6 tomatoes
- 2 pepper
- 1 medium size onion
- 1 tsp of salt, and seasoning to taste
- 3 tsp crayfish, dried fish
- Spices (curry, thyme, ginger, etc) to taste
- Scent leave/African Basil leave
- 3 tsp Palm oil/vegetable oil

Steps

1. Peel and slice unripe plantain and sweet potato,
2. Wash put in cooking pot, add 1.5litres of water and cook
3. Add chopped onion, pepper, spices, seasoning and cook for 10 minutes
4. Add sliced or 1tsp tin tomatoes, washed fish, crayfish, oil and salt , cook for 10minutes and stir
5. Add chopped scent leaf and cook for 3minutes
6. Stir and cook for another 2minutes
7. Ready to eat
8. Serve hot



Contributed by:
Regina Nakiranda
Uganda



Matooke(Green bananas) and Peanut sauce

Main Dish

Ingredients

- 4 green bananas/plantain (matooke), cut into 1/2-inch slices
- 2 medium tomatoes
- 1 medium onion, finely chopped
- 1 teaspoon salt
- 2 cups water
- 1/2 cup finely ground peanuts
- 1 teaspoon of curry powder and spices

Steps

1. Cut onions, tomatoes into small pieces, peel the plantain/bananas
2. In a medium saucepan, add plantains and water. Bring to a boil. Reduce heat; simmer, uncovered, for 20 minutes or until plantains are tender, stirring occasionally.
3. In a separate saucepan, mix peanuts with water and boil at low heat, add in onions, cut tomatoes and salt and spices. Reduce heat until it thickens.
4. Mix the peanut sauce with plantain, serve hot.



Contributed by:
Sareeha Nadarajah
Sri Lanka



Young Jackfruit Curry

Dish

Ingredients

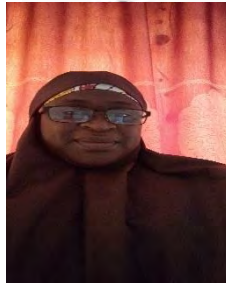
Young Jackfruit – 1
Scraped coconut – 2 Tbsp.
Raw rice – 1 Tbsp.
Thick coconut Milk – 3 Cups
Thin Coconut Milk – 2 Cups
Roasted curry powder – 2 Tbsp.
Turmeric powder - 2Tsp
Pepper powder – 1 Tsp
Roasted chili powder – 2 Tbsp.
Garcinia – 2 Pieces
Red onion – 15
Garlic – 6
Curry leaves and Pandanace
Salt
Cinnamon, cardamom, cloves-small quantity

Steps

1. Peel the jackfruit and cut into small pieces
2. Roast rice and scraped coconut into dark brown color and make a paste.
3. Add chopped garlic, onion, curry powder, chili powder, turmeric, pepper powder, curry leaves, pandanace, garcinia, salt and spices with the jack fruit and mix well
4. Add thin coconut milk to the mixer and cook it in the fire
5. Add thick coconut milk to the cooked fruit and heat it at low flame until the gravy becomes thick.

* Delicious with rice and roti

Contributed by:
MARYAM MAINASARA MIKAILU
NIGERIA



RICE AND BEANS WITH FISH STEW GANISHED WITH SALAD

Main dish

Ingredients

1 Cups of rice
½ cup of beans
2 stock fish
150ml Oil
20 tomatoes
8 sweet pepper
4 hot pepper
2 onions
A bunch of lettuce
3 Seasoning cubes
¼ teaspoon of curry
1 tsp of salt

Steps

1. Boil water in a pot and cook the rice separately until soft
2. Boil water in another pot and cook the beans until soft
3. Blend 18 tomatoes, 8 sweet pepper, 4 hot pepper and 1 ½ onions in a blender until smooth
4. Pour 150ml of oil in a sauce pan and fry the blended ingredients
5. Allow to simmer for 10mins, then add seasoning cubes, curry and salt
6. Debone your stock fish and wash, then add to the stew and allow to simmer for 5mins
7. Cut lettuce, 2 tomatoes and ½ onions into small pieces,.
8. Serve the food in a plate as in the picture above

Contributed by:
Ann Shelomi Panditharatne
Sri Lanka



Sri Lankan Yellow Rice

Main Dish – A must have in a Sri Lankan Festive Lunch Table!

