Week One: **Tomato Stew/Sauce** (Niger)

To prepare Jollof Rice, you must first prepare the tomato sauce/stew, preferably a day in advance.

You will then add parboiled rice to the preferred quantity of tomato sauce in preparing the Jollof Rice.

See below the recipe for Tomato Sauce/Stew and Jollof Rice.

Tomato Stew/Sauce

Ingredients for Nigerian Tomato Stew/Sauce

- 12 pieces of fresh Plum Tomatoes
- 1 small tinned tomato paste (or tinned Tomato Puree)
- Pepper (a few seeds of fresh pepper – it can be very hot/spicy so moderate the quantity to be used, maybe 2 or 3 seeds)
- Vegetable Oil: a generous quantity (enough to fry the tomatoes)
- 1 to 2 medium onions (depending on volume of tomatoes)
- Salt to taste
- Spices – half teaspoon of curry, thyme and about 4-5 dried barley leaves

Before you cook Tomato Stew

1. Wash and cut up the fresh plum tomatoes, onion and pepper; blend them together into a puree.

Note: Be careful to wash hands thoroughly after cutting to avoid contact with eyes.

2. Open the can of tomato paste/puree

Cooking Directions

1. Pour the blended fresh ingredients into a pot and cook at high heat till almost all the water has evaporated.
2. Add the vegetable oil, the canned/tinned tomato puree and stir together.
3. Add spice and salt to taste as preferred
4. Fry at very low heat and stir at short intervals till the sauce is properly cooked.

Jollof Rice

Ingredients for Jollof Rice

- 2 cups of Rice (white rice/long grained white rice))
- Tomato Sauce/Stew (Already prepared above)
- I small size onion (finely chopped)

Cooking Directions

1. Wash and parboil rice (as you would plain white rice) in a pot until it is half-cooked.
2. Once rice is half-cooked, pour out into a colander (placed on a bowl if colander does not have a stand) to drain out excess water.
3. Add the preferred quantity of stew/sauce into a pot/sauce pan big enough to contain the rice and allow sufficient space to stir without spilling.
4. Add the half-cooked rice into the sauce and mix thoroughly, ensuring an even spread of the sauce over the rice, and allow to simmer at low heat.
5. Add chopped onion on top of the rice and cover the pot as the rice continues to simmer.
6. Stir by turning the jollof rice mix from time to time to ensure the bottom does not burn. Stir by turning the bottom part of the rice to the top to ensure rice is evenly cooked.
7. Taste to ensure sauce is properly blended with the rice. You can add a little bit more spice/salt to enhance taste as required. If you add additional spice/salt, simmer for a little while after stirring.

Week Two: **Peanut Butter Stew** (Ivory Coast)

This week's recipe comes from Moise himself, who admits he is not a great cook. Luckily the recipe below is a 5-star version of his delicious and cost-effective comfort food: **Peanut Butter Stew**. Feel free to substitute or eliminate ingredients to make the recipe easier.

Ingredients

Peanut oil or vegetable oil
1 red onion, chopped
2 cloves garlic
2 tablespoons ginger
1 pound chicken (optional)
1 tbsp crushed red pepper
Salt and ground black pepper
5 cups chicken stock
3 small sweet potatoes
1 16 oz. can of chopped tomatoes
1/4 pound collard greens
1 cup chunky peanut butter

1. Heat the peanut oil in a large pot over medium-high heat; cook and stir the onion, garlic, and ginger in the hot oil until softened, about 5 minutes. Add the chicken; cook and stir until completely browned. Season with the crushed red pepper, salt, and black pepper. Pour the chicken stock over the mixture. Stir the sweet potatoes into the liquid and bring

the mixture to a boil; reduce heat to low, cover the pot partially with a lid, and cook at a simmer for 15 minutes.

2. Stir the tomatoes, collard greens, and peanut butter into the soup. Partially cover the pot again and continue cooking, stirring occasionally, another 20 minutes.

Week Three: **Sadza and bones** (Zimbabwe)

Ingredients

- 3 pounds of beef bones with some meat on them
- Bundle of spinach or kale
- 2 medium sized onions
- 5 medium sized tomatoes
- Maggi soup powder
- 4 cups of corn meal

Procedure

1. Cover the beef bones with water and stew for about 1 hour.
2. When the water is all boiled off, add about 2 tsps. of cooking oil.
3. Fry the bones until nicely browned.
4. Add the chopped onion and continue frying until they start to brown.
5. Add the tomatoes and continue frying until you have a nice brown paste.
6. Add the chopped spinach (or kale) to the mixture.
7. Add spices of your choice.
8. Add a gravy thickener (Maggie soup powder)
9. Add 1 ¼ cups of water.
10. Cover and simmer for 15 minutes.
11. In a separate pot, put 2 cups of corn meal.
12. Add 1 ½ cups of cold water.
13. Use a wooden spoon to mix to a fine paste.
14. Stir in 5 cups of boiling water until it is well mixed up into a porridge.
15. Cover and let the porridge boil for 15 minutes.
16. Add 2 cups of the corn meal, a little at a time, while continuously stirring.
17. Turn the heat down to low.
18. Cover and let cook for 3 minutes.
19. Mix again.
20. Scoop the sadza porridge onto dinner plates and serve the bones stew on the side and enjoy.

Week Four: **Nsima and Ndiwo** (Malawi)

NSIMA

Nsima is the staple carbohydrate dish of Malawi. It is a thick starchy porridge made from corn, cassava or other starchy flour. There are actually two types of corn flours in Malawi:

· Ufa woyera – maize flour which has had the outer kernel shell and seed germ pounded off, leaving just the starchy part of the seed)

· Ufa wa m'gaiwa – the whole corn kernel.

The nsima porridge is formed into hamburger-size patties by scooping the porridge with a wet wooden spoon and flipping it onto a plate. The patty congeals in contact with the cool wet spoon and plate. Marble size pieces are broken off and rolled into a ball in the palm of the hand with the fingers. A final dimple is pressed into one side of it. It is then dipped in the sauce of vegetables or meat.

Ingredients

· 4 to 6 cups cornmeal, corn flour or ground maize (1 cup per serving is sufficient) and water.

Instructions

1. Pour cold water (2.5 cups for each cup of corn meal) into a large pot.
2. Over high heat, begin to bring to a boil.
3. After a few minutes, when the water is warm, slowly add about half the cornmeal to the water one spoonful at a time, stirring continuously with a sturdy wooden spoon.
4. Continue cooking (and stirring) until the mixture begins to boil & bubble.
5. Reduce the heat to medium and cook for a few minutes.
6. Cooking the mixture over medium heat, add the remaining cornmeal, as before, a spoonful at a time as you continue to stir.
7. It is essential to keep stirring. If making a large quantity, it may take one person to hold the pot and another to use two hands to stir.
8. The nsima should be very thick (no liquid remaining) and smooth (no lumps).
9. It may reach this point before all the remaining cornmeal is added to the pot or it may be necessary to add even more cornmeal than the recipe indicates. Once the desired consistency is reached, turn off the heat, cover the pot and allow the nsima to stand for a few minutes before serving.
10. Serve nsima immediately, hot, with the ndiwo (relish) of your choice. With clean hands, tear bits of nsima off and use them to scoop up the ndiwo.

NDIWO

Ndiwo is a basic vegetable dish of chopped greens that is delicious when served beside the nsima above.

Ingredients

· 3 cups of chopped greens: Common green vegetable leaves: cassava leaves (Ntapasya or chigwada), sweet potato leaves (Ntoliro or Kholowa), bean leaves (Nkhwanya), pumpkin leaves (Mkhwani), Chinese cabbage, mustard leaves, kale leaves, cabbage
· 1 small onion, chopped
· 2 small tomatoes, chopped
· 1 tablespoon oil
· 1 cup water
· Salt to taste

Instructions

1. Sauté onions in oil until tender.
2. Add the remaining ingredients, cover and simmer over medium heat for 5 minutes or until greens are tender.
3. Serve with nsima or rice

Week Five: **South African Curry** (South Africa)

Ingredients

· 3 pounds boned, fat-trimmed beef chuck
· 2 onions (1 lb. total), peeled and chopped
· 1/4 cup curry powder
· 2 tablespoons mustard seed
· 1 tablespoon minced garlic
· 1 teaspoon ground dried turmeric
· 2 cups fat-skimmed beef broth
· 1 1/4 pounds Roma tomatoes, rinsed, cored, and chopped
· 2 tablespoons minced fresh jalapeño chilies
· 2 tablespoons minced fresh ginger
· 1 firm-ripe banana (about 5 oz.), peeled and thinly sliced
· About 1/2 cup mango chutney
· About 1/3 cup sweetened shredded dried coconut
· Cucumber Yogurt Sauce
· About 6 cups hot cooked rice
· Salt

How to Make It

Step 1

Rinse beef, pat dry, and cut into 1-inch chunks. In a 5- to 6-quart pan, combine beef, onions, and 1 cup water. Cover and bring to a boil over high heat; reduce heat and simmer 30 minutes. Uncover, turn heat to high, and stir often until liquid evaporates and meat and onions are lightly browned, 5 to 7 minutes. Spoon out and discard any fat.

Step 2
Add to pan the curry powder, mustard seed, garlic, and turmeric; stir until spices are more fragrant, about 1 minute. Add broth, tomatoes, chilies, and ginger; stir to free browned bits. Return to a boil, cover, reduce heat, and simmer until meat is very tender when pierced, 2 to 2 1/2 hours.
Step 3
Put banana, chutney, coconut, and cucumber yogurt sauce each in separate small bowls.
Step 4
Ladle beef curry over rice on plates. Add banana, chutney, coconut, cucumber yogurt sauce, and salt to taste.