Steps

Wash the rice and keep aside and cut the large onions to small pieces. Heat a large pan and put the ghee or butter. Once it is heated put the curry leaves and the pandan leaves. After 30 seconds put the Cardamon pods, cloves, sultanas and the pepper corns. In about one minute put the cut big onions. Let the onions fry and when the onions turn to brown color pour in the washed rice. Mix it well and take the pan off the heat. Transfer the mixed rice to a rice cooker. Then mix the saffron strands and salt (or the turmeric powder) with the warm water and add to the rice cooker. Immediately afterwards add the diluted coconut milk as well to the rice cooker. Now switch on the rice cooker and let it cook. Once cooked transfer the cooked rice to a suitable dish and garnish with Cashew nuts and coriander leaves. This rice dish is typically served with a dry chicken curry, potato white curry, boiled egg and a brinjal sambal.

Ingredients

- ❖ 6 cups of rice (typically in Sri Lanka we use Samba rice, but any rice would do)
- ❖ 3 cups of diluted coconut milk
- ❖ 6 cups of warm water
- ❖ Three table spoons of butter or ghee
- ❖ 4 large Onions
- ❖ 4 Cardamon pods
- ❖ 4 Cloves
- ❖ 15 sultanas
- ❖ 4-5 saffron strands (can substitute by turmeric powder as well)
- ❖ 12-15 pepper corns
- ❖ One large pandan leaf
- ❖ 10 curry leaves
- ❖ Salt to taste
- ❖ Cashew nuts and coriander leaves to garnish

Contributed by:
Dongmo Nguepi M. Sylviane
Cameroon

POUNDED PLANTAIN/MAIN DISH

INGREDIENTS:

6 Half-ripe plantain
2 glasses of Beans
250ml of Palm oil
1 tsp of Salt

STEPS

1. Wash and boil the beans
2. Wash and boil the plantain
3. Drain the beans when cooked
4. Peel the plantain
5. Put the plantain, beans, oil and salt in a mortar
6. Pound and mix until you obtain a homogenate aspect



Contributed by:
Dongmo Nguepi M. Sylviane
Cameroon

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Prepared by:
Monique Mukanyandwi
Zambia



MULTIGRAIN BREAD

Breads

Ingredients (make 2 loaves):

- ❖ 1-tablespoon (tbsp) active dried yeast
- ❖ 2 ½ cups wholemeal flour
- ❖ 4 cups strong flour
- ❖ 1 ½ cups Soya flour
- ❖ 25 g wheat germ
- ❖ ¾ cup oats
- ❖ 1-teaspoon salt
- ❖ ¼ cup lukewarm water
- ❖ 2 tbsp honey
- ❖ 2 eggs lightly beaten
- ❖ 2 cups milk/ or water
- ❖ ¼ cup cooking oil
- ❖ ¼ cup light brown sugar
- ❖ Sesame seeds

Variations:

- ❖ Try different flours, such as rye, cornmeal, or barley to replace the wheat germ and the Soya flour.

Steps:

- Combine the yeast and water, stir and leave for about 15 min to foam.
- Place the oats in a large bowl. Scald the milk, and then pour over the rolled oats. Stir in the salt, oil, sugar and honey. Leave until lukewarm.
- Stir in the yeast mixture, eggs (leave a bit for glazing), wheat germ, Soya and wholemeal flours. Gradually stir in enough strong flour to obtain a rough dough. Transfer the dough to a floured surface and knead, adding flour if necessary, until smooth and elastic. Return to a clean bowl, cover and leave to rise in a warm place until doubled in volume about 2 ½ hours, (or place it in a warmer to shorten time).
- Grease two 22 x 11 cm loaf tins. Punch down the risen dough & knead briefly. Then divide the dough into quarters. Roll each quarter into a cylinder 4 cm thick. Twist together two cylinders and place in a tin; repeat for the remaining cylinders. Cover and leave to rise until doubled in volume again about 1 hour (or use the warmer). Meanwhile preheat the oven to 180⁰ C.
- Glaze the top with lightly beaten egg and sprinkle with sesame seeds.
- Bake until the basis sound hollow when tapped lightly (about 45-55 minutes). Turn out and cool on a wire rack.

Contributed by:
Cathrine Kazunga
Zimbabwe



SOFT BUNS

Snack

Ingredients

4 1/2 cups plain flour or
multipurpose flour
4 1/2 teaspoons yeast
1 cup milk
1/2 cup sugar
3/4 cup water
1/2 cup cooking oil
1/2 teaspoon salt
1/2 food colouring

Steps

Mix 2 cups of flour with yeast and put aside.
In a separate bowl, heat milk, water, oil, sugar, food colouring and salt to luke warm in the microwave (1 minute 30 seconds)
Add all at once to the flour mixture and beat until smooth.
Mix in the remaining flour to make soft dough.
Mix well until dough is soft and slightly stick then put the dough onto a floured surface.
Cover with a greased large bowl and let it rest for 15 minutes.
Shape dough into the size that you approximately 12-15 buns and put in a greased baking pan. Leave it to rise until double in size (approximately 45 -60 minutes)
Put in the oven and bake at 180°C until they are golden brown. (15-20 minutes)

For the glaze...

Mix 2 tablespoons of sugar and 2 tablespoons of water until the sugar dissolves

After taking out the buns from the oven just brush them with the glaze to give them a shiny and appetising look.





Contributed by:
Noor Shaila Sarmin
Bangladesh



PAYESH

Type of dish: Dessert

Ingredients

100 gram scented rice
1 Lt milk
¼ tsp cardamom powder
¼ tsp nutmeg powder
150 gram gur (jiggery)
2 tbsp chopped pistachios
2 tbsp chopped almond
6 stands of kesar

Steps

List all the steps to create the recipe here, i.e.

1. Wash the rice and keep it in a strainer
2. Boil the milk for 15 minutes
3. Add rice . Cook till the rice is well cooked and the milk is thick
4. Add nutmeg ,kesar and cardamom powder .
5. Add gur and stir till the gur is melts
6. Take out from the fire.
7. Garnish with chopped pistachios and almonds.



Contributed by:
Bertha Garcia Cienfuegos
Peru



Rice Pudding

Dessert

Ingredients

1 cups of rice
3 cups of water
1 can of condensed milk
1 can of evaporated milk
1 sprig cinnamon
5 cloves
1 orange zest
1 teaspoon vanilla
50 g of raisins
little cinnamon powder

Steps

1. Cook the rice in a pot with the three cups of water, the cinnamon, the cloves, the raisins, the orange zest, over medium heat until the rice has cooked and the water has evaporated.
2. Remove the orange zest
3. Add the condensed milk, evaporated milk and cook over low heat until the rice is just right.
4. Add the vanilla, mix and cook for five more minutes.
5. Serve in a bowl and sprinkle with the cinnamon powder



Ingredients

- 200 g of wheat flour.
- 100 g of butter
- 6 chicken eggs
- 1 can (370 g) of condense milk
- 200 ml of fresh water
- a pinch of vanilla essence

Contributed by:
Saraswati Prabawardani
Indonesia



Lontar

Dessert

Steps

1. Prepare the ingredients.
2. Mix flour and butter in a bowl until it is evenly combined. Add 1 egg yolk and stir the dough together by hand. When they are thoroughly meld, wrap the dough with a plastic wrap, place it in the refrigerator and refrigerated for 10-15 minutes to prevent the dough from drying out and getting cracked.
3. Preheat the oven. Transfer the dough to a pie plate (20 cm diameter), flatten it into approximately a centimeter thick using your hands and poke a few series of holes in the bottom. Make a simple ripple edge crust using your hand or a fork.
4. Bake the crust for 10 minutes.
5. While waiting, prepare the stuffing. Mix 5 eggs and a teaspoon of vanilla. Whisk the ingredients until it is well blended. Add a can of sweet condensed milk and a cup of boiling water into the egg mixture. Then stir until the eggs, milk and water are combined. Strain the mixture to prevent lumps or bubbles.
6. Finally, pour the stuffing or the mixture on top of the pie crust.
7. Bake on low to medium heat for approximately an hour and a half or more. If the heat is too high, it will burn the surface. The pie will cook too quickly, but the inside is still raw.



Ingredients

1. Pickled tea leaves
2. Roasted peanuts
3. Crunchy beans
4. Toasted sesame seeds
5. Fried garlic
6. Dried shrimp
7. Salt
8. Oil

Contributed by:
Aye Nyein Chan
Myanmar



Laphet Thoke (Green Tea Leaf Salad)

Dessert

Steps

It is a mixture of flavors and textures like soft and crisp

1. Finely chop some vegetables such as tomatoes, cabbage, chilli into small pieces.
2. Combine all ingredients with salt, oil and mix

Without laphet, no ceremony in Myanmar is considered complete.

Welcome to Myanmar to try this.



Contributed by:
Sri Fatmawati, Ph.D
Indonesia



Black Glutinous Rice Brownies

Dessert

Ingredients

Dry Dough :

5 eggs (size L)
1 cup (200 ml) sugar
1 tsp emulsifier (optional)
1 cup (200 ml) black glutinous rice flour
1 tbsp cocoa powder
2 tbsp cornstarch

Wet Dough :

55 grams dark cooking chocolate, melted
100 ml of melted cooking oil or butter
100 ml thick coconut milk
40 gr sweetened condensed milk

Steps

1. Melt dark cooking chocolate, mix with cooking oil and coconut milk. then chill.
2. Separate the egg whites and yolks. Beat egg whites and sugar on high speed until fluffy, add emulsifier if using.
3. In another bowl, beat the egg yolks, add the wet and dry mixtures, a little at a time until well combined.
4. Once blended, add the egg whites that have risen, little by stirring.
5. Divide into 2 dough.
6. Pour 1/2 of the dough into a 20 cm diameter baking sheet that has been lined with parchment paper. Steam for 10 minutes on medium heat. Sprinkle with grated chocolate or cheese.
7. Pour back the remaining 1/2 of the dough. Steam again for about 20 minutes until cooked. Remove and immediately remove from the tin.



Contributed by:
Prof. Grace Taiwo Otitoju
Nigeria



Orange-fleshed potato cake

Snack

Ingredients

150g Composite flour
1 Egg
50g Sugar
50g Margarine
4Tbs Milk
1Tbs Milk flavour
1Tsp Vanilla essence
1Lemon rind& juice
65ml Milk and egg

Steps

1. Sieve flour and other dry ingredients together in a bowl.
2. Rub in Margarine to the mixture to get fine bread crumbs.
3. Add sugar, lemon rind, milk and egg mixture
4. Beat well and scoop into greased baking pan.
5. Bake in hot oven for 15-20minutes.



Contributed by:
Nazira Akter
Bangladesh



Suji cake

dessert

Ingredients

3 cup milk
½ cup suger
Oil for fry
Cardemom powder
Kesar
3 eggs
1 cup Suji

Steps

1. Boil the milk for 5 minutes and add kesar and leave it for leter.
2. Mix 3 eggs, cardamom powder and suji together
3. Fry in the pan and mix it with milk .
4. leave it for half hours.



Contributed by:
Dania Farah
Pakistan



Gulab Jamun “goe-laab DJA-moen”

Dessert

Steps

1. In a pot prepare sugar syrup by putting together sugar, water and split open cardamom . Stir and Cook until the sugar syrup is thick and sticky. Turn off the stove.
2. In a bowl, prepare dough under the fan in a cool area (away from stove). Mix dry ingredients, add egg and vanilla essence and combine as one big ball. Note: If the dough does not combine easily, you can sprinkle water once.
3. Keep oil on the stove to pre-heat for deep frying the balls (Gulab Jamuns).
4. Under fan/cool area, prepare small balls by applying oil on your palm. The dough will make 18 balls.
5. Check the temperature of oil by putting in one ball first. If the temperature is fine, deep fry all the balls at normal flame such that they increase in size and become brown in color as shown in the picture.
6. Once done, strain the oil from the balls and put them directly in prepared sugar syrup. Once all balls are fried and added to the syrup, turn on the flame of pot containing sugar syrup and gulab jamuns and cook for 4 to 5 minutes to allow gulab jamuns to absorb sugar syrup.

Ingredients

For Dough:

- 1 cup dry milk powder (unsweetened)
- 1 tbsp all purpose flour
- 1 tsp baking powder
- 1 egg
- 2-3 drops of vanilla essence

For Sugar syrup:

- 1 cup sugar
- 2 cup water
- 1 or 2 cardamom

Let's stop being stressed and connect by having lip smacking dessert: Gulab Jamun!!



Ingredients

- 1 Ayote (raw).
- 2 pieces of panela.
- 1 liter of cold water.
- 5 crushed black peppers.
- Cinnamon sticks.
- 4 cloves
- 1 Orange (sliced and with its peeling)

Sweet Pumpkin

Dessert

Steps

1. Wash and chop the ayote medium size pieces or chunks, leave the skin (this is key for the boiling process) and remove the seeds and then add them to a large enough pot to cook them all in.
2. You can either ground the panela to add it to the pot or cut the panela in small enough pieces to dissolve in the boiling water.
3. Add the liter of water, remember that there should be enough water to cover all the ayote pieces inside the pot. Bring to boil for 10 to 15 mins.
4. Add the remaining ingredients and cover the pot and reduce the heat turning down to simmer for another 45 mins. Stir occasionally.
5. Finally, remove the pot from the heat and let cool. The 'Ayote' will be tender and sweet.

Contributed by:
Eunice Enríquez
Guatemala



Contributed by:
Lucan Dumitra
Romania



COZONAC (SWEET BREAD)

Type of dish: dessert

Steps

1. Make a mayo from yeast, 1 egg, a little milk, a tablespoon of sugar and 2 tablespoons of flour and let it grow.
2. Put the flour in a larger bowl and add the mayo over it then the slightly warm milk in which the sugar has dissolved plus the yolks and mix well.
3. Heat the oil over the dough, incorporate it, add the melted butter, 3 beaten egg whites and salt.
4. It is allowed to grow.
5. 3 egg whites are mixed with 250 g walnuts, 3 tablespoons sugar and cinnamon resulting in a cream.
6. The dough is divided into two parts and spread. Spread half of the cream on each piece of dough and roll.
7. Place each roll in a tray lined with baking paper.
8. Add the yolk on top and let it rise for another half an hour.
9. Put the trays in the preheated oven, over medium heat, and leave for 40 minutes.
10. Remove from the pan and allow to cool before cutting.

Good appetite!

In Romania there is a special recipe for Easter and Christmas. It is recommended to be consumed with a glass of red wine.

Ingredients

Ingredients:

1250 g flour
7 eggs
300g sugar
500ml milk
40 g of yeast
100g butter
10 tablespoons sunflower oil
250 g ground walnut
grated lemon peel
vanilla sugar
a teaspoon of salt
cinnamon





Prepared by:
Monique Mukanyandwi
Zambia



BAOBANA YOGHURT

Dessert

Ingredients:

- ❖ 2 tablespoon baobab powder
- ❖ 1 ripe large banana
- ❖ 1 cup soya milk

Steps:

- Pour soya milk in a blender
- Add sliced bananas and baobab powder
- Blend till smooth.



Prepared by:
Monique Mukanyandwi
Zambia



SOYBA COFFEE

Hot drink

Steps:

- Boil water
- Pour the water in a tea cup
- Add one teaspoon of Soyaba
- Add a teaspoon of honey (optional)
- Stir until well mixed.

Ingredients:

Organic soya beans

Baobab seeds

Honey (optional